

Super D tackling sport

Kids Guide to Type 1 Diabetes and Sport

EMCA Studia



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Kids Guide to Type 1 Diabetes and Sport

Created as an “Open Educational Resource”
Erasmus+ Project
“Sports&Diabetes - Tackling Diabetes with Sport”

www.sportsanddiabetes.eu

Alongside this kids guide there is also a guide for
youth, parents, coaches/teachers with more information.



SUPER D TACKLING SPORT

Kids Guide to Type 1 Diabetes and Sport

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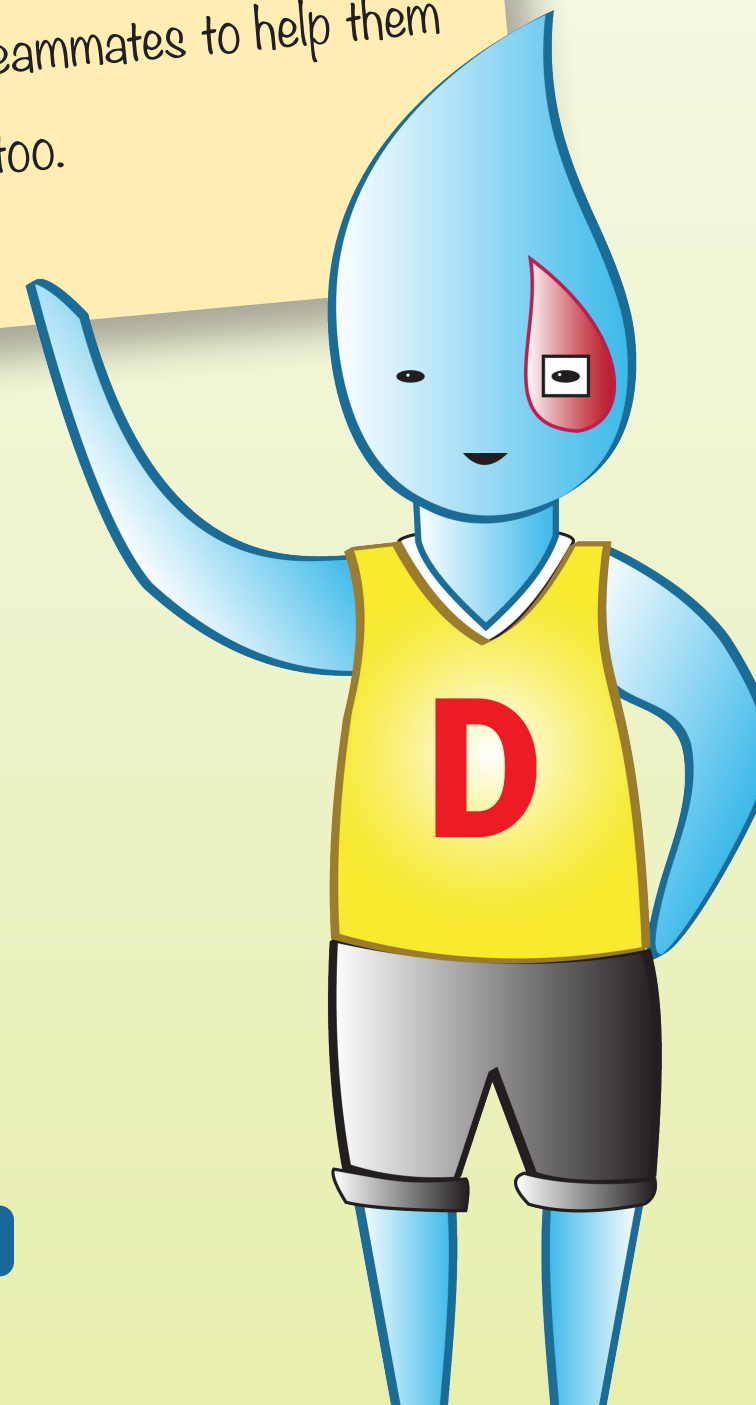
The guide and additional materials are available in print and PDF version on English, German, Croatian, Italian and Greek language, but may come in other languages on the project website:
www.sportsanddiabetes.eu

Hi you,

Here is your easy guide to diabetes and sport. Just fill in the blank spaces to make it personal to you. If you like, you can show it to your friends and teammates to help them understand diabetes too.

