



## **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.

<i>Bicycling</i>	<i>Fishing</i>
<i>Frisbee</i>	<i>Golf</i>
<i>Hiking</i>	<i>Tai Chi</i>
<i>Swimming</i>	<i>Walking</i>

### **Category 2**

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

<i>Baseball</i>	<i>Basketball</i>	<i>Bowling</i>
<i>Diving (recreational)</i>	<i>Gymnastics</i>	<i>Horseback riding</i>
<i>Ice skating</i>	<i>Karate/Kung Fu</i>	<i>Tae Kwon Do</i>
<i>Mountain biking</i>	<i>River rafting</i>	<i>Roller blading</i>
<i>Roller skating</i>	<i>Rowing</i>	<i>Running/Jogging</i>
<i>Skateboarding</i>	<i>Skiing (downhill)</i>	<i>Skiing (cross country)</i>
<i>Snowboarding</i>	<i>Soccer</i>	<i>Tennis</i>
<i>Track and field</i>	<i>Volleyball</i>	<i>Water skiing</i>
<i>Weight lifting</i>		

### **Category 3**

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

<i>Boxing</i>	<i>Diving (Competitive)</i>
<i>Football (tackle)</i>	<i>Hockey (field, ice, street)</i>
<i>Lacrosse</i>	<i>Motorcycling/Dirt Biking</i>
<i>Racquetball</i>	<i>Rock climbing</i>
<i>Rugby</i>	<i>Wrestling</i>

Please remember that participating in some of these activities, even the safer ones, requires protective gear such as helmets, wrist pads, elbow pads, kneepads, etc. Participate in sporting activities safely!!