

05 HYPOGLYCAEMIA

Hypoglycaemia refers to **low** blood glucose levels which are typically below 3.9 mmol/L and is treated with glucose. **Blood glucose levels should always be checked before giving glucose.**

Signs & Symptoms of Hypoglycaemia

	 LIGHT HEADED	 EXCESSIVE SWEATING
 TREMBLING	 DIZZINESS	 LACKING CONCENTRATION
 IRRITABILITY	 TEARFULNESS	
 HUNGER	 NUMBNESS	 BEHAVIOUR CHANGE

06 HYPERGLYCAEMIA

Hyperglycaemia refers to **high** blood glucose levels which are typically above 10 mmol/L and is treated with insulin.

Signs & Symptoms of Hyperglycaemia

 BLURRED VISION	 LETHARGY	 EXCESSIVE THIRST
 IRRITABILITY	 FREQUENT URINATION	 LACKING CONCENTRATION

07 HYPOGLYCAEMIC KIT

It is important to treat hypoglycaemia quickly. **Always accompany player until they receive hypoglycaemic treatment.**

Ensure players have access to their hypoglycaemia kit AT ALL TIMES.

It is recommended players should not train and avoid physical activity if they do not have their kit with them. Confirm this with the player's parent/guardian.

While most instances of hypoglycaemia can be treated with glucose, seek further assistance (000) if player is unresponsive.

- 1 Glucose monitoring equipment (e.g. blood glucose monitor, glucose strips and lancets)
- 2 At least 4 serves of the player's preferred quick acting glucose treatments (e.g. glucose tablets or similar)
- 3 Optional: Longer acting carbohydrate (e.g. fruit, muesli bar, sandwich) for follow up treatment

08 PRECAUTIONARY MEASURES FOR EXERCISE

Coaches should **support players** to carry out these measures before, during and after activity.

BEFORE TRAINING SESSIONS / GAMES

- ✓ Players must have their T1D hypoglycaemia kit with them (glucose monitoring device, hypoglycaemia treatment)
- ✓ Players may supply coach/club with backup glucose for hypoglycaemia treatment (e.g. glucose tablets, glucose gel or player's preference)
- ✓ Player should check pre-exercise glucose levels

DURING TRAINING SESSIONS / GAMES

- ✓ Monitor glucose levels regularly
- ✓ Regular fluid intake
- ✓ Treat low blood glucose as per players management plan

AFTER TRAINING SESSIONS / GAMES

- ✓ Check post-exercise glucose levels
- ✓ Treat low blood glucose as per players management plan. Do not leave the player unaccompanied with low blood glucose levels.
- ✓ Player should have carbohydrates for hypoglycaemia treatment for the trip home

Type 1 Diabetes & Physical Activity



Useful information relating to diabetes management during sport and exercise

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

01 WHAT IS TYPE 1 DIABETES?

Type 1 diabetes (T1D), is a **lifelong disease** whereby the body's immune system destroys its insulin-producing cells (beta cells).

Insulin **converts food to glucose** so it can enter the bloodstream and be used for energy.

As little or no insulin is produced, people living with T1D **must administer insulin** to survive.

T1D is **one of the most common** chronic childhood conditions.

There is **no way of preventing** the onset of T1D.

There is currently **no cure** for T1D.

02 HOW IS TYPE 1 DIABETES MANAGED?



Insulin Regimen



Glucose Monitoring



Carbohydrate Counting



Balanced Diet



Regular Exercise

03 HOW IS INSULIN ADMINISTERED?

Two ways of administering insulin:



MULTIPLE DAILY INJECTIONS (MDI)

Three or more injections throughout the day consisting of short-acting and long-acting insulin.



INSULIN PUMP

A small device that is worn outside the body to administer insulin. It is designed to mimic some of the ways a pancreas works.

NOTE: Coaches should not initiate these measures, but instead, help support players when they are administering insulin.

04 HOW ARE GLUCOSE LEVELS MONITORED?

Monitoring blood glucose levels is essential in T1D management to help optimise blood glucose levels. Here are the different ways of monitoring:



CONTINUOUS GLUCOSE MONITOR (CGM)

Device continuously reads glucose levels and provides real-time readings every 5 minutes on phone or pump.



INTERMITTENT GLUCOSE MONITOR

Sensor worn on the arm that will show glucose levels when scanned with a reader or smart phone.



BLOOD GLUCOSE MONITOR

A drop of blood is placed on a glucose strip and inserted inside the meter.

To learn more about managing type 1 diabetes during sport and exercise, scan the QR code.



Or connect with us through:

- diabetes.thekids.org.au
- @ChildrensDiabetesCentre
- @CDCTheKids

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