Table of Activity Ratings

1 1.5 Low Risk Low to Modera	ate Risk	Moderate Ris	ik Mo	2.5 oderate to High Ris	sk	3 High Risk
Activity		Category				Page
Aquatics	1					22
Archery	1					22
Baseball			1.5-2.5			22
Basketball			1.5-2.5			23
Bicycling			1.5	5–3		24
BMX Racing					3	25
Body Sculpting Class		1.5				30
Boot Camp Workout Class			2			31
Bounce Houses				2.5	5–3	25
Bowling			2			25
Boxing					3	26
Canoeing			1.5-2.5			42
Cardio Kickboxing Class			2			31
Cheerleading			1.5-2.5			28
		1.5				54
Dance			1-3			29
Diving, Competitive				2–3		30
Diving, Recreational			2			30
Elliptical Machine (Training Equipment)	1					26
Fishing		1–2				33
Football, Flag or Touch			2			34
Football, Tackle					3	34
Frisbee®	1-	1.5				34
Frisbee®, Golf		1.5	-2			35
Frisbee®, Ultimate			2-	-2.5		35
Golf	1					36
Gymnastics				2–3		36
High Intensity Functional Training (Incl. CrossFit®) Class	;			2–3		31
Hiking	1-1	1.5				37
Hockey, Field/Ice/Street				2.5	i–3	37
Horseback Riding			1.5-2.5			38
Indoor Cycling Class		1.5	i–2			32
Jet-Ski® (Personal Watercraft, PWC)				2–3		38
Jumping Rope			2			39
Kayaking			1.5-2.5			42
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Motorcycle/Motocross (ATV, Dirt Bikes)					3	41

Activity	C	ategory			Page
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Power Lifting				3	44
Racquetball			2.5		44
River Rafting		2			43
Rock Climbing, Indoor or Challenge/Ropes Course	1	1.5–2			45
Rock Climbing, Outdoor			2–3		45
Rodeo				3	46
Rowing	1.5				43
Rowing Machine (Training Equipment)	1.5				27
Rugby				3	46
Running/Jogging		2			47
Scooters, Motorized		2	-2.5		48
Scooters, Nonmotorized		1.5-2.5			48
Scuba Diving		2	-2.5		49
Skateboarding		1.5-2.5			50
Skating, Ice		1.5-2.5			49
Skating, Inline and Roller		1.5-2.5			50
Skiing, Cross-Country		2			50
Skiing, Downhill			2.5		51
Skiing, Water		2	-2.5		51
Ski Machine (Training Equipment)	1.5				27
Snorkeling 1					52
Snowboarding			2.5		52
Snowmobiling				3	53
Soccer			2-3		53
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Strength Training/ Resistance Training/ Weight Lifting	1.5				54
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Swimming 1					55
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Wrestling				3	59
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Zumba® Class		.5–2			33