

ACTIVITY LISTING - SINGLE TRIP

Description	Single Trip Category		Single Trip Category
Abseiling	1	Mountain Biking	2
Activity Centre Holidays	0	Mountaineering	5
Adventure Sailing/Racing	5	Off Road Driving 4X4	1
Activities not already mentioned	5	Off-Piste Skiing (with a guide only)	3
Angling	0	Orienteering	0
Archery	0	Overland Trips	5
Athletics	2	Paintballing	2
Backpacking	0	Parachuting	6
Basketball	0	Paragliding	6
Bobsleighs/Skeletons	5	Paramotoring	6
Bouldering	4	Parascending	2
Bungee Jumping	3	Polo (on horseback)	3
Camping	0	Pot-holing	4
Canoeing (up to Grade 3)	2	Powerboat racing	5
Canyoning	4	Racing (not already mentioned in list)	5
Caving	4	Rambling	0
Climbing Indoor	3	Rock climbing	4
Cricket	1	Rowing (inland)	1
Cross Country Skiing	5	Rugby Union/League	3
Cycle Racing	5	Safaris (organised by Bona Fide tour operator)	2
Cycle Touring	1	Scrambling	5
Cycling	0	Scuba Diving (over 30m with approp. qualifications)	2
Dog Sledding	1	Scuba Diving (to max 30m)	0
Dry Slope Skiing	3	Shooting	1
Expeditions	5	Skateboarding	0
Farm Work (not involving machinery)	3	Ski Jumping	5
Fencing	0	Ski Racing	5
Flying (as a pilot/passenger in unlicensed aircraft)	5	Ski Touring	5
Flying (learning to fly)	3	Skidoos	2
Flying (piloting a licensed light aircraft)	3	Skiing	3
Glacier Crossing	4	Skydiving	6
Gliding	6	Snorkelling	0
Go-Karting	2	Snow Boarding	5
Golf	0	Squash	0
Gymnastics	3	Surfing	0
Hang Gliding	6	Swimming	0
Heli Skiing	4	Trampolining	0
High Diving	2	Trekking (up to 4000m)	1
Hiking	0	Trekking (up to 7000m)	2
Hockey/Lacrosse	2	Triathlon/Marathon (outside UK)	3
Horse Riding (excl jumps)	2	Volleyball	0
Horse Riding (incl jumps)	3	Walking	0
Hot Air Ballooning	1	Water Skiing (excl jumps)	0
Hunting (on foot and on horseback)	3	Water Skiing (incl jumps)	1
Ice Hockey	3	Water Sports (including water polo)	0
Ice Skating	1	Weightlifting	5
Jet-Skiing	3	White water rafting / Canoeing /Kayaking	2
Kayaking/Sea Kayaking	1	Windsurfing	0
Kite Surfing	4	Winter sports (high risk eg ski acrobatics, stunting, free style)	5
Land/Sand Yachting	4	Winter Sports (including snowboarding, excluding high risk)	3
Marathon Running	3	Working (non manual occupations eg office work, managerial, non-manual work including bars, restaurants)	1
Martial Arts	0	Wrestling	5
Micro-lighting	6	Yachting/Sailing (inshore/Europe ie within sight of land)	2
Motor Cycle touring	2	Yachting/Sailing (offshore/worldwide but not if incidental)	5
Motor Rallies	5	Zorbing	2