

## Coach guide

Whether they're stealing bases, darting around a soccer field, or hitting the weight room, kids with diabetes also need to keep an eye on their sugar levels when it comes to sports. This guide can help coaches and instructors understand how to spot and treat a high or low glucose during and after physical activity.



### My child has type 1 diabetes and requires insulin.

While everyone is different, aerobic activities (such as running or cycling) are more likely to lead to a low glucose, and anaerobic activities (like weightlifting) are more likely to lead to a high glucose.

This activity \_\_\_\_\_ (noun) makes my child go \_\_\_\_\_ (adjective).

**Some common signs of a low glucose (below 70 mg/dL) are:** Lethargy, dizziness, cold sweats, lack of focus/confusion, feeling faint

I've also identified these symptoms as indicating a low glucose for my child:

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Treating a low glucose requires a snack. For my child, this means:

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Should my child want an additional snack, please provide the following:

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**Some common signs of a high glucose (above 180 mg/dL) are:** Excessive thirst, frequent urination, nausea, fatigue

I've also identified these symptoms as indicating a high glucose for my child:

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Treating a high glucose requires insulin. For my child, this means:

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#### Check a box:



- My child can set a temporary sensor glucose (SG) target (also known as a Temp Target) for physical activity (for instructions, refer to page 10 of the School Nurse Guide)
- My child can suspend and disconnect their pump for up to 1 hour during physical activity (for instructions, refer to page 11 of the School Nurse Guide)

**If you suspect a low or high glucose and/or the sensor glucose readings are different to what my child says they are feeling, confirm using a blood glucose (BG) test.**

If you have any questions, you can call  / text  me at \_\_\_\_\_ (number).

In case of emergency and you cannot reach me, please contact \_\_\_\_\_ (name & relation) at \_\_\_\_\_ (number).

**Type 1 diabetes is a serious medical condition that requires careful attention. In the rare event that my child loses consciousness or you cannot reach any emergency contacts, call 911.**