

HAZARDOUS PURSUITS

Exclusions List

Pursuit	Deferred period						
	Day 1	1 wk	4 wks	8 wks	13 wks	26 wks	52 wks
Motor cycle sports	Exclude	Exclude	Exclude	Exclude	Exclude	Exclude	Exclude
Mountaineering & climbing (apart from trekking, bouldering, hillwalking, artificial climbing wall and coasteering)	Exclude	Exclude	Exclude	Exclude	Exclude	Exclude	Exclude
Mountaineering & climbing - trekking, bouldering, hillwalking, and coasteering	Exclude	Exclude	Standard	Standard	Standard	Standard	Standard
Parachuting - more than 10 jumps a year	Exclude	Exclude	Exclude	Exclude	Exclude	Exclude	Exclude
Paragliding/parascending - record attempts/test flying/competition flying	Exclude	Exclude	Exclude	Exclude	Exclude	Exclude	Exclude
Potholing & caving	Exclude	Exclude	Exclude	Exclude	Exclude	Exclude	Exclude
Powerboat racing	Exclude	Exclude	Exclude	Exclude	Exclude	Exclude	Exclude
Private aviation - competition, test or experimental flying, stunt flying, aeronautics, aerobatics, air-racing or air rallying	Exclude	Exclude	Exclude	Exclude	Exclude	Exclude	Exclude
Quad biking	Exclude	Exclude	Exclude	Exclude	Exclude	Exclude	Exclude
Rugby	Exclude	Exclude	Standard	Standard	Standard	Standard	Standard
Sailing/yachting - racing or ocean sailing	Exclude	Exclude	Exclude	Exclude	Exclude	Exclude	Exclude
War gaming	Exclude	Exclude	Exclude	Exclude	Exclude	Exclude	Exclude
Water Sports - white water rafting, more active participation, competitions, instructor level	Exclude	Exclude	Exclude	Exclude	Exclude	Exclude	Exclude
Winter Sports - bobsleigh, heli-Skiing, ice boating, ice hockey, luge, tobogganning, ski bob, off Piste skiing, ski jumping, snowboarding (off-piste), participation in snowmobiling competitions - competitive racing (i.e snow cross)	Exclude	Exclude	Exclude	Exclude	Exclude	Exclude	Exclude
Weight lifting/body building- recreational - for fitness/training purposes only	Exclude	Exclude	Standard	Standard	Standard	Standard	Standard
Weight lifting/body building- competitive, amateur	Exclude	Exclude	Exclude	Exclude	Exclude	Exclude	Exclude
Wrestling - for fitness/training purposes only	Exclude	Exclude	Standard	Standard	Standard	Standard	Standard
Wrestling - amateur	Exclude	Exclude	Exclude	Exclude	Exclude	Exclude	Exclude
Zorbing - instructor level, more than 10 times per year	Exclude	Exclude	Exclude	Exclude	Exclude	Exclude	Exclude

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