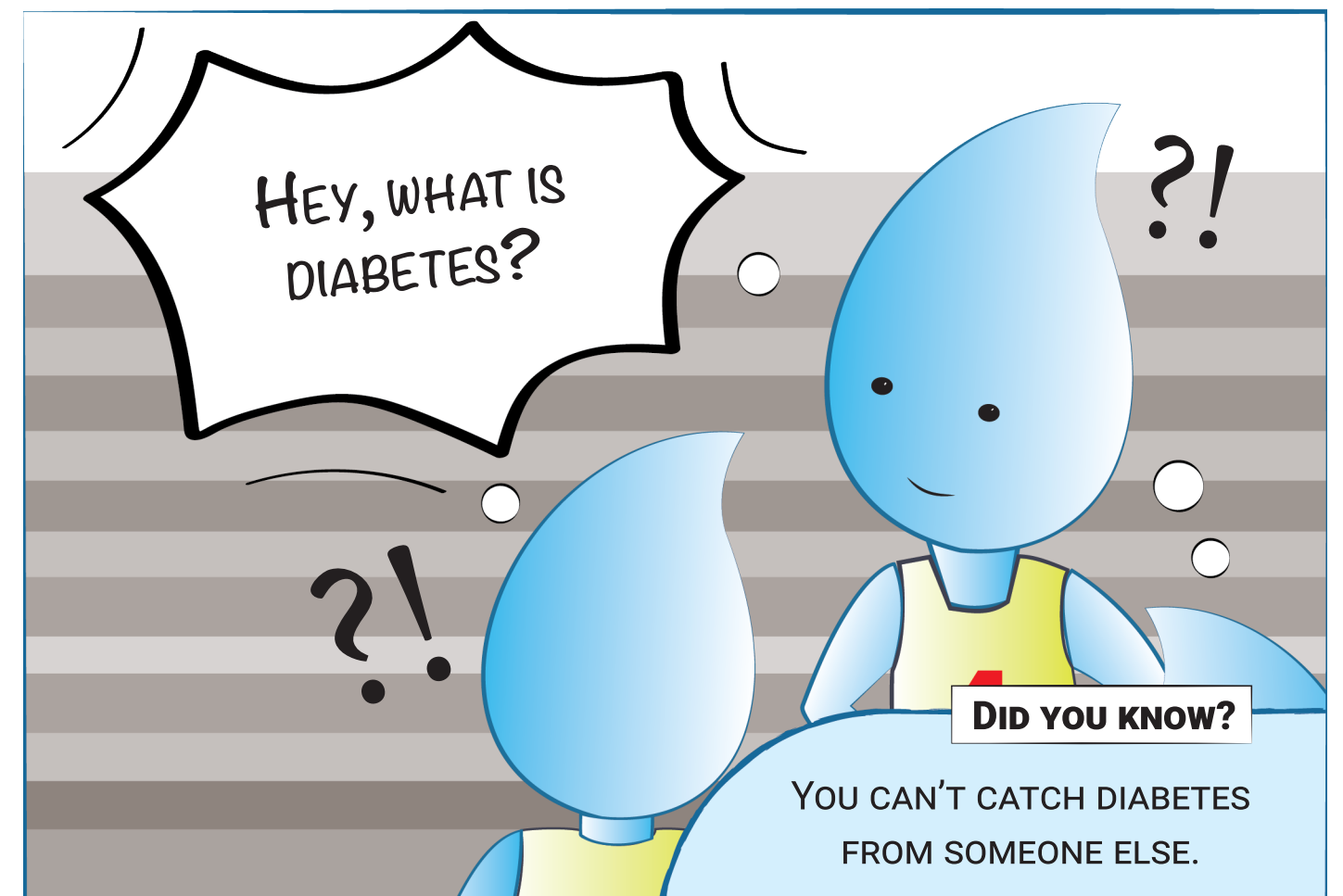
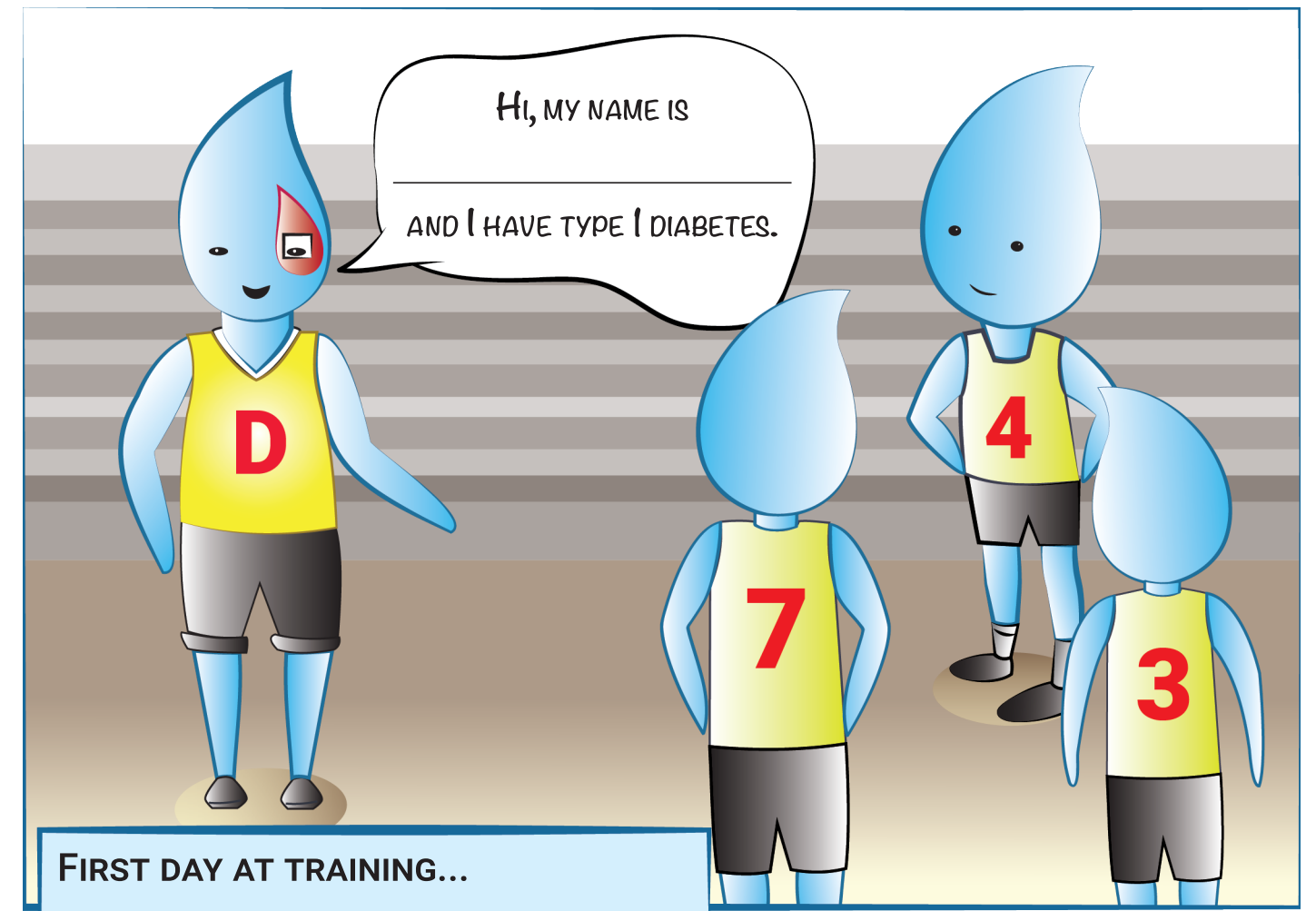


