

Sports and Activities we cover

There are important conditions around what's covered and what's not covered that is important to be aware of for example:

1. Cover is provided for non-professional participation only
2. R1,000 excess applicable
3. Cover is provided under the Overseas Medical Expenses benefit only

A

Abseiling
Acrobatics
Aerobics
American football
Amateur Athletics
Archery

B

Badminton
Banana boat rides
Baseball
Basketball
BMX cycling (exclude racing and competition)
Blackwater rafting, cave tubing
Boating, sailing
Bowling (lawn & ten pin)
Boxing (training / no contact)
Bungee jumping using a body harness as a back-up

C

Camel riding for a day or if you are on a camel trek
Canoeing (inland or 10km coastal waters limit)
Canyon swing
Clay pigeon shooting

Cricket

Curling

Cycling (exclude racing and competition)

D

Dancing (ballroom, salsa, Capoeira, ballet, contemporary, jazz, hip hop)
Dirt boarding
Dragon boating
Dune buggy

E F

Elephant riding for an hour, a day or overnight

Fencing

Fishing (deep sea, angling, fly fishing, on a river, boat, or standing in a lake: exclude ice fishing or commercial fishing)

Fly by wire

Football

G