



What games are fun?



Jasmine lives with her mum and dad. Sometimes they don't want her to do sports or go on school trips because they worry about her bruises and nosebleeds. What sports do you think she can do?

Sometimes people worry about which games you play in case you hurt yourself!

Sport is good for everyone - including you!

It's good for everyone to play games and sports. It helps to keep you strong and healthy. When you have haemophilia, having strong muscles is very important because they help to protect your joints from bleeds.

When you are at school, you will probably want to join in most of the games your friends play. If you have haemophilia or another bleeding disorder, you can still play sport but remember that you might bleed if you scratch, bump or cut yourself, and so it is probably best to avoid sports like rugby and

boxing!

Can I play football?

Do you love football? Most children with haemophilia and other bleeding disorders can still play football at school and on the park, but it is probably better not to join a team because real matches can be very rough sometimes.

Which sports are really good for me?

You can try most sports and games at school, but if a sport or game makes you have bleeds then it might be better to stop playing that one.

Swimming is a sport that is really good for you because it is good exercise, and the water acts like a cushion for your body. It is also a lot of fun!



Should I wear protective gear when I play sport, like a helmet?

For most of the things you do during the day you won't need to wear protective gear. But you should always wear protective gear, such as a helmet, if you are going to do things like ride a bike, skateboard, or play a sport which is quite rough.

But I'm not good at sports!

It doesn't matter if sport is not your best thing, what matters is finding something you enjoy that will keep you fit and healthy when you get older. It could be anything - walking, golf, gymnastics, yoga, the egg-and-spoon race...

'I'm not the best on the team, but I always try my hardest and I've beaten my personal best times'

'I play every different sport you can think of and I am brilliant at all of them, because I never let haemophilia be a problem for me and I have always done sport since I was little'

Related Links:



[Factor Fitness is a website about sports and exercising safely for people with bleeding disorders.](#) Why not check out the Bayer site [Factor Fitness](#) for a description of various sports and how to play them safely? The Haemophilia Society is not responsible for the content of other sites.

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