www.sportsanddiabetes.eu

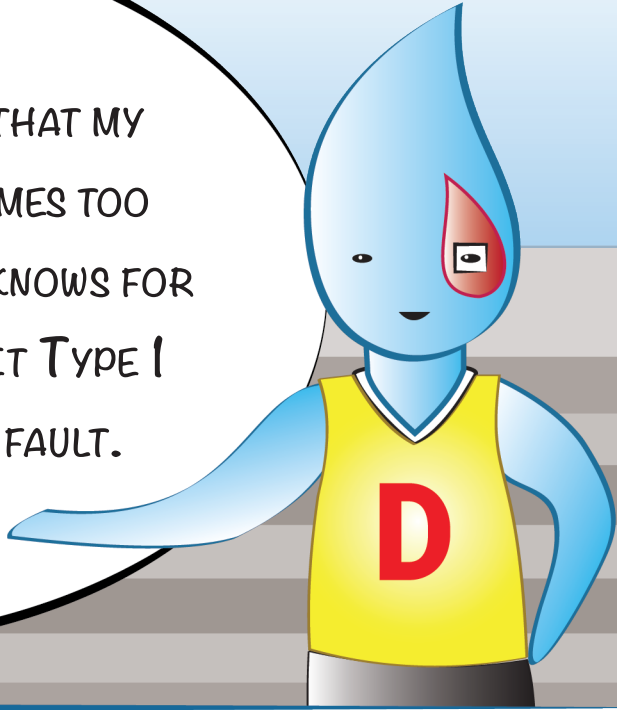


STORY I

YES, I CAN PLAY SPORTS!

