

**SASA INSURED ACTIVITIES/EXCLUDED ACTIVITIES**

The SASA civil liability insurance provides cover for club members for the following activities:-

- Training for competitive Swimming
- Competitive Swimming
- Learn to Swim
- Swimming Development activities
- Social activities
- Fund-raising activities
- Administrative, teaching and coaching activities
- Recreational Swimming

**Excluded Sports include:**

Abseiling  
Boxing  
Flying and Gliding – and other forms of aerial activity  
Judo  
Motor Racing  
Parachuting  
Rock Climbing  
Rugby Football  
Skating  
Sub-Aqua  
Weight Lifting

Archery  
Fencing  
Horse Riding  
Martial Arts  
Mountaineering  
Potholing  
Roller Hockey  
Shooting  
Skiing and other winter sports  
Water Skiing  
Wrestling

**Excluded Recreational Activities**

Ballooning  
Para Gliding  
Survival and Assault Course Activities

Bungee Jumping  
Cliff Diving  
Paint Ball Games

The personal accident cover for members under the age of 75 years of age (restricted cover for those aged between 70 and 75 years of age) providing they are participating in activity approved by the SASA.

This list is not exhaustive and if you intend on taking part in any activity which is outside the core activities covered then please call Scottish Swimming to check if the activity is covered under the policy.

**Note 1** The policy DOES NOT offer travel insurance, this must be separately arranged.

**Note 2** If any member of an affiliated club (who has been with the club for longer than 28 days and who attends the club on more than 2 occasions per annum) is not a member of Scottish Swimming then the insurance for the ENTIRE CLUB is void. This includes executive members, helpers, teachers and coaches.