



SICKLE CELL CLINIC

Physical Activity

Physical activity:

- Your child is encouraged to get plenty of exercise.
- Your child is allowed to participate in PE.
- Your child should be allowed to drink plenty of fluids due to the risk of dehydration.
- Your child must be allowed rest breaks when they feel tired, too hot, or out of breath.
- Your child should avoid outdoor play in extreme hot or cold weather.

Sports:

- Before your child becomes involved in **ANY** organized sports, talk with your sickle cell doctor first.
- All children are different. The type of sickle cell disease and number of problems they have will make a difference in what kinds of activities will be safe for them.
- Avoid playing sports or training that put your child at a greater risk for dehydration.
- We do not recommend your child plays organized football.