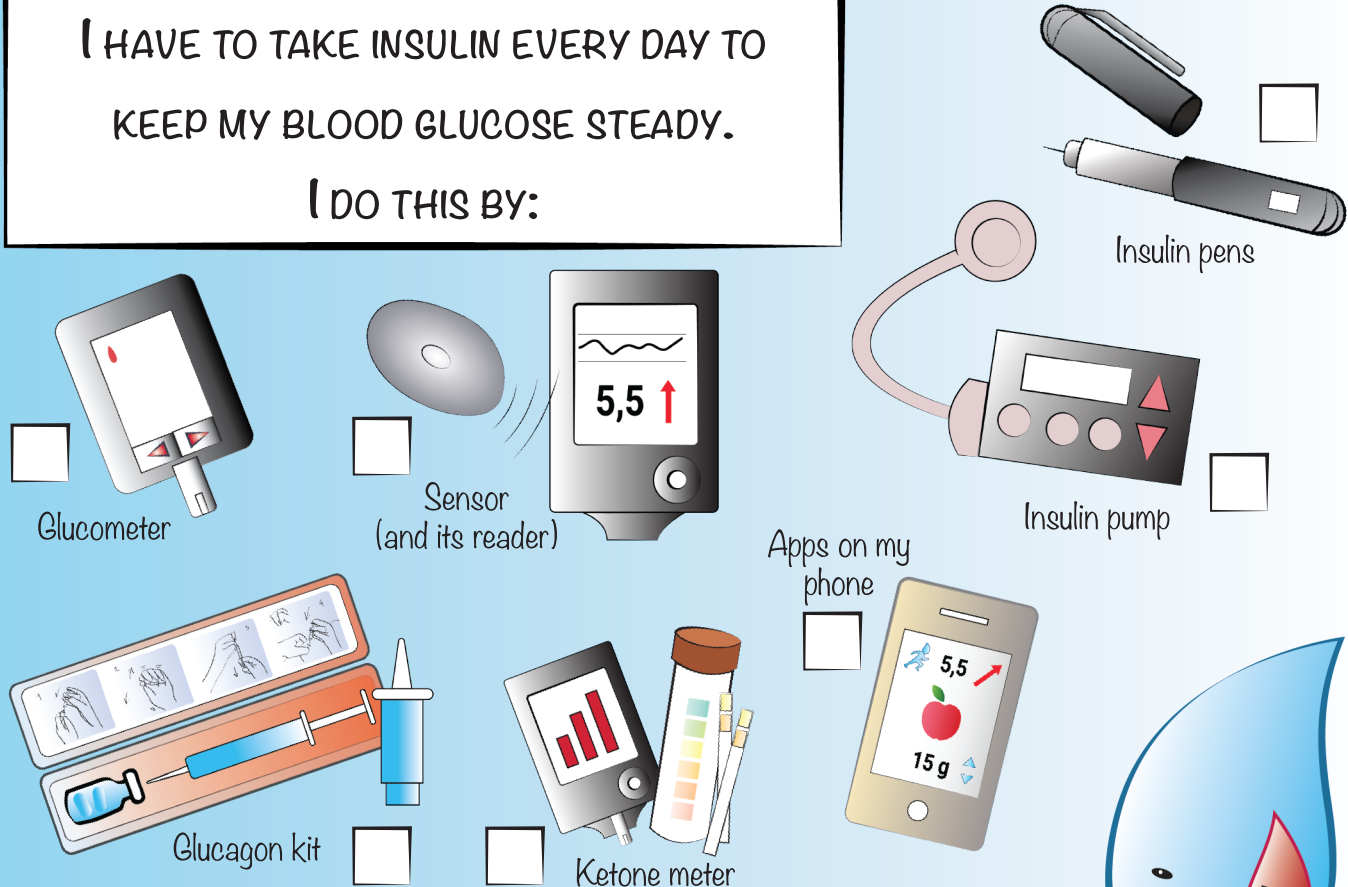


HAVING DIABETES MEANS THAT MY BLOOD GLUCOSE IS SOMETIMES TOO HIGH OR TOO LOW. NOBODY KNOWS FOR SURE WHY SOME PEOPLE GET TYPE 1 DIABETES. IT'S NOBODY'S FAULT.



I HAVE TO TAKE INSULIN EVERY DAY TO KEEP MY BLOOD GLUCOSE STEADY.

