

ACTIVITY CATEGORY 3 (subject to a €300 excess)

Below is the list of Activities in Category 3 that will be covered under this insurance policy if the **policyholder** has paid the appropriate additional premium and this has been noted on the **Validation Certificate**, subject to the terms, conditions and exclusions within this policy. Please note the restrictions that apply to individual Activities and note that the following restrictions apply to all Activities shown below: All Activities have **NO** cover under Section C – Personal Accident and **NO** cover under Section H – Personal Liability.

ACTIVITY CATEGORY 3 (subject to an excess of €300). NO cover under Section C – Personal Accident and NO cover under Section H – Personal Liability		
Black Water Rafting (Grade 4. Only as a passenger with no solo right of control.)	Boxing / Kick Boxing	Canoeing / Kayaking (inland & coastal waters only. Up to grade 3 waters)
Dry Skiing	Heli skiing/Boarding (with licensed operator in EU, EEA, USA, Canada, Australia and New Zealand. Within organiser's guidelines and only as part of a pre-paid excursion led by professional guides/organisers.)	Hockey (Protective head gear to be worn)
Kite Surfing (with licensed operator in EU, EEA, USA, Canada, Australia and New Zealand. Within organiser's guidelines and only as part of a pre-paid excursion led by professional guides/organisers.)	Mountain Biking / Cycling off road (wearing a helmet and no racing)	Paragliding (with licensed operator in EU, EEA, USA, Canada, Australia and New Zealand. Within organiser's guidelines and only as part of a pre-paid excursion led by professional guides/organisers.)
Quad Biking (wearing a helmet and no racing)	Rock Climbing (not Mountain Climbing)	Rugby Amateur (Union/League)
Small Bore Target/Rifle Range Shooting (within organisers guidelines)	White Water Rafting Grades 4 & 5. Only as a passenger with no solo right of control.	Weight Lifting (with licensed operator in EU, EEA, USA, Canada, Australia and New Zealand. Within organiser's guidelines and only as part of a pre-paid excursion led by professional guides/organisers.)