



Athlete Diabetes Management Plan

Athlete Name _____
Date of Birth _____

Contact Information

Parent/Guardian 1 _____ Phone _____
Parent/Guardian 2 _____ Phone _____
Emergency Contact _____ Phone _____
Diabetes Health Care Provider _____ Phone _____

Blood Glucose Testing

Can test independently Needs supervision Needs assistance
Uses a Continuous Glucose Monitor (CGM)

Hypoglycemia (LOW Blood Sugar) Treatment

When the athlete experiences hypoglycemia, he/she usually experiences the following symptoms.

If the athlete is experiencing symptoms of hypoglycemia or has a blood glucose level less than _____ mg/dL, give _____ g of fast-acting carbohydrate, such as fruit juice, glucose tabs, or _____

Recheck blood glucose in 15 min & repeat treatment if blood glucose is less than _____ mg/dL

Additional notes about hypoglycemia _____

If the athlete is not able to eat or drink, unconscious, unresponsive or experiencing a seizure:

1. Place athlete on his/her side to prevent choking
2. Administer glucagon

Dose 1 mg 1/2 mg Other _____
Route Subcutaneous Intramuscular
Site _____

3. Call 911
4. Contact Parent/Guardian

NEVER leave a person experiencing hypoglycemia alone. Always make sure that they have an adult when going anywhere while low.

Hyperglycemia (HIGH Blood Sugar) Treatment

When the athlete experiences hyperglycemia, he/she usually experiences the following symptoms.

For a blood glucose greater than _____ mg/dL, and greater than _____ hours since last dose of insulin

- Allow the child to administer a correction dose of insulin
- Contact parent/guardian

Make sure to allow for unrestricted access to the bathroom and make sure the child drinks extra fluids (water or non-sugar drinks) No sports drinks such as Gatorade or fruit juice.

Give _____ oz of fluid per hour.

Check for ketones if blood glucose is higher than _____ mg/dL.

- Allow child to decide how to proceed
- Contact parent/guardian

If the student has symptoms of a hyperglycemia emergency, call 911 & contact parents/guardians. Symptoms of a hyperglycemia emergency include: dry mouth, extreme thirst, nausea and vomiting, severe abdominal pain, heavy breathing or shortness of breath, chest pain, increasing sleepiness or lethargy, or depressed level of consciousness.

Insulin Pump Information

Use of pump during games/practices

- May disconnect/suspend pump for _____ hrs
- May set a temporary basal rate _____ % for _____ hrs

- Child can decide how to use pump
- Parent must be notified of any changes in pump use

For a blood glucose greater than _____ mg/dL that has not decreased within _____ hrs of a correction, consider a pump site or infusion site failure.

- Child can change infusion site
- Parent must be notified to change site

For a pump failure, suspend use and administer insulin using a syringe or a pen.

- Child can administer insulin
- Parent must be notified of pump failure

Notes about pump use during practice/games _____

Other Instructions During Athletics

Athlete should eat _____ g of carbohydrates

- before game/practice
- every _____ min during activity
- following game/practice

If blood sugar is below _____ m/dL, the athlete **can participate** when blood glucose is greater than _____ mg/dL following a correction.

Avoid activity when blood glucose is above _____ mg/dL or ketones are moderate to large.