

Adventure Plan Activities

ACTIVITIES COVERED

Acrobatics (gymnastics or trapeze)
Aerial safari
Aerobics
Air guitar
Airsoft
American football (Gridiron)
Angling
Archery
Athletics
ATVs
Au Pair / Nanny (paid or volunteer childcare)
Backpacking
Badminton
Ballet
Ballroom dancing
Banana boat rides
Barefoot water skiing
Baseball
Basketball
Bicycle polo
Bicycle touring
Bikepacking
Black Water Rafting (grades 1 - 5)
BMX (on road / off road / on track / cross country)
Boating
Bobsled (non-snow track)
Bobsleigh
Bowling (lawn, ten-pin, nine-pin, candlepin, duckpin and five-pin bowling, bowls, pétanque & boules)
Boxing (gym or outdoor training)
Broomball (hockey)
Bungee / Bungy jumping
Bushcraft
Bushwalking
Butoh
Camel riding / trekking
Camping (up to 19,685 feet/6,000 meters)
Canoeing
Canyon swing
Canyoning
Capoeira Dancing
Cave tubing (grades 1 - 5)
Caving (sightseeing / tourist attraction)
Cheerleading
Clay pigeon shooting
Competing at international events as a national rep
Cricket
Croquet
Cruising (crewing on a cruise ship)
Cruising (passenger on a cruise ship)
Curling
Cycle touring
Dance (ballet, ballroom, capoeira, salsa, interpretive dance)
Darts
Deep sea fishing
Disc golfing
Dirt boarding
Dodge ball
Dog sledding
Dragon boating
Dune buggy
Elephant riding / trekking
Environmental or conservation work (paid or volunteer manual work)
Equestrian activities
Fell running / walking
Fencing
Fishing (deep sea, inland, ice fishing)
Fitness training
Floorball
Flying (as a passenger in a glider or ultralight)
Flying (as a passenger in a private, licensed scheduled or chartered aircraft or helicopter)
Football (soccer)
Frisbee
Fruit picking (paid or volunteer WWOOFing, general farm work, manual work)

Glacier walking (up to 19,685 feet/6,000 meters)
Gliding
Go karting
Golf
Gridiron
Gym training (aerobics, spinning, zumba, body pump, weight training, cross training, crossfit)
Gymnastics
Handball
High diving up to 10 meters
Hiking or tramping (up to 19,685 feet/6,000 meters)
Hockey
Horse riding (equestrian, dressage, show jumping, eventing, polo)
Horse riding (leisure, social, bare back, non-competitive riding)
Hospitality, bar work (paid or volunteer manual work)
Hunting (excluding big game)
Hurling
Hydrofoiling
Hydrospeeding (grades 1-5)
Ice fishing
Ice hockey
Ice Skating
Indoor skydiving
In-line skating
Jet boating
Jet skiing
Kayaking
Kite boarding (on land or water)
Kite buggy
Kite flying
Kite surfing
Kite wing
Korfball
Lacrosse
Land surfing
Lawn bowling
Martial arts (Judo, karate)
Martial arts (non contact)
Microflight
Mongol Rally
Moped riding
Motorcycling (no coverage for motorcycle)
Motor biking (on or off road, trail bike riding)
Motor biking (pillion passenger)
Motor racing experience (passenger only)
Mountain biking
Netball
Obstacle course / assault course / trim trail
Office work (paid or volunteer clerical, non-manual work)
Orienteering
Outdoor endurance / multi-sport (less than ultra distance)
Outrigger canoeing
Outward Bound Paddle boarding
Paint balling
Parasailing
Parascending (over land)
Parkour
Polar Plunge
Power lifting
Quad biking
Racquetball
Rambling
Raquet ball
Retail work (paid or volunteer shop assistant / store manager, general retail, manual work) Rifle range / sports shooting
Riverboarding (grades 1-5)
Rock climbing or bouldering (indoor)
Rock fishing
Roller blading
Roller derby
Roller hockey
Roller skating
Rounders
Rowing
Rugby (League / Union)
Running / walking (less than ultra distance)
Running of the bulls (spectator)
Safari tours
Sail boarding
Sailing
Salsa dancing
Sandboarding
Sandskiing
Scooter riding

Scrambling (up to 19,685 feet/6,000 meters)
Scuba diving (to 165 feet/50 meters)
Scuba diving (unqualified / learn to dive course / discover dive with qualified instructor) Scuba diving to 50 meters
Sculling
Sea canoeing
Sea kayaking
Segway polo
Segway tours
Shooting (rifle range / sports)
Skateboarding (ramp, half pipe, skate park, street)
Skeleton
Ski joring
Skidoos
Skiing (cross country / nordic skiing on marked trails)
Skiing (dry slope)
Skiing (on piste or off piste within resort boundaries)
Skiing (power assisted skiing)
Skiing (snowblading)
Sledding / Snow Sleds / Snow Sleighs (on snow)
Sleigh rides
Snooker
Snorkeling
Snow biking
Snow kiting
Snow mobiling
Snow rafting
Snowboarding (on piste or off piste within resort boundaries)
Snowboarding (dry slope)
Snowshoeing
Soccer
Softball
Spearfishing
Speed boating
Speed flying
Speed trials
Sports coaching paid or volunteer (ball sports, surfing, swimming)
Squash
Stand up paddle surfing / paddle boarding
Stilt walking
Stoolball
Surf boat rowing
Surfing
Swimming
Swimming with whales / whale sharks
Table tennis
Target Shooting
Tchoukball
Teaching (paid or volunteer work)
Ten pin bowling
Tennis
Theme parks / fairgrounds
Tobogganing
Trail bike riding
Trail running (up to 19,685 feet/6,000 meters)
Trampolining
Tree Climbing (trees up to 10 meters)
Trekking (up to 19,685 feet/6,000 meters)
Triathlon (less than ultra-distance)
Tubing on rivers
Tubing on snow
Tuk Tuk (as a passenger)
Ultimate frisbee
Unicycling
Volleyball
Volunteering (childcare, teaching, environmental, wildlife or animal care, WWOOF)
Wake skating
Wakeboarding
Walking (up to 19,685 feet/6,000 meters)
War games (online gaming)
Water polo
Water skiing
Weight training
White water kayaking
White water rafting
Wildlife and animal care (paid or volunteer manual work)
Windsurfing
WWOOFing (general farm work, fruit picking, manual work)
Yachting
Yoga (class, alone / home practice)
Yoga (yoga teacher)
Yungas Road (Death Road)
Zip line
Zorbing