

LIST OF ACTIVITIES AND SPORTS

SPORT 1/20

valid as of 1 January 2020

WITHOUT THE NEED FOR TAKING OUT SUPPLEMENTARY INSURANCE	WITH THE NEED FOR TAKING OUT SUPPLEMENTARY INSURANCE		UNINSURABLE	
	HAZARDOUS	EXTREME		
<ul style="list-style-type: none"> aerobics, kickbox aerobic, aqua aerobic, yoga, fitness exercising aerotrim agility airsoft animation programmes athletics badminton ballet baseball basketball cross-country skiing (along marked trails) running - jogging, long courses, including marathons, uphill running (not mountain running and desert marathons) biathlon bobsleds (not competitive bobsleds) boccia bowling break dance bridge skating (in-line, roller skating) ice skating (not competitive figure skating and speed skating) bungee boomerang bungee running/trampoline canicross in easy terrain curling exercising in a gym bicycle tourism disc golf canoe slalom (grades I-II) drag boating duathlon fitness and bodybuilding floorball football, footbag, goalball, futsal frisbee golf handball ball hockey cheerleaders intercross classic cars driving mountain biking (not downhill MTB) riding a snowmobile (not downhill, freestyle) animal rides (e.g. horse, camel, elephant) yoga canoeing on calm water kickbox aerobic cycle ball fitness exercising in sporting organisations horse racing korfbal artistic cycling cricket billiard body building skittles quadriathlon lacrosse balloon flights (as a passenger) climbing artificial walls sport hunting (not hunting of exotic wild animals) archery skiing along marked trails (besides speed skiing and mogul skiing) 	<ul style="list-style-type: none"> majorettes ice stock sport minigolf sport modelling modern gymnastics foot tennis orienteeing and cross-country running paddleboard paintball petanque swimming beach and water-based recreational activities (water banana rides, paddle boat rides, parasailing, water skiing, tobogganing, water sliding, etc.) city stays without any elevation limits powerbocking (running with elastic-like spring-loaded stilts) (without somersaults) ground hockey arm wrestling ricochet fishing and sport fishing (from the shore as well as from a boat) racewalking sled (not a racing sled) showdown rafting (see canoe slalom) skateboarding skiathlon skibobs (not competitive) water jumping (including synchronised) (from board or tower) snowboarding (along marked trails) snowtrampoline snowtubbing (along marked trails) softball spinning squash desk games table tennis stretching streetball blank firing sport shooting (including shooting with live ammunition at the official shooting range) synchronised swimming chess fencing - sport, historical, scenic, etc. (not using sharp weapons) darts snorkelling tai-chi ballroom dancing (including competitive ballroom dancing) tennis tchoukball triathlon hiking in easy terrain up to 3000 m above sea level (including trekking) rowing water skiing water polo volleyball wallyball windsurfing dog sled racing (mushing) winter swimming zumba juggling 	<ul style="list-style-type: none"> acrobatic rock and roll american football BMX martial arts to the extent of capoeira, jiu-jitsu, judo, karate bouldering (on artificial rock walls) box lacrosse canicross in difficult terrain competitive cycling (road and track) cyelo-cross, bike trial canoe slalom (grades III-IV) horse racing quidditch fly fox firefighter sport and training of rescue squads high ropes roller hockey mountain running indoor skydiving Roller in-line hockey in-line jöring yachting and cruising on vessels powered solely by the wind U-ramp rides (in-line skates, skateboard, skis, in-line scooter) competitive figure skating ice hockey climbing on artificial rock walls without use of security components longboarding (ne sjezd/downhill) modern pentathlon monoski motor sports in normal terrain (including minibike, mini-karts, go-karts) parkour pole dance polo diving without a breathing apparatus - freediving, or diving with a breathing apparatus with instructor up to 10 m depth (excluding ice diving) rugby and underwater rugby fishing and sport fishing (from the shore as well as from a boat) speed skating competitive (on ice or in-line) sandboarding single track skijöring jumping on trampolines without use of security components abseiling sledge hockey snowboard cross, skicross spartan race sport gymnastics surfing hiking in difficult terrain up to 5000 m above sea level, also including paths equipped with chains, ropes or ladders (via ferrata grades A-C) and trekkings water motorsports (boat, motor scooters, catamaran, etc.) water slalom (even on an artificial canal) weightlifting (even powerlifting and benchpress) wakeboarding Greco-Roman wrestling freestyle wrestling winter sports in snowpark zorbing 	<ul style="list-style-type: none"> aerials acrobatics in general (e.g. artistes) acrobatic water skiing acrobatic winter skiing downhill skiing bobsled racing martial arts to the extent of aikido, aikampf-jitsu, kung-fu, taekwondo, sumo, box, kick boxing, thai boxing bouldering (not on artificial rock walls) bungee jumping canyoning canoe slalom (grade V) drifting flyboarding wildlife photography four-cross ice-cross downhill jet-surf kiting (buggykiting, kiteboarding, kitesurfing, powerkiting, snowkiting, apod.) aerial sports to the extent of piloting sport planes, gliders, balloons, glider parachutes, hang gliders, paragliding, parasailing, aerobatics, parachuting (even tandem jumps) longboarding (downhill) desert marathon moguls motor sports in difficult terrain (motocross, autocross, enduro, etc.) mountain bike trail/biking mountboarding parkour (indoor or in organized clubs) speedway (and ice speedway) diving with a breathing apparatus without instructor or above 10 m depth powerbocking with somersaults rodeo, western rodeo speed skiing sled racing Nordic combined downhill on a snowmobile skeleton skibob racing ski jumping and flying sky dive snow (bungee) rafting/kayaking speleology streetluge historical medieval battles (full contact) swing jumping trial (auto, moto) via ferrata grade D 	<ul style="list-style-type: none"> alpinism base jumping building cave diving canoe slalom (grade VI) dragster racing extreme skiing extreme power sports (pulling of heavy weights, vehicles by a cable, etc.) freeride (whatever) heliskiing high jumping (cliffdiving) mountain climbing hydrospeed stunt activities taming climbing frozen waterfalls and ice walls hunting of exotic wild animals parkour (outdoor and outside organized clubs) ice diving or cave diving rope jumping seakayaking sharkdiving ski alpinism ski touring sky surfing speed riding shooting with live ammunition (not shooting at the official shooting range- see sport shooting) fencing with sharp swords via ferrata grades E-F expeditions to places with extreme weather and natural conditions or large uninhabited areas (desert, jungle, open sea, polar area, etc.) high-altitude hiking above 5000 m above sea level wrestling testing of transports means