

MY DIABETES

This document has been designed to increase Type 1 diabetes awareness and provide valuable information for people to support an athlete with Type 1 diabetes during exercise and sport but does not replace medical advice or transfer responsibility of care.

RESOURCE DEVELOPMENT SUPPORTED BY DIABETES AUSTRALIA GRANT Y23G-TEOS.

ABOUT ME

Name of Child:

Insulin Source: Pump

Injections

CGM Use: Yes

No

Caregiver 1 Name:

Mobile:

Caregiver 2 Name:

Mobile:

INSERT PHOTO HERE

ABOUT MY DIABETES DURING EXERCISE & SPORT

01 PLEASE UNDERSTAND AND APPRECIATE THAT DIABETES IS HARD WORK

Diabetes management is a full-time job. It involves thinking about all the factors that can impact my glucose levels each and everyday. Physical activity make it a little more challenging to manage my glucose levels. However, your understanding and flexibility during exercise and sport help to support me in managing my diabetes and perform my best.

02 PLEASE ASK HOW YOU MIGHT BE HELPFUL

If you want to be supportive, there may be lots of little things I would probably appreciate your help with.

03 PLEASE ASK ME FIRST BEFORE TELLING ANYONE ABOUT MY DIABETES

You may mean well by letting other staff/coaches and the team know about my diabetes, but my goal is to fit in, not stick out. Everybody does not have to know. Please ask me first if I am comfortable with other people knowing about my diabetes.

04 PLEASE DO NOT LIMIT MY ACTIVITIES DURING SPORT AND EXERCISE BASED ON MY DIABETES

If you do limit my activities, people may see me as fragile, sick or think something is wrong with me. I can do anything those without diabetes can do despite it being a little more challenging. Instead, support me, encourage flexibility and communication to ensure I can enjoy my sport and do the best I can like anyone else.

05 PLEASE DO NOT ASSUME I'VE DONE SOMETHING WRONG WHEN MY GLUCOSE LEVEL IS LOW OR HIGH

There are a number of factors that could result in large fluctuations in my blood glucose and sometimes they are unpredictable. This makes it harder to plan for it during exercise and sport, and most of the time I just have to problem-solve on the go.

MY DIABETES

ABOUT MY DIABETES DURING EXERCISE & SPORT (CONT.)

IMPORTANT POINTS THAT MY PARENTS AND I WOULD LIKE YOU TO BE AWARE OF

1

2

3

4

5

BEFORE THE COMMENCEMENT OF ANY PHYSICAL ACTIVITY

It is important to always ask both me and my parents what our needs are and what I require during exercise and sport.

NEEDS & REQUIREMENTS

1

2

3

4

5

PRE-ACTIVITY CHECKLIST

1

2

3

4

5

DURING TRAINING OR GAMES

It is important that I check my glucose levels before and during any form of exercise, and my blood glucose levels should be above my preferred levels as below:

My target **GLUCOSE LEVEL** before TRAINING:

ABOVE

mmol/L

My target **GLUCOSE LEVEL** before GAMES:

ABOVE

mmol/L

Some questions to ask me during training sessions and/or games (add preferred questions):

- "You have been going for a while, did you want to have a break to have a quick check?"
- "You seem to be (named visible symptom/s), how about a rest break to have a quick check?"
- "How are you feeling?"

- _____
- _____
- _____
- _____

MY DIABETES

DURING TRAINING OR GAMES (CONT.)

There is a chance that I may experience a hypoglycaemic (low blood glucose) or hyperglycaemic (high blood glucose) episode during exercise or sport. It is important for you to know my possible symptoms.

MY COMMON HYPOGLYCAEMIC SYMPTOMS

- 1
- 2
- 3
- 4
- 5

MY COMMON HYPERGLYCAEMIC SYMPTOMS

- 1
- 2
- 3
- 4
- 5

A GUIDE ON WHAT TO DO WHEN I HAVE...

HYPOGLYCAEMIA LOW GLUCOSE LEVEL

If you notice any of my common hypoglycaemic symptoms...

**PLEASE SUPPORT ME IN CHECKING
MY GLUCOSE LEVEL**

If my glucose level is < 3.9 mmol/L

STEP ONE

Please support me taking any of the following items
(please list preference fast acting carbs):

STEP TWO

Please support me having a break and re-checking my
glucose levels in _____ minutes.

If my glucose level is < 3.9 mmol/L

Please support me in repeating **STEP ONE** and **TWO**

*If my glucose level is > 5.0 mmol/L, I may be able to
continue with no further action. (Optional: check trend
arrows, eat a longer acting carbohydrates):*

HYPERGLYCAEMIA HIGH GLUCOSE LEVEL

If you notice any of my common hyperglycaemic symptoms...

**PLEASE SUPPORT ME IN CHECKING MY
GLUCOSE LEVEL AND WHEN I NEED TO
ADMINISTER INSULIN**

*If I am feeling well but my glucose level is
HIGH > 15 mmol/L, please:*

- Allow me unrestricted water breaks
- Unrestricted access to toilets
- Support me when I need to re-check my glucose levels

*If I am feeling unwell and my glucose level is
HIGH > 15 mmol/L, please:*

- Contact my caregivers immediately

It is not the responsibility of the coaches to
administer insulin.

**IN AN EMERGENCY
DIAL 000
FOR AN AMBULANCE**

RIO TINTO CHILDREN'S DIABETES CENTRE
A Breakthrough T1D Centre of Excellence



RioTinto



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