

Coaches - Your Insure4Sport insurance policy allows the insured coach(es) to instruct and/or play all sports up to and including their chosen insurance sport category* on the condition that they are qualified to a minimum standard as recognised by the UK National Sport Governing Body for the sport(s) being instructed or otherwise agreed and recorded by us. Coaches must adhere to the coach to participant ratio as stated below.

Individuals - Your Insure4Sport insurance policy allows the insured to participate in all sports in the sports categories shown in your insurance schedule.

SPORT CATEGORY A	Sport		Sport		Sport		Sport	
	Sport	Ratio	Sport	Ratio	Sport	Ratio	Sport	Ratio
	Angling	1:10	Flag American Football	1:16	Pool (Snooker Associated)	Unlimited	Table Tennis	1:20
	Athletics	1:10	Footgolf	1:20	Pole Vault	1:10	TamBeach	1:16
	Axeman	1:6	Goal Ball	1:16	Power Lifting	1:10	Tambourelli	1:16
	Badminton	1:16	Gym Member	N/A†	Rabble	1:16	Tamburello	1:16
	Ballet	Unlimited	Handball	1:16	Racketlon	1:16	T-Ball	1:16
	Ballroom Dancing	Unlimited	Historical Reenactments/ LARP	Unlimited	Racquet Ball	1:16	Ten Pin Bowling	1:20
	Billiards	Unlimited	Ice Skating	1:10	Rambling	1:20	Tennikoit/Tennikoit	1:16
	Bocce	1:20	Inline Skating	1:10	Reenactments	Unlimited	Tennis (inc Mini & Short)	1:20
	Boccia	1:12	Kho kho	1:16	Referee (excluding Rugby & Pro Football)	Unlimited	Touch Football	1:16
	Boules	Unlimited	Korfball	1:16	Roller Skating	1:16	Touch Rugby	1:16
	Bowls	Unlimited	Linesman	Unlimited	Rowing	1:20	Tough Mudder	Unlimited
	Cheerleading	Unlimited	Majorettes	1:20	Running (indoor, cross country, path, road)	1:25	Ultimate Frisbee	1:12
	Chess	Unlimited	Marching	1:20	Snooker	Unlimited	Volleyball	1:16
	Children's Multi-Sports	1:16	Netball	1:16	Speedskating	1:10	Walking Guide	1:20
	Croquet	Unlimited	Nordic Walking	1:20	Sports Massage	1:1	Walking (trails)	1:20
	(1) Dance	See Below	Octopush	1:16	Sports Officials	Unlimited	Walking Football	1:16
	Darts	1:10	Orienteering	1:20	Squash	1:6	Wallyball	1:16
	Diving (board)	1:6	Parachute Games (ground only)	1:25	Swimming Classes Pool	1:24	Waterpolo	1:16
	Dragon Boat Racing	1:22	(2) Personal Trainer	See Below	Swimmers with Disabilities	1:8	Weight Lifting	1:10
	Fishing	1:10	Petanque	1:16	Synchronised Swimming	1:20	Wheelchair Bowls	Unlimited
	(1) Fitness Class	See Below	Pickleball	1:16				
	Fives	1:10						

SPORT CATEGORY B	Sport		Sport		Sport		Sport	
	Sport	Ratio	Sport	Ratio	Sport	Ratio	Sport	Ratio
	Aquabike	1:20	Dog Joring	1:16	Outrigger Canoeing	1:10	Sumo Wrestling	1:16
	Aquathlon	1:20	Dog Sledding	1:16	Paddle Tennis	1:20	Surf Kayaking	1:08
	Ba Gua	1:16	Duathlon	1:20	Pole Dancing	Unlimited	Swimming - Open Water	1:20
	Baseball	1:16	Dryland Mushing	1:16	Pole Fit	Unlimited	Tchoukball	1:16
	Basketball	1:16	Fell Running	1:16	Ringette	1:16	Trampoline	1:16
	Boxing (amateur)	1:6	Fencing	1:6	Rock-it-ball	1:16	Triathlon	1:20
	Bubble Football	1:16	Floorball	1:16	Rogaining	1:16	TriGolf	1:16
	Canicross	1:25	Football	1:16	Rounders	1:16	Tug of War	1:16
	Canoeing/Kayaking	1:8	Futsal	1:16	Savate	1:16	Vigoro	1:20
	Canoe Polo	1:10	Golf	1:20	Sea Kayaking	1:08	Wheelchair Basketball	1:16
	Crazy Catch	1:16	Hockey (field)	1:16	Shooting	1:6	Wheelchair Curling	1:16
	Cricket	1:20	Hockey (inline)	1:16	Snorkelling	1:16	White collar Boxing	1:06
	Crossbow Shooting	1:6	Hockey (roller)	1:16	Soccer	1:16	Wrestling	1:16
	Cross Channel Swimming	1:10	Historical Fencing	1:06	Softball	1:16	Y Ball	1:16
	Curling	1:16	Kite Flying	1:10	Stand Up Paddle Boarding	1:10	Yukigassen	1:16
	Dodgeball	1:16	Kurash	1:16	Stoolball	1:20		
	Dog Agility Trials	1:16	(3) Martial Arts	1:16	Strongman	1:10		

