

### Insurance Scope – Coaches & Instructors

Your insure4sport insurance policy allows the insured coach(es) to instruct all sports up to and including their chosen insurance 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.

Category A	Ratio	Category B	Ratio	Category C	Ratio	Category D	Ratio
Angling	1:10	Baseball	1:16	Abseiling	1:10	Australian Rules Football	1:16
Athletics	1:10	Basketball	1:16	American Football	1:16	Climbing (Indoor)	1:10
Axeman	1:6	Boxing (amateur)	1:6	Archery	1:12	Gaelic Football	1:16
Badminton	1:16	Canoeing/Kayaking	1:8	BMX	1:12	Parachuting	1:10
Billiards	Unlimited	Crazy Catch	1:16	Bowhunters	1:6	Skiing (on-piste)	1:10
Bocce	1:20	Cricket	1:20	Camogie	1:10	Snowboarding (on-piste)	1:10
Boccia	1:12	Crossbow Shooting	1:6	Cross Country Skiing	1:10		
Bowls	Unlimited	Curling	1:16	Cycling	1:20		
Cheerleading	Unlimited	Dodgeball	1:16	Gymnastics	1:8		
Chess	Unlimited	Fell Running	1:16	Hurling	1:12		
Children's Multi-Sports	1:16	Fencing	1:6	Ice Hockey	1:16		
Croquet	Unlimited	Floorball	1:16	Lacrosse	1:16		
(1)Dance	SeeBelow	Football	1:16	Mountain Biking	1:20		
Darts	1:10	Golf	1:20	Sailing	1:10		
Diving (board)	1:6	Hockey (field)	1:16	Scuba Diving	1:8		
(1)Fitness Class	SeeBelow	Hockey (inline)	1:16	Surf Life Saving	1:12		
Goal Ball	1:16	Hockey (roller)	1:16	Surfing	1:10		
Handball	1:16	(3)Martial Arts	1:16	Wakeboarding	1:8		
Ice Skating	1:10	Paddle Tennis	1:20	Water Skiing	1:8		
Inline Skating	1:10	Pole Dancing	Unlimited				
Korfball	1:16	Pole Fit	Unlimited				
Marching	1:20	Ringette	1:16				
Netball	1:16	Rock-it-ball	1:16				
Nordic Walking	1:20	Rogaining	1:16				
Octopush	1:16	Rounders	1:16				
Orienteering	1:20	Shooting	1:6				
Parachute Games (ground only)	1:25	Softball	1:16				
(2) Personal Trainer	SeeBelow	Stoolball	1:20				
Petanque	1:16	Tchoukball	1:16				
Pool (Snooker associated)	Unlimited	Trampoline	1:6				
Powerlifting	1:6	Triathlon	1:16				
Racquet Ball	1:16	TriGolf	1:16				
Roller Skating	1:16	Vigoro	1:20				
Rowing	1:20	Windsurfing	1:10				
Running (indoor, cross country, path, road)	1:25	Y Ball	1:16				
Snooker	Unlimited						
Squash	1:6						
Swimming Classes Open Water	1:10						
Swimming Classes Pool	1:12						
Swimmers with Disabilities	1:8						
Synchronised Swimming	1:20						
Table Tennis	1:20						
T-Ball	1:16						
Ten Pin Bowling	1:20						
Tennis (inc Mini & Short)	1:20						
Touch Football	1:16						
Touch Rugby	1:16						
Ultimate Frisbee	1:12						
Volleyball	1:16						
Waterpolo	1:16						
Weight Lifting	1:10						

#### (1)Fitness & Dance Classes (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
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	CobraFIT	Unlimited	Country Dancing	Unlimited	Cross Fit	1:8
CX Work	Unlimited	Exercise Class	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	Running(indoor, cross country, path, road)	1:25
Salsa Dancing	Unlimited	Salsa Fit	Unlimited	Skiing	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 (Category A)

Exertrain Practitioner	1:12	Fitness FX	Unlimited	Friskis&Svettis	Unlimited	Gymnasium Instruction	1:5
Gyrotonic Instruction	Unlimited	Kettlebells	Unlimited	Les Mills	Unlimited	Metafit	Unlimited
Personal Training	1:5	Powerplate	Unlimited	Rebounding	Unlimited	Running (indoor, cross country, path, road)	1:25
Sports Massage (not in isolation)	1:1	Thump Boxing	Unlimited	TRX Training	1:5	VIPR	Unlimited

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

Aiki Jujitsu	Aikodo	Bujutsu	Capoeira	Choy Lee Fut	Freestyle Kung Fu	Hapkido	Japanese Karate
JeetKune Do	Judo	Jujutsu	Karate	Kempo/Kenpo	Kendo	Korken Karate	Kung Fu
Kyudo	Laido	Ninjutsu	Preying Mantis	Qi Gong	San Soo Kung Fu	ShindoJunenRyu	Shotokan
s	Tai Chi Chuan	Tang Soo Do	Wing Chun	Wing Tsun	Wushu	YoseikanBudo	

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

\*Category A Insurance can instruct sports within category A only. Category B Insurance can instruct sports within category A and B only. Category C Insurance can instruct sports within category A, B & C only. Category D Insurance can instruct sports within all categories. 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.