

LIVING WITH HEMOPHILIA:

PRACTICAL TOOLS TO HELP MANAGE LIFE IN TODAY'S BUSY WORLD

Smart Sports Participation: Suggestions

Nothing is 100% safe for anyone, however, we can increase safety and decrease risk by playing smart sports'

- 1. SWIMMING**
SAFER: swimming laps, using the kick board, crawl strokes, pool exercises, fins & snorkel. (These are GREAT FOR YOU!!)
NOT SAFE: running on concrete around the pool, hard push-off flips when racing, hard jumping on the diving board, NO diving into lakes or shallow pools at any time (for ANYONE, not just hemophiliacs!)
- 2. SOCCER**
SAFER: in defensive position, with helmet, knee & elbow pads
NOT SAFE: NO HEADERS! Goalie position, sliding tackles
- 3. BASKETBALL**
SAFER: dribble & shoot, outside shots, passing to other players, Try to develop your outside shot, develop point guard skills
NOT SAFE: twisting, pivoting, jump shots, lay-ups, getting under the basket and fighting for rebounds, center position,
- 4. BASEBALL**
SAFER: Play in the outfield. Throw to the nearest baseman. Wear a helmet! Wear an extra bit of padding under your glove.
NOT SAFE: Do NOT play pitcher, catcher or short-stop positions. No sliding into bases!
- 5. BICYCLES**
SAFER: on quiet streets with helmet, knee and elbow pads
NOT SAFE: in busy streets, in traffic, without helmet
- 6. SAFETY EQUIPMENT**
GOOD SHOES: with lots of padding, high tops, ankle supports (shoe laces must be tied for ankle support!)
SUPPORT PADS: Knee, ankle, elbow supports or pads
HEAD GEAR: bike helmets, baseball helmets
BASEBALL: gloves should be thick with extra padding