



# Overview of dangerous sports

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This is a translation of the original Dutch text. In the event of any disparity between the Dutch original and this translation, the Dutch text will prevail.

## Mountain sports

### Non-covered mountain sports

Abseiling	Descending a steep wall using a rope, pulley and feet
Mountaineering and rock climbing	Climbing up or down along an unmarked route using hands and feet, with or without equipment
Bouldering	Climbing without a safety rope
Canyoning	Hiking and climbing through narrow gorges and mountain streams
Downhill racing/biking/karting	Riding a mountain bike or kart down a slope or mountain
(Ice) climbing/Via ferrata	Climbing up a steep rock face using hands and feet while attached to a safety line
Mountain biking in caves	Riding an all-terrain bike (ATB) or mountain bike (MTB) through a cave
Caving / spelunking	Descending into caves and caverns
Sports climbing	Climbing without a safety rope
Volcano surfing	Sliding or surfing down a volcano on a wooden board
Yetiballing	Rolling down a mountain slope in a steel shell

### Covered mountain sports

Hiking	Hiking in the mountains by an experienced hiker
Hiking tours for inexperienced walkers	Hiking tours for inexperienced walkers along marked trails



## Aerial sports

### Non-covered aerial sports

Base jumping	Jumping off a tall building or cliff using a parachute
Bungee jumping	Jumping from a great height while attached to an elastic cord
Catapulting	Being launched to a great height while attached to an elastic cord at the legs
Death-ride	Jumping into the void and sliding down a high-speed zipline, secured by a braking system
Hang gliding	Flying off a mountain using a triangular wing
Fly-by-wire	Flying between mountain peaks while suspended from a cable on a stretcher-like frame with a propeller
Hang-gliding	Flying off a mountain using a triangular wing
Parachute jumping	Jumping from an aircraft with a parachute (possibly tandem with an experienced parachutist). May include formation jumps where several people create a figure
Paragliding/parapenting	Running off a mountain slope or peak with a paraglider to descend through the air
Parasailing	Being towed behind a speedboat while attached to a parachute
Powered paragliding (PPG)	Jumping or taking off from a mountain slope or peak with a paraglider while carrying a motor on the back
Skydiving/parachuting	Jumping from an aircraft with a parachute, including a free fall
Skysurfing	Jumping from an aircraft with a parachute attached to the feet
Aerobatics	Performing loops and other stunts with a sports aircraft
Ultralight flying	Flying a lightweight motorised glider

### Covered aerial sports

Ballooning	Taking a trip in a hot-air balloon
Motor gliding	Gliding with the assistance of an auxiliary engine
Gliding	Flying without an engine, using thermal currents in a glider aircraft

## Water sports

### Non-covered water sports

Cave rafting	Following an underground river on an inner tube
Cliff jumping	Jumping or diving from a high rock
Free diving	Any activity in which a person dives underwater while holding their breath
Cave diving	Diving in a water-filled cave
Hot Dog	Descending a fast flowing river in an inflatable canoe
Hydrofoiling	Sailing a boat or catamaran that lifts out of the water at high speed
Hydrospeed	Floating down white-water rivers while lying a small board, carried by the current
Jet boating	Travelling at high speed over shallow waters in a jet boat
Jet skiing	Riding a personal watercraft with a movable steering arm
Kayaking (difficult)	Paddling a closed kayak through many rapids, higher and irregular waves, whirlpools and backwaters
Kitesurfing	Being pulled across the water on a surfboard by a kite
Oneon electric surfboard	Riding an electrically powered surfboard
Powerboat / offshore racing	Racing speedboats along a designated course
Rafting	Descending a (fast-flowing) river in a large inflatable boat or inner tube
River trekking	Following the upper course of a river wearing a life jacket and helmet
Solo sailing	Sailing alone at sea without expert guidance
Land sailing / blokarting	Sailing on the beach in a cart with a fixed sail
Tubing	Being towed on an inner tube behind a speedboat or jet ski
Competitive sailing at sea	Competitive sailing at sea
White-water rafting	White-water rafting
Wreck diving	Diving in and around a shipwreck
Sea canoeing	(without expert guidance) Canoeing alone at sea

