



Play it Safe with sports



When you have a bleeding disorder, the great thing about playing sport is that there are so many benefits.

- Sport keeps your muscles strong and joints flexible
- Exercise helps prevent bleeds
- Sport improves your confidence and self-esteem
- By playing sport, you can become a valued member of a team, and part of a community

It can be a risky game!

Some sports will give you more chance of having a bleed than others and can be more dangerous. Contact sports like rugby or hockey may end up causing you more harm than good. Other games like football are less risky but are still not risk free. So the sport you choose to play will depend on how severe your bleeding disorder is, and what sports you like.

To reduce the risk of having a bleed when you do sport, here are some things to consider:

- Discuss with your Haemophilia Centre which sport is right for you. Remember, there are lots to choose from!
- If you are on prophylaxis, organise it so you take it before doing sport to make sure your clotting factor levels are high.
- Avoid excessive contact in team sports.
- Learn your sport's correct techniques from a trained teacher to prevent repetitive muscle strain or injuries.
- Wear the right protective gear, clothing and supports. This goes for **everyone**, remember, not just people with bleeding disorders. It's especially important to wear a helmet for things like cycling, in case you hurt your head and get a bleed.
- If injured, sit out! Don't over do it, or you'll only make your injury much worse.
- If you're going to do sport, you'll need to eat more so you have enough energy to exercise.
- If you keep getting a bleed or pain after taking part in a sport, it may be time to call your Haemophilia Centre to find out about a sport that will suit you better

What kind of sports are you allowed to do? Some people with haemophilia do all kinds, even including skiing, football, and cricket. What do you think? The important thing is to do what's right for you and make sure you aren't hurting yourself.

If you love sports, why not get nominated for one of our great **Sports Awards**? You could win big prizes!

Related Links



[Click here for more info- but please surf with care! The Haemophilia Society is not responsible for the content of other sites.](#) Factor Fitness has lots of useful advice for people with bleeding disorders about a wide range of sports and activities.

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