

Activity Risk Rating[†]

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Disclaimer: Physical activity poses inherent risks that are elevated for individuals with hemophilia A. Each individual must decide whether or not to assume these risks with their healthcare team and, if assumed, how to best manage the risk. Please talk to your doctor or physiotherapist to determine if an activity is suitable for your personal situation.

Activity ¹	Risk Rating				
	1 Low	1.5 Low to moderate	2 Moderate	2.5 Moderate to high	3 High
Aquatics	1				
Archery	1				
Baseball			1.5-2.5		
Basketball			1.5-2.5		
Bicycling			1.5-3		
BMX Racing					3
Body Sculpting Class		1.5			
Boot Camp Workout Class			2		
Bounce Houses				2.5-3	
Bowling		2			
Boxing					3
Canoeing			1.5-2.5		
Cardio Kickboxing Class			2		
Cheerleading			1.5-2.5		
Circuit Training		1.5			
Dance			1-3		
Diving, Competitive				2-3	
Diving, Recreational			2		
Elliptical Machine (Training Eqpt.)	1				
Fishing		1-2			
Football, Flag/Touch			2		
Football, Tackle					3
Frisbee		1-1.5			
Frisbee, Golf		1.5-2			
Frisbee, Ultimate			2-2.5		
Golf	1				
Gymnastics				2-3	
High Intensity Functional Training (Incl. Crossfit) Class				2-3	
Hiking		1-1.5			
Hockey, Field/Ice/Street				2.5-3	
Horseback Riding			1.5-2.5		
Indoor Cycling Class		1.5-2			
Jet Ski (Personal Watercraft)			2-3		
Jumping Rope			2		
Kayaking		1.5-2.5			
Lacrosse					3
Martial Arts, Tai Chi	1				
Martial Arts, Traditional and Mixed			2-3		
Motorcycle/Motocross (ATV, Dirt Bikes)					3

Continued

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Activity ¹	Risk Rating				
	1 Low	1.5 Low to moderate	2 Moderate	2.5 Moderate to high	3 High
Mountain Biking				2.5	
Pilates		1.5-2			
Power Lifting					3
Racquetball				2.5	
River Rafting			2		
Rock Climbing, Indoor or Challenge/Ropes Course		1.5-2			
Rock Climbing, Outdoor			2-3		
Rodeo					3
Rowing		1.5			
Rowing Machine (Training Eqpt.)		1.5			
Rugby					3
Running/Jogging			2		
Scooters, Motorized			2-2.5		
Scooters, Non-motorized			1.5-2.5		
Scuba Diving			2-2.5		
Skateboarding			1.5-2.5		
Skating, Ice			1.5-2.5		
Skating, Inline and Roller			1.5-2.5		
Skiing, Cross-Country			2		
Skiing, Downhill				2.5	
Skiing, Water			2-2.5		
Ski Machine (Training Eqpt.)		1.5			
Snorkelling	1				
Snowboarding				2.5	
Snowmobiling					3
Soccer			2-3		
Softball		1.5-2.5			
Stationary Bike (Training Eqpt.)	1				
Stepper (Training Eqpt.)		1-1.5			
Strength Training/ Resistance Training/ Weight Lifting		1.5			
Surfing			2-2.5		
Swimming	1				
Tee-Ball		1.5			
Tennis			2		
Track and Field			2-2.5		
Trampoline				2.5-3	
Treadmill (Training Eqpt.)		1.5			
Volleyball			2-2.5		
Walking	1				
Water Polo				2.5	
Yoga		1.5			
Zumba Class		1.5			

[†] Activity risk ratings are based on people without bleeding disorders and are not recommendations. The ratings are intended for informational purposes only. Talk with your healthcare provider to make an activity plan that's right for you.

Reference:

1. Adapted from Playing It Safe: Activity Ratings Chart. Available at <https://stepsforliving.hemophilia.org/resources/physical-activity/playing-it-safe-activity-ratings-chart>.