## Covered water sports

Banana boat riding	Being towed behind a speedboat on an inflatable “banana” or similar device
Barefooting	Barefoot water-skiing
Bodyboarding	Riding a breaking wave toward the shore while lying on a bodyboard
Bodysurfing	Swimming with a breaking wave in the surf zone and letting it carry you as far as possible
Surf canoeing	Canoeing in the surf zone
Surfing	Riding waves in the surf zone
Flottage	Floating on a large inner tube
Flotilla sailing	Travelling in a group of boats sailing one after another
Diving / scuba diving	Remaining underwater for an extended period using a scuba tank to observe marine flora and fauna
Kayaking (easy)	Paddling a long, narrow, closed small boat in mild rapids and regular, small waves
Canoeing	Paddling a long open canoe for one or two people
Kneeboarding	Water-skiing on a small board while kneeling
Underwater sports	Underwater sports
Snorkelling	Remaining just below the surface using a snorkel
SUP (stand-up paddling)	Standing and paddling on a SUP board
Raft trip	Drifting down a river on wooden rafts
Wakeboarding	Water-skiing on a small board The feet are fixed in loops/straps
Jet skiing	Riding a jet ski (personal watercraft) on the water
Water-skiing	Being towed behind a motorboat on two skis
Windsurfing	Sailing on a surfboard fitted with a sail
Sea canoeing	(with expert guidance). Canoeing alone at sea



## Winter sports

### Non-covered winter sports

Bobsled	Very high-speed sliding on a bobsleigh track
Boat skiing	Racing down mountains in an inflatable boat Braking is done using a parachute. Only permitted under the supervision of a guide
Buckel skiing	Skiing down a buckel slope (artificial snow mounds)
Firn blattern	Off-piste skiing on a sun- and frost-compacted spring snow layer
Firn ski extreme	Deep-snow skiing using a short ski of approximately 1.3 metres
Freestyle figure skiing	Performing aerial tricks on skis, often launched from a halfpipe
Glaciospeology	Exploring glacier caves
Glacier skiing	Off-piste skiing on permanent snowfields
Glacier tour	Climbing a glacier, with or without skis, under the supervision of a guide Participants are attached to each other with cables
Heli-skiing	Being transported by helicopter to a mountain summit and skiing down, typically along existing ski routes
Via ferrata / fixed-route climbing	Climbing a steep rock face using hands and feet, usually secured to a fixed safety cable This may also take place on ice walls (ice climbing).
Off-piste skiing	Ski tours that leave groomed slopes in order to ski in deep, ungroomed powder snow
Paraskiing / speed-riding	Descending a mountain on skis while using a lightweight parachute, often outside groomed ski areas
Rennfiggl Rennfiggl (short-ski descent)	Descending a snow slope on a short board approximately 63 cm long and 10 cm wide
Skeleton	Descending an ice track at high speed while lying face-down on a small sled
Ski mountaineering	Combining mountaineering techniques (ice axe, ropes) with sections of skiing during ascent and descent
Ski-bobbing	Descending in the snow on a vehicle consisting of a frame to which two skis, a saddle and a handlebar are attached
Ski jumping	Jumping over small snow hills and doing somersaults or other types of jumps in the air
Ski-joring	Being pulled on skis by a motor vehicle (such as a car or motorcycle)
Marked ski-routes	Following ungroomed ski routes where poles or markers indicate the descent
Ski safari / touring	A form of ski touring conducted outside groomed pistes
Ski jumping / ski flying	Ski jumping
Snow kiting	Being pulled across snow by a large traction kite while on skis
Ski-paragliding / ski-parasailing	A combination of paragliding and skiing, involving controlled flight during descent
Snorkel skiing	High-speed descent through very deep powder snow while wearing a snorkel
Snow scooter	A scooter fitted with skis

### Non-covered winter sports

Snow-shoeing	Ascending or descending using snowshoes or crampons attached to boots
Speed skiing	In competition form only Competitive downhill skiing at very high speeds in a specialised suit and helmet
Surf-skiing	Windsurfing on skis using a sail
Deep-snow skiing	Skiing on ungroomed slopes with snow depths typically between 30 and 50 centimetres
Ski touring	Mountain tours conducted outside groomed pistes
Wind-weapon skiing	Descending on alpine skis while being propelled by a triangular sail held behind the back
Wisbi racing	Skiing or snowboarding downhill as fast as possible, usually in a timed format
Ice diving	Diving through a cut-out opening in the ice of a frozen lake
Ice hockey	Ice hockey
Ice climbing	Ascending and descending steep ice walls using an ice axe and crampons
Ice waterfall climbing	Frozen waterfall climbing
Ice sailing / ice yachting	Sailing on ice using a boat or board