I DO THIS BY:



Glucometer

Sensor (and its reader)

Insulin pens

Insulin pump

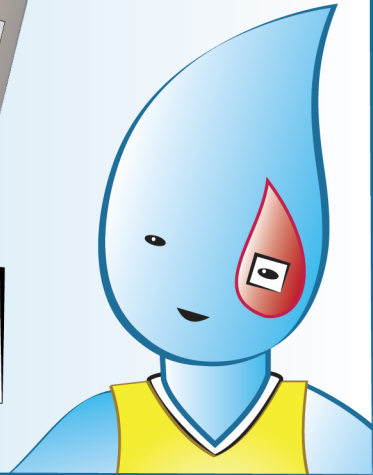
Glucagon kit

Ketone meter

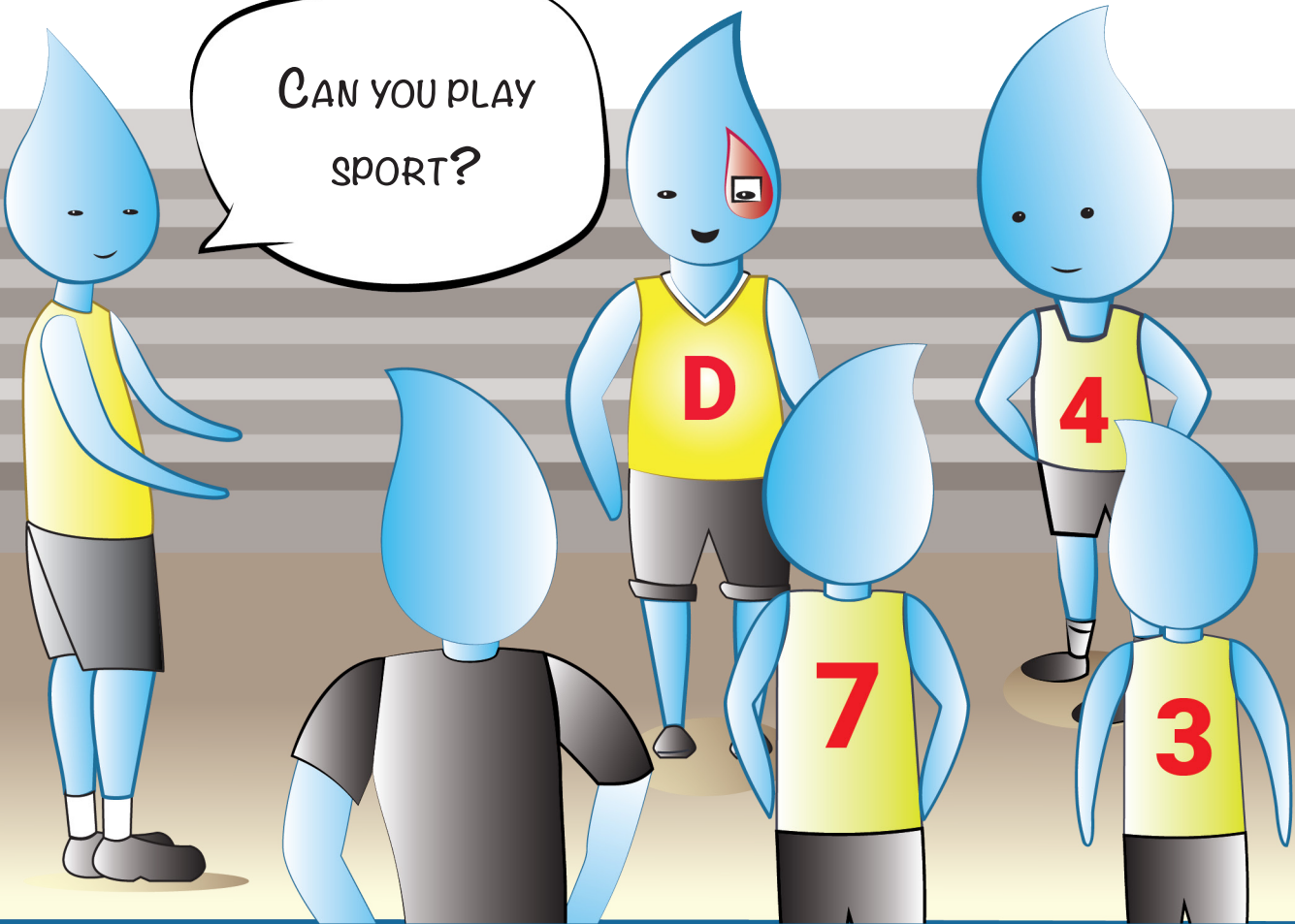
Apps on my phone

THIS HELPS ME STAY HEALTHY AND STRONG.

