

OPTIONAL ACTIVITIES AND SPORTS EXTENSION**Category 1:**

Aquathon	Outrigger Canoeing (up to grade 3)
Bike Polo	Outward Bound courses
Baseball (amateur)	Pistol Shooting
Clay Pigeon Shooting (competition)	Rifle Shooting
Cycling (road and track competition)	Roller Hockey
Cyclocross Racing	Rowing (within half a mile, 1 kilometre, of the coast)
Cycle Speedway	Scuba Diving to a depth of 40 metres, 135 feet, maximum as long as You have PADI or equivalent qualification to dive to that depth or You are diving with a licensed and fully qualified instructor. There is no cover if You are flying within 24 hours of last dive or for solo diving, Cave diving or Wreck diving
Deep Sea Fishing (within 12 miles, 20 kilometres, of the coast)	Skateboarding
Dragon Boat Racing (on inland waterways or within half a mile, 1 kilometre, of the coast)	Touch Rugby
Dressage	Tough Guy / Tough Mudder or similar
Duathlon	Triathlon
Field Hockey	Weight Lifting (competition)
Football / Soccer (amateur)	Windsurfing (competition within 12 miles, 20 kilometres, of the coast)
Gymnastics (Competitive)	Wheelchair Fencing
Ice Skating	
Ironman	
Lacrosse	
Microlighting (one-off flight as a passenger only)	
Open Water Swimming (must be organised and With a support boat)	

If the winter sports extension is taken Category 1 includes:

- a. Biathlon (winter);
- b. Cross Country Skiing (competition);
- c. Mono Skiing (on snow).

Category 2:**Includes all Category 1 Activities and Sports plus:**

Aikido	Mountaineering up to 4500m, 14,765 feet, including the use of ropes / guides, no free climbing / no solo climbing
BMX (racing and training)	Polo
Car Track days (run under accredited National Sporting Authorities' regulations)	Rugby Union or League (amateur)
Ice Hockey	Scuba Diving to a depth of 50 metres, 165 feet, maximum as long as You have PADI or equivalent qualification to dive to that depth or You are diving with a licensed and fully qualified instructor. There is no cover if You are flying within 24 hours of last dive or for solo diving, Cave diving or Wreck diving
Jiu Jitsu (excluding Brazilian Jiu Jitsu)	Sea Canoeing (within 12 miles, 20 kilometres, of the coast)
Judo	Sea Kayaking (within 12 miles, 20 kilometres, of the coast)
Kendo	Short Track Speed Skating
Land Skiing	Shotakan Karate or derivatives
Marathon des Sables	Surfing more than 5 miles, 8 kilometres, from the coast as part of an organised tour
Modern Pentathlon	Taekwondo
	Wushu

If the winter sports extension is taken Category 2 includes all Category 1 activities plus:

- a. Skiing (competition excluding freestyle and jumping);
- b. Snowboarding (competition excluding free style and jumping);
- c. Tobogganing.

Category 3:**Includes all Category 1 and 2 Activities and Sports plus:**

American Football	Mountain Biking (competition on designated tracks)
Australian Rules football	Mountaineering up to 6,000m, 19,685 feet, including the use of ropes / guides, no free climbing, No altitude sickness cover above 4,500 metres, must be accompanied at all times on treks or climbs
Deep Sea Fishing (more than 12 miles, 20 kilometres, off the coast)	Motor Racing (FIA/local ASN approved)
Gaelic Football	Outrigger Canoeing (grades 4 & 5)
Gliding	Parachuting (excluding solo free fall)
Go Karting (on licensed circuits)	Power Boating (competitive)
Hang Gliding	River Canoeing, Kayaking and Rafting (grades 4 & 5)
Kite Surfing (within 5 miles, 8 kilometres, of the coast)	Sailing and Yachting (beyond 12 miles, 20 kilometres, off the coast but excluding cross ocean)
Microlighting	Wheelchair Rugby

If the winter sports extension is taken Category 3 includes all Category 1 and 2 activities plus:

- a. Heli-Skiing with a licensed operator and local guide;
- b. Ski Touring with a fully locally licensed guide provided that all instructions given by the guide are followed.