### Covered winter sports (If winter sports are also covered)

Ballet skiing	Performing figures, jumps, acrobatic movements and pole-flips to music
Biathlon	Competitive combination of cross-country skiing and rifle shooting
Big-foot skiing	Skiing on extremely short skis shaped like oversized feet
Carving	Descending on shaped (side-cut) skis using carving technique rather than standard parallel turns
Cross-country skiing	Ascending and descending on or beside the piste using long, narrow skis, often with climbing skins
Curling / ice stock sport	Ice games using large, flat-bottomed stones with a handle on top.
Funboarding	A form of snowboarding.
Guest race	A recreational race held at the end of a ski course or lesson
Horse-skiing	Being pulled on skis by a horse
Cross-country skiing	Moving on two narrow skis along a prepared track (loipe)
Mono-skiing	Skiing on a single wide ski with both feet positioned side by side
Tobogganing / sledding	Descending forest paths or snow slopes while seated on a small sled
Ice skating	Gliding over ice on thin metal blades
Alpine skiing	Descending groomed pistes on skis
Skwal skiing	Skiing on a narrow single ski with both feet placed one behind the other

### Covered winter sports (If winter sports are also covered)

Sledding	Descending a snowy slope on a wooden or plastic sled
Snowshoeing	Guided walking using high-tech snow-shoes attached to mountain boots
Snowboarding	Descending on a single wide board
Swingbo	A skateboard-type device with small skis Feet are held in loops rather than bindings
Telemark skiing	Traditional skiing style where turns are made by bending the knee rather than shifting weight
Herringbone ascent	Ascending on skis without climbing skins using a herringbone step

### Other non-covered sports

Canopy ladder climbing and abseiling	Climbing to treetops using rope ladders and descending by abseiling
Canopy tour / zip-line tour	Travelling along a zip-line through jungle or forest
Unsecured cat-crawl	Crossing between two trees by lying on a rope while unsupported and unprotected
Downhill mountain biking	Riding an all-terrain or mountain bike down a steep downhill course
Combat sports	Practising martial arts or other combat sports such as wrestling, boxing, kickboxing, etc
Indoor free climbing	Climbing an indoor wall without equipment or safety protection
Kite-buggying / land sailing	Riding a low, wheeled buggy pulled by a traction kite
Motocross	Off-road motorcycle riding on a motocross track
Rugby	Playing rugby
Sandboarding	Surfing down sand dunes on a board
Skate-winging	Moving on a skateboard while propelled by a handheld sail
Motorised speed competitions	Participating in speed events using motor-powered vehicles or vessels, including circuit riding
Caving / spelunking	Exploring caves or caverns
Trail riding	Riding a vehicle through an off-road skills or obstacle course
Sand skiing	Skiing on sand
Sand surfing	Surfing down sand dunes on a board

## Other covered sports

Obstacle-course descent	Descending an obstacle course
Secured cat-crawl	Crossing between two trees by lying on a rope while attached to a safety line
Husky tours	Making long journeys using a dog sled
Indoor climbing with equipment	Climbing an indoor wall using climbing equipment and safety protection
Inline skating	Skating on four or more wheels
Karting	Driving a small two-stroke motorised kart on an indoor or outdoor track
Mountain biking	Riding an all-terrain or mountain bike on a challenging off-road course.
Quad biking	Riding a motorised four-wheeler with specialised tyres
Roller skiing	Cross-country skiing on wheels on a paved surface
Skateboarding	Moving on a wheeled board on a paved surface
Skating	Skating
Skimboarding	Throwing a board into the surf and riding the incoming wave
Survival track	An outdoor route involving natural obstacles and physical challenges
Zip-lining	Descending along a cable while suspended from a pulley
Trike riding	Riding a motorised three-wheeler with specialised tyres