

Top Tips for Exercise

Managing activity and exercise in school for young people living with type 1 diabetes.

Caring for diabetes in school can be challenging, particularly when it comes to keeping children and young people safe and healthy during sports and activities.

Here are some top tips for sports and exercise in school:

Glucose Levels

The child or young person should have the opportunity to check glucose levels regularly, before, during and after exercise.



As a guide, a good glucose level for before and during exercise is 7-8mmol/L

Insulin may need to be reduced before or after exercise or extra food may need to be eaten.

Snacks

Make sure the child or young person has access to snacks if needed.



Cereal Bars



Cake Bars



Jaffa Cakes



Fruit

Drinks

Hydration is Key. Everyone needs to stay hydrated, especially when active.



If glucose levels are high, the body will need more fluids, ensure the student has water on them or access to water.

Identification

The child or young person may choose to wear or carry ID or have information on their phone indicating they have type 1 diabetes.



It is important that all staff are aware of the child or young person who is living with type 1 diabetes and to know what support is required to help them, should they need it.

Remember that break times may also involve the child or young person being active so care should also be taken at these times. By following these tips, you can help the child or young person stay safe and healthy while they enjoy their sports and activities.