

NATIONAL HEMOPHILIA FOUNDATION SPORTS RATINGS BY ACTIVITY:

Safe [1]	Safe–Moderate [1.5]	Moderate [2]	Moderate–Dangerous [2.5]	Dangerous [3]	
aquatics archery elliptical machine fishing Frisbee® disc tossing golf hiking snorkeling stationary bike swimming tai chi walking	biking body sculpting circuit training Frisbee® disc golf Pilates physioball rowing machine ski machine spinning treadmill weight lifting (resistance training)	aerobics bowling cardio kickboxing dance diving (recreational) jumping rope rock climbing (indoor) roller skating rowing/crew running/jogging skiing (cross-country) stepper T-ball tennis ultimate Frisbee® yoga	baseball basketball canoeing cheerleading gymnastics horseback riding ice-skating inline skating Jet Ski® karate kayaking kung fu mountain biking racquetball river rafting scooter (nonmotorized)	scuba diving skateboarding skiing (downhill) skiing (telemark) snowboarding soccer softball surfing track and field volleyball waterskiing	BMX racing boxing diving (competitive) football hockey (field, ice, street) lacrosse motorcycling/ motor cross racing power lifting rock climbing (natural setting) rodeo rugby scooter (motorized) snowmobiling trampoline weight lifting (power lifting) wrestling

The National Hemophilia Foundation does not recommend any sports activities rated 3 for people with bleeding disorders.

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Jet Ski is a registered trademark of Kawasaki Heavy Industries, Ltd.

Chart adapted from *Playing It Safe: Bleeding Disorders, Sports and Exercise*, courtesy of the National Hemophilia Foundation.