

# Sports and Winter Sports Activities

**You** must accept and follow the supervision and tuition of experts qualified in the pursuit or activity in question and **You** must use all appropriate precautions, equipment and eye protection. Disregarding such advice and precautions may invalidate any claim **You** make.

Under no circumstances will any claims arising from any unlisted activities (e.g. cliff jumping, quad biking, canyoning) be covered regardless of whether it is undertaken as part of an organised excursion or event. This policy covers **You** when **You** are engaging in the following sports and activities on a non-competitive and non-professional basis provided **Your** participation is not the sole or main reason for **Your Trip**.

These activities are covered in addition to **Your** participation in usual holiday sports and activities including winter sports.

Please check this list, and the Winter Sports Activities list, before **You** book and commence each **Trip**. **You** should review this in conjunction with the full terms and conditions of **Your** insurance which are available by visiting [americanexpress.co.uk/insuranceportal](http://americanexpress.co.uk/insuranceportal)

- Abseiling†
- Archery†
- Badminton
- Baseball
- Basketball
- Bowling
- Camel Riding
- Canoeing
- Clay pigeon shooting†
- Cricket
- Elephant Riding
- Fell running†
- Fencing†
- Fishing
- Football
- Go-Karting†
- Golf
- Hockey
- Horse Riding
- Horse Trekking
- Hot air ballooning†
- Jet Biking†
- Jet Skiing†
- Kitesurfing
- Mountain bicycling
- Netball
- Orienteering
- Paintball†
- Parascending
- Pony Trekking
- Racquetball
- Roller skating
- Rounders

- Running
- Sailing (within 20 Nautical Miles of the coastline)
- Sailing (Outside 20 Nautical Miles of the coastline)†
- Scuba diving down to 30 metres
- Squash
- Surfing
- Table Tennis
- Tennis
- Trampolining
- Trekking (Up to 4000 metres without use of climbing equipment)
- Volleyball
- War games†
- Water polo
- Water Skiing
- Wind Surfing.

†No Personal Liability or Personal Accident cover.

## Winter Sports Activities

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- Cross country skiing (on recognised paths)†
- Glacier Skiing†
- Ice Skating (on recognised ski rinks) - (no speed skating)
- Monoskiing
- On piste skiing
- Off piste skiing with a qualified instructor only
- On piste snowboarding
- Off piste snowboarding with a qualified instructor only

- Ski touring†
- Skidoo†
- Snowblading
- Snowshoeing
- Tobogganing†.

†No Personal Liability or Personal Accident cover