

Sporting and adventurous activities

Subject to the exclusions of this policy, the following recreational, non-professional (amateur) and non-competitive activities are automatically covered at standard premium. Section B - Personal liability excludes claims relating to the ownership possession or use of vehicles, aircraft, hovercraft, watercraft, firearms and buildings.

To see if cover can be provided for any professional or competitive activities please refer to Oasis Overland for a quotation, as an additional premium may be payable. A list of excluded activities are shown under the 'General exclusions' section.

Abseiling/rap jumping (supervised)	Marathon running (not Ultras marathons)
Aerobics	Mountain biking
Archery	Mountain boarding
Athletics	Netball
Backpacking	Non-manual work (paid or voluntary)
Banana boating	Orienteering
Baseball/rounders/softball	Outward bound pursuits
Basketball	Overland travel
Battle re-enactment (no live ammunition)	Paintballing
Boogie boarding	Paragliding (tandem only)
Bouldering	Parascending/Parasailing
Bowls	Quad biking (must be wearing a crash helmet)
Breathing observation/bubble diving	Racquet sports
Bridge walking	Roller blading
Bungee jumping (maximum 2 jumps)	Rowing
Canoeing/kayaking (fresh water/sea)	Running/jogging
Canyoning/kloofing	Safari/gorilla trekking
Cricket	Safari travel (in a vehicle, horseback or on foot)
Cross country skiing/Langlaufen	Sailing
Curling	Scuba diving (up to 40 metres in depth, no solo diving)
Cycling (cycles not covered)	Shark cage diving
Dog sledding	Shooting
Drag hunting	Sky diving (in tandem with a qualified instructor)
Dragon boating Dune/wadi bashing	Snorkelling
Dune sledding/sand boarding	Snow shoeing (guided)
Falconry	Surfing (surf board excluded from policy)
Fell/gorge walking/running (on recognised routes)	Swimming (excluding long distance in open water)
Fencing	Table tennis
Field hockey	Tall ship crewing
Fishing (course/fly/deep-sea)	Trampolineing
Flying in a light aircraft/helicopter/microlight/ultra light (as passenger)	Tree top canopy walking
Football/soccer	* Trekking/rambling/hiking (organised and guided, using recognised routes)
Go karting	Triathlon
Golf	Tubing
Gorge swinging	Tug of war
Guided glacier walking	Via ferrata
Gymnastics	Volleyball
Helicopter rides (as passenger only)	Volunteering (as defined)
Horse riding or riding other animals	Wake boarding/water skiing
Hot air ballooning (as passenger only)	Wall climbing (man made climbing walls)
Hurling	Water polo
Hydro speeding	White/black water rafting or canoeing
Ice skating	Windsurfing (boards not covered)
Jet boating	Zip lining
Jet skiing	Zorbing
Kite surfing (onland/sea)	
Lion/animal walks (guided only)	

* Trekking itinerary must be booked through a registered tour operator. You must be with a qualified guide or in a group of not less than three persons in possession of working two-way communications or mobile/satellite phone and using recognised routes. No cover for trekking against local authority advice. Emergency repatriation is only covered when authorised by our 24 hour medical emergency assistance helpline