SPORT CATEGORY C	Sport		Sport		Sport		Sport	
	Sport	Ratio	Sport	Ratio	Sport	Ratio	Sport	Ratio
	Abseiling	1:10	Cycling	1:20	Parkour - indoors and supervised	1:10	SurfBoat Rowing	1:10
	Archery	1:12	Fin swimming	1:16	Quadrathlon	1:20	Surf Life Saving	1:12
	Bandy	1:16	Free running - indoors and supervised	1:10	Quidditch	1:16	Surfing	1:10
	Biathlon	1:20	Gymnastics	1:8	River Tubing	1:10	Triathlon	1:16
	BMX	1:12	Hurling	1:12	Rollball	1:16	Wakeboarding	1:8
	Bodyboarding	1:10	Ice Hockey	1:16	Sail boarding	1:10	Water Skiing	1:8
	Bowhunters	1:6	Kneeboarding	1:08	Sailing	1:10	Windsurfing	1:10
	Camogie	1:10	Lacrosse	1:16	Segway	1:10		
	Cross Country Skiing	1:10	Mountain Biking	1:20	Scuba Diving	1:8		
	Cycle Polo	1:20			Shinty	1:16		

SPORT CATEGORY D	Sport		Sport		Sport		Sport	
	Sport	Ratio	Sport	Ratio	Sport	Ratio	Sport	Ratio
	Airsoft	1:16	Bouldering	1:10	Luge	1:10	Tobogganing	1:10
	American Football	1:16	Cave Tubing	1:10	Mono Skiing	1:10	Rugby 7s	N/A†
	Arm Wrestling	Unlimited	Climbing (Indoor)	1:10	Parachuting	1:10	Rugby League	N/A†
	Australian Rules Football	1:16	Gaelic Football	1:16	Skeleton Luge	1:10	Rugby Union	N/A†
	Black Water Rafting	1:10	Grass Skiing	1:10	Ski Bobbing	1:10	Wheelchair Rugby	N/A†
	Boarder Cross	1:10	Hydrofoiling	1:10	Skiing (on-piste)	1:10	Windfoiling	1:10
	Bobsleigh	1:10	Kick Sledding (on piste)	1:06	Snowboarding (on-piste)	1:10		

SPORT CATEGORY E	Sport		Sport		Sport		Sport	
	Sport	Ratio	Sport	Ratio	Sport	Ratio	Sport	Ratio
	Acrobatics & Circus Skills	1:8	Glacier Walking	1:10	Military Defence**	1:16	Sandboarding	1:8
	Adventure Racing	1:16	Gorge Walking	1:10	MMA	1:16	Sand Kiting	1:8
	Aerial Circus Skills	1:08	Hang Gliding	1:4	Mountainboarding	1:8	Sand Yachting	1:10
	Ballooning	1:06	Heliboarding	1:04†	Mountaineering	1:10	Sea Cliff Climbing (roped and protected)	1:10
	Blokarting	1:08	Heliskiing	1:04†	Mountain Guide	1:10	Sea Level Traversing	1:10
	Brazilian Ju Jitsu	1:16	Hydrospeeding	1:10	Muay Thai	1:16	Self Defence	1:16
	Bridge Climbing	1:10	Ice Climbing	1:10	Multi-pitch Climbing	1:10	Skateboarding	1:8
	Bungee Jumping	1:08†	Ironman	1:4	Paintballing	1:16	Skiing/Snowboarding Off Piste	1:08†
	Bushcraft	1:8	Kangoo	1:16	Parachuting	1:04	Skydiving	1:4
	Cage Fighting	1:16	Kabaddi	1:16	Paragliding	1:4	Slacklining	1:06§
	Canyoning	1:10	Kickboxing	1:16	Parascending / Parasailing	1:08	Snow/Ice Climbing	1:10
	Caving	1:10	Kite Buggy	1:8	Pohtoling	1:10	Sports Climbing	1:10
	Coasteering	1:10	Kitesurfing	1:8	Powerbocking	1:16	Tyrolean Traversing	1:8
	Extreme Pogo	1:10	Krav Maga	1:16	Rock Climbing	1:10	Ultra Marathon/Ultra Running	1:16
	Filipeno Martial Arts/Esgrima	1:16	Land Yachting	1:8	Rock Climbing (traditional)	1:10	White Water Rafting	1:10
	Forrest Sports	1:08	Longboarding	1:08	Roller Derby	1:16		
	Ghyll Scrambling	1:10	Marathon Racing	1:16	Sambo	1:16		

