



Activities covered within the Travel40Plus Annual Travel Insurance Scheme

Below is a list of activities covered by the Travel40Plus Travel Insurance scheme. If you are unsure as to whether an activity you are participating in will be covered, please contact us before taking part in the activity.

These sports and activities are covered as standard with no restrictions in cover (no extra premium is required).

Please refer to your Evidence of Insurance document for specific terms and conditions and ensure you follow the relevant safety guidelines when participating in any of these activities.

A Aerobics, Amateur Athletic Field Events, Amateur Athletic Track Events, Angling/Fishing (freshwater), Animal Sanctuary (non big game)

B Badminton, Bamboo Rafting, Banana Boating, Baseball, Basketball, Beach Games, Body Boarding, Boogie Boarding, Boules, Bowling, Bowls, Camel/Elephant Riding or Trekking (booked prior to your trip departure date)

C Catamaran Sailing (inshore), Cricket, Croquet, Cross Country Running, Curling, Cycle Touring/Leisure Biking (up to 1,000m)

D Dancing, Darts, Disc Golf, Diving (indoor up to 5m), Dragon Boat Racing

F Fell Running (up to 1,000m), Fencing, Fives, Flag Football, Football/Soccer, Frisbee (recreational)

G Glass Bottom Boats (inshore), Golf

H Handball, Highland Games, Hockey (field - organised amateur match), Hiking/Mountain Walking/Rambling/Trekking (in a group - all up to 1,000m), Horse Riding (no jumping)

I Indoor Skating (not ice)

K Kiting, Korfball

L Laser Tag, Low Ropes

- M** Marathons, Mini-Golf, Model Flying, Model sports, Mountain Biking (up to 1,000m - excludes downhill)
- N** Netball
- O** Orienteering
- P** Paddle Boarding (inshore), Paintballing, Petanque, Potica, Pigeon Racing, Pony Trekking, Pool
- Q** Quoits
- R** Rackets, Racquetball, Ringos, River Punting, Roller Blading/Skating (not ice), Rounders
- S** Safari/Safari Trekking (organised prior to your trip departure date), Sailing/Yachting (recreational - inshore), Segway (supervised), Skate Boarding/Scooters (nonmotorised), Snorkelling (inside marked areas and/or with lifeguard present - inshore), Softball, Squash, Stoolball, Swimming (inside marked areas and/or with lifeguard present - inshore), Swimming off a boat (with a qualified supervisor in attendance - i.e. a lifeguard - inshore), Swimming with Dolphins (inside marked areas and/or with lifeguard present - inshore), Sydney Harbour Bridge Climbing (professional organised and supervised)
- T** Table Tennis, Tennis, Theme Parks, Tug of War
- U** Unicycle Riding
- V** Volleyball
- W** Wakeboarding (inshore), Water Parks, Water Polo (swimming pools only), Whale Watching (professionally organised)
- Y** Yoga