



Hemophilia Active Living Questionnaire



My name: _____

Date: _____

A healthy, active lifestyle is important for your overall health and well-being. Once you know which activities you find safe and fun, you'll know how to stay active – an important part of managing your hemophilia. With strong muscles, and an ideal body weight, you'll have less stress on your joints and less risk of bleeding.

Use this **questionnaire** to figure out which sports or activities are best for you.

➤ **What sports or activities do you do?**

➤ **Have you had bleeds or bruises resulting from any of your sports or activities?**

➤ **Do you give yourself a factor infusion before any of your sports or activities? Do you know the name of your product?**

➤ **Are there any activities you avoid so that you don't get a bleed?**



Sport Selection

Review this list of sports and activities carefully to find which ones might suit you. But, remember this list of sports and their risks has been developed by the CHS to only guide patients and their caregivers, always follow the guidance of your hemophilia treatment team before attempting any new sport.

Sports and Their Risks		
Category 1	Most individuals with hemophilia can safely participate in these sports.	<input type="radio"/> Bicycling* <input type="radio"/> Canoeing* <input type="radio"/> Fishing <input type="radio"/> Frisbee® <input type="radio"/> Golf <input type="radio"/> Hackysack <input type="radio"/> Hiking <input type="radio"/> Sailing* <input type="radio"/> Swimming <input type="radio"/> Tai Chi <input type="radio"/> Walking
Category 2	The majority of sports fall into this category. The physical, social and psychological benefits often outweigh the risks in these sports. These sports do promote strength, coordination and endurance. However, the suitability of each sport for your child must still be evaluated.	<input type="radio"/> Baseball* <input type="radio"/> Basketball <input type="radio"/> Bowling <input type="radio"/> Diving (non-competitive) <input type="radio"/> Gymnastics <input type="radio"/> Horseback riding* <input type="radio"/> Ice-skating* <input type="radio"/> Mountain biking* <input type="radio"/> Rock climbing (indoor)* <input type="radio"/> Rollerblading* <input type="radio"/> Rollerskating* <input type="radio"/> Rowing <input type="radio"/> Running and jogging <input type="radio"/> Skateboarding* <input type="radio"/> Skiing/cross-country <input type="radio"/> Soccer* <input type="radio"/> Tennis <input type="radio"/> Track and field <input type="radio"/> Volleyball <input type="radio"/> Water-skiing*
Category 3	The nature of these activities makes them dangerous even for those without hemophilia. They involve high speed or heavy contact and collision. The risks outweigh the benefits in these sports, they are not recommended for people with hemophilia.	<input type="radio"/> Boxing <input type="radio"/> Diving (competitive) <input type="radio"/> Football <input type="radio"/> Hockey: field/ice/street <input type="radio"/> Karate/Judo <input type="radio"/> Lacrosse <input type="radio"/> Motorcycling <input type="radio"/> Racquetball <input type="radio"/> Rugby <input type="radio"/> Skiing/downhill <input type="radio"/> Snowboarding* <input type="radio"/> Snowmobiling <input type="radio"/> Trampoline <input type="radio"/> Taekwando <input type="radio"/> Wrestling

*To participate safely in these sports, proper protective equipment, such as a helmet, is essential.



Also check out the **Sports & Activities Checklist** at www.EmbraceLife.ca, or visit:

- The Canadian Hemophilia Society at www.hemophilia.ca, or contact by phone at 1-800-668-2686
- The National Hemophilia Foundation (U.S.A.) at www.hemophilia.org, or contact by phone at 1-800-42-HANDI

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