(1) Fitness & Dance Classes (Sport Category A)

Aerial Hoop Dancing	Unlimited	Aerial Silk Dancing	Unlimited	Aerobics	Unlimited	Aerobic Swimming	1:20
Aqua Zumba	1:20	Ballet Dancing	Unlimited	Ballet Fit	Unlimited	Belly Dancing	Unlimited
Body Attack	Unlimited	Body Balance	Unlimited	Body Combat (non contact)	Unlimited	Body Jam	Unlimited
Body Pump	Unlimited	Body Step	Unlimited	Body Vive	Unlimited	Bokwa	Unlimited
Boogie Bounce	Unlimited	Boot Camp	Unlimited	Boxercise	Unlimited	British Military Fitness	Unlimited
Buggy Fit	1:20	Burlesque Fit	Unlimited	Calisthenics	1:20	Chair Based Exercise	Unlimited
Chi-Yoga	Unlimited	Circuit Training	Unlimited	Clubbercise	Unlimited	CobraFIT	Unlimited
Country Dancing	Unlimited	CrossFit	1:20	CX Work	Unlimited	Exercise Class	Unlimited
Fight Klub	Unlimited	Fitball	Unlimited	Fitsteps	Unlimited	Flamenco Dancing	Unlimited
Folk Dancing	Unlimited	Grit Cardio	Unlimited	Grit Plyo	Unlimited	Grit Strength	Unlimited
Hip-Hop Fit	Unlimited	Hip Hop Dancing	Unlimited	Hula Hoop	Unlimited	Indian Club Swinging	Unlimited
Insanity Workout	Unlimited	Jazz Dancing	Unlimited	Jazzercise	Unlimited	Jumpstyle	Unlimited
JustJhoom	Unlimited	Kangatraining	1:10	Latin Dancing	Unlimited	Latin Fit	Unlimited
Les Mills	Unlimited	Martial Arts Fit (non contact)	Unlimited	Modern Dancing	Unlimited	Pilates	Unlimited
Piloxing	Unlimited	Pre & Post Natal Fitness	1:10	Salsa Dancing	Unlimited	Salsa Fit	Unlimited
Skipping	Unlimited	Spinning	1:30	Street Dancing	Unlimited	Swing Dancing	Unlimited
Tai Chi	Unlimited	Tap Dancing	Unlimited	Tap Fit	Unlimited	Urban Dancing	Unlimited
Water Exercise	1:20	Yoga	Unlimited	Zumba	Unlimited	Zumba Gold	Unlimited
Zumba in the Circuit	Unlimited	Zumba Sentao	Unlimited	Zumbatomics	Unlimited	Zumba Toning	Unlimited
Zumbini	Unlimited						

(2) Personal Trainer (Sport Category A)

CrossFit	1:20	Fitness FX	Unlimited	Friskis&Svettis	Unlimited	Gymnasium Instruction	1:10
Gyrotonic Instruction	Unlimited	Kettlebells	Unlimited	Les Mills	Unlimited	Metafit	Unlimited
Personal Training	1:10	Powerplate	Unlimited	Rebounding	Unlimited	Sports Massage (not in isolation)	1:1
Thump Boxing	Unlimited	TRX Training	1:10	ViPR	Unlimited		

(3) Martial Arts recognised by this insurance (Sport Category B)

Aiki Jujitsu	1:16	Aikido	1:16	Bujutsu	1:16	Capoeira	1:16
Choy Lee Fut	1:16	Freestyle Kung Fu	1:16	Hapkido	1:16	Japanese Karate	1:16
Jeet Kune Do	1:16	Judo	1:16	Jujutsu	1:16	Karate	1:16
Kempo	1:16	Kendo	1:16	Korken Karate	1:16	Kung Fu	1:16
Kyudo	1:16	Laido	1:16	Ninjutsu	1:16	Preying Mantis	1:16
Qi Gong	1:16	San Soo Kung Fu	1:16	Shindo Junen Ryu	1:16	Shotokan	1:16
Taekwondo	1:16	Tai Chi Chuan	1:16	Tang Soo Do	1:16	Wing Chun	1:16
Wing Tsun	1:16	Wushu	1:16	Yoseikan budo	1:16		

Important: If weapons are used, these must be blunted or padded with participants wearing protective equipment.

*Sport Category A Insurance can instruct sports within Sport Category A only. Sport Category B Insurance can instruct sports within Sport Category A and B only. Sport Category C Insurance can instruct sports within Sport Category A, B & C only. Sport Category D Insurance can instruct sports within A, B, C & D only. Sport Category E Insurance can instruct all sports listed. Subject to the Coach / Instructor being qualified to a minimum standard as recognised by the UK National Sport Governing Body for the sport(s) being instructed.

** Included within Self Defence.

† We can only provide individual players policies. Coaches and Team policies are not available.

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