



ARTHRITIS QUEENSLAND TRAVEL INSURANCE

AUTOMATICALLY INCLUDED SPORTS AND ACTIVITIES

Your policy provides cover for claims **arising** directly from **your** participation in the following amateur sports and amateur recreational activities, subject to the terms, conditions limits and exclusions that apply to the section under which **your** claim is made and the **GENERAL EXCLUSIONS APPLICABLE TO ALL SECTIONS:**

- Aqua zorbing
- Archery
- Beach Volleyball
- Bicycling (but not bicycle motorcross (BMX) or downhill mountain biking)
- Bowls
- Bridge (card game) playing, amateur or professional including participation in organised Bridge competitions
- Bungee jumping
- Camel, donkey or elephant riding (under supervision)
- Dancing
- Diving underwater using an artificial breathing apparatus at a depth no greater than **10 metres** (**you** must hold an open water diving licence recognised in Australia or dive under licensed instruction)
- Dog sledding
- Fishing (except fishing from a charter boat), only on land or within 2 nautical miles of a land mass
- Go-karting
- Golf
- Gym activities (but not powerlifting)
- Gymnastics (but not competitions)
- Horse riding (but not competitions, equestrian events, steeple chasing, jumping, or polo)
- Ice skating on a rink (but not including competitive skating, racing, speed skating, and tour skating)
- Indoor rock climbing (under supervision)
- Leisure activities (meaning any activities involving minimal physical exertion that is undertaken for relaxation or pleasure. For example, sight-seeing, picnics, photography and museum or art gallery visits).
- **Motorcycle** riding (restrictions apply – you must hold a current Australian Motorcycle licence. If you are a passenger than the person in control of the motorcycle must hold a current valid motorcycle licence for the country you are travelling in.)
- **Moped or Scooter** riding (restrictions apply – you must hold a current Australian Motorcycle or drivers licence. If you are a passenger than the person in control of

the motorcycle must hold a current valid motorcycle or drivers licence for the country you are travelling in.)

- Orienteering
- Paintball (with eye protection)
- Quad Biking – if provided by licenced commercial operator
- Racing on foot for distances up to and including full marathon (42.2 kilometres or 26.2 miles)
- Racquet and ball sports not involving physical contact
- Regulated or licensed ballooning
- Safari (under supervision, but not hunting)
- Sailing or fishing from a charter boat up to 10 nautical miles off any land mass
- Shark cage diving (subject to diving restrictions listed above)
- Shooting (fixed target only)
- Skateboarding, roller skating, inline skating (but not including vert skating or acrobatics)
- Skiing and snowboarding only on groomed slopes in recognised ski resorts (Annual multi trip policies only. Single trip if snow sports option selected and additional premium paid)
- Snorkelling
- Soccer
- Surface water activities in rivers or rapids graded 1, 2 or 3, or lakes or canals
- Surface water activities (other than sailing or fishing from a charter boat) up to 2 nautical miles off any land mass
- Surfing
- Table Tennis
- Track and field athletics (but not as a professional competitor)
- Via Ferrata (using established routes and fixed apparatus)
- Walking, hiking, trekking or tramping, peaking at altitudes up to 3,000 metres where specialist climbing equipment is not required (but not expeditions to or on the Kokoda Track/Trail).

All other sports and activities are **excluded** from cover under **your policy**.