

Injuries are a fact of life for many sports people, so it's important to have the right insurance cover to compensate you and help you deal with time on the side lines.

The Sports Injury Plan from ProSport offers three levels of cover to cater for your requirements and is one of the only plans on the market that pays out for simple, compound, complete and incomplete fractures, dislocations and ruptures.

Premium range from £20 per month to £40 per month.

All Fractures to: (simple, compound, incomplete and complete)	Level 1	Level 2	Level 3
1. Neck	£2000	£4000	£6000
2. Hip, Pelvis	£2000	£4000	£6000
3. Skull	£1500	£2000	£2500
4. Thigh, Heel, Upper Arm	£1500	£2000	£2500
5. Ankle, Lower Leg, Elbow, Shoulder Blade	£1000	£1250	£1500
6. Lower Jaw, Collarbone	£900	£1100	£1300
7. Lower Arm, Wrist	£800	£1000	£1200
8. Vertebrae (each)	£700	£850	£1000
9. Sternum, Kneecap, Cheekbone	£600	£750	£900
10. Hand (excluding fingers, thumbs and wrists), Foot (excluding toes and heel), Coccyx	£500	£650	£800
11. Nose	£200	£400	£600
12. Ribs (each)	£150	£300	£450
All Dislocations to: (displacement of a bone from a joint)	Level 1	Level 2	Level 3
1. Hip, Knee, Wrist, Elbow, Ankle, Shoulder Blade, Collarbone or Jaw	£1000	£1250	£1500
2. Thumbs	£75	£100	£125
All Ruptures to: (requiring surgery under anaesthesia; limit of one payment will be made for each rupture event during any 12-month period)	Level 1	Level 2	Level 3
1. ACL (Knee)	£1500	£2000	£2500
2. PCL (Knee)	£1000	£1250	£1500
3. MCL (Knee)	£1000	£1250	£1500
4. Achilles Tendon	£1500	£2000	£2500
5. Hamstring	£1500	£2000	£2500
6. Bicep	£900	£1100	£1300
7. Groin	£200	£400	£600
8. Pectoral, Shoulder	£500	£650	£800

This is the only plan that will cover Fractures, Dislocations and Ruptures all under one policy.

All these plans under ProSport insurance services are dedicated to the continual improvement of player welfare in sport as well as all standards of sport.