



Comprehensive Center for Bleeding Disorders

SPORTS ACTIVITIES

Risk of injury with sporting activities should be taken into consideration if you or your child has one of the following:

- A mild, moderate or severe bleeding disorder
- A clotting disorder that requires anticoagulation (aspirin, coumadin, lovenox)

Some of the more popular sporting activities have been divided into three categories so that you are able to identify which activities are most appropriate to participate in.

Category 1

Most individuals with either a bleeding disorder or a clotting disorder that requires anticoagulation can participate safely in these activities.

Bicycling

Frisbee

Hiking

Swimming

Fishing

Golf

Tai Chi

Walking

Category 2

The physical, social and psychological benefits often outweigh the risks. The majority of sports fall into this category and can be played as non-competitive activity. If you have moderate or severe hemophilia, or moderate or severe von Willebrand disease, consider prophylaxis prior to participating in these activities.

Baseball

Diving (recreational)

**Ice skating*

**Mountain biking*

**Roller skating*

**Skateboarding*

**Snowboarding*

Track and field

Weight lifting

Basketball

Gymnastics

**Karate/Kung Fu/Tae Kwon Do*

**River rafting*

Rowing

**Skiing (downhill)*

Soccer

Volleyball

Bowling

Tennis

**Horseback riding*

**Water skiing*

**Roller blading*

Running/Jogging

Skiing (cross country)

Category 3

The risks outweigh the benefits. The nature of these activities makes them dangerous, even for those without a bleeding disorder!

Boxing

Football (tackle)

Lacrosse

Racquetball

Rugby

Diving (Competitive)

Hockey (field, ice, street)

Motorcycling/Dirt Biking

Rock climbing

Wrestling

***Please remember that participating in sporting activities safely, requires the use of protective gear such as helmets, wrist pads, elbow pads, kneepads, etc.!**