☒ Tick the ones you use



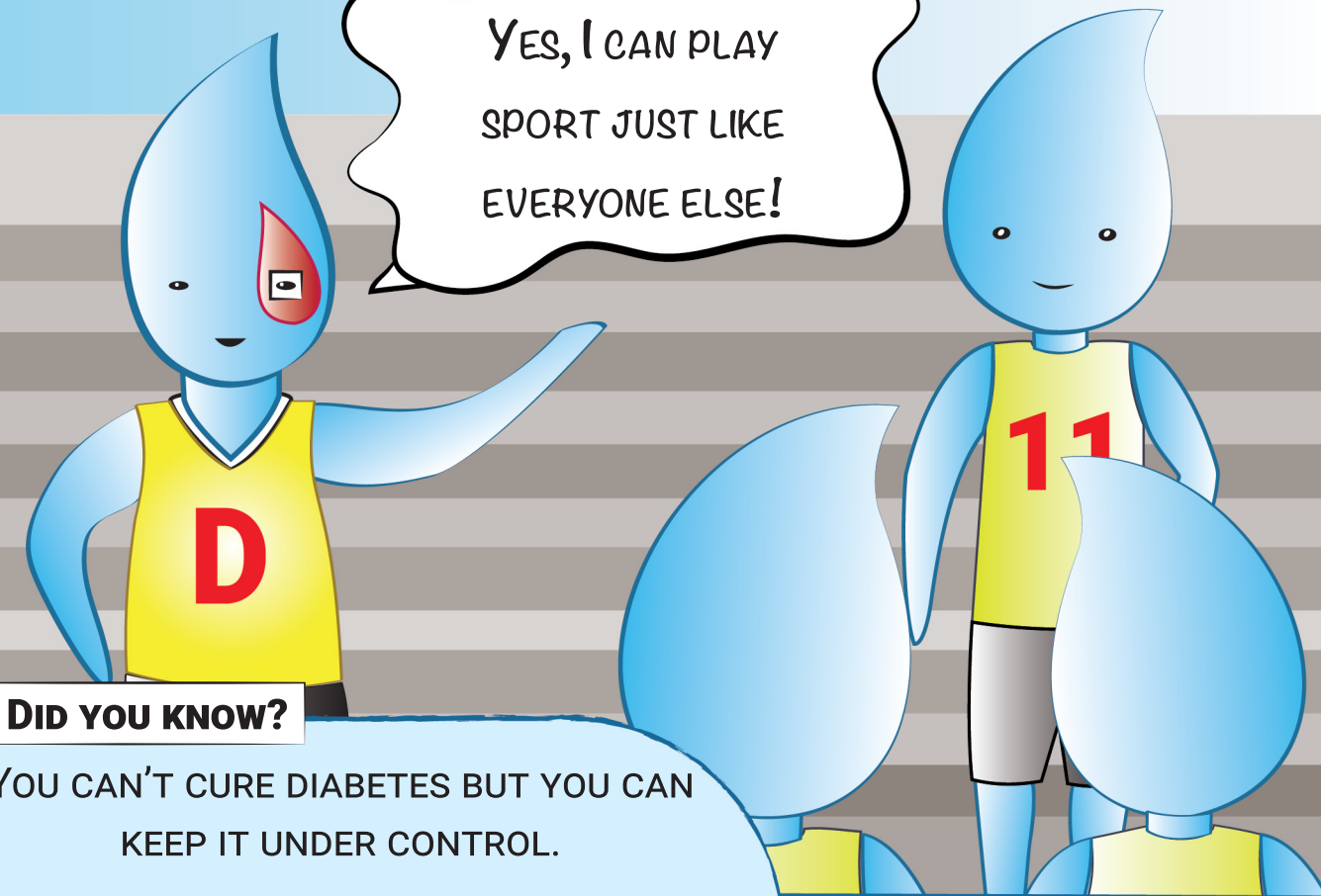
CAN YOU PLAY SPORT?



YES, I CAN PLAY SPORT JUST LIKE EVERYONE ELSE!

DID YOU KNOW?

YOU CAN'T CURE DIABETES BUT YOU CAN KEEP IT UNDER CONTROL.





I CAN _____

I CAN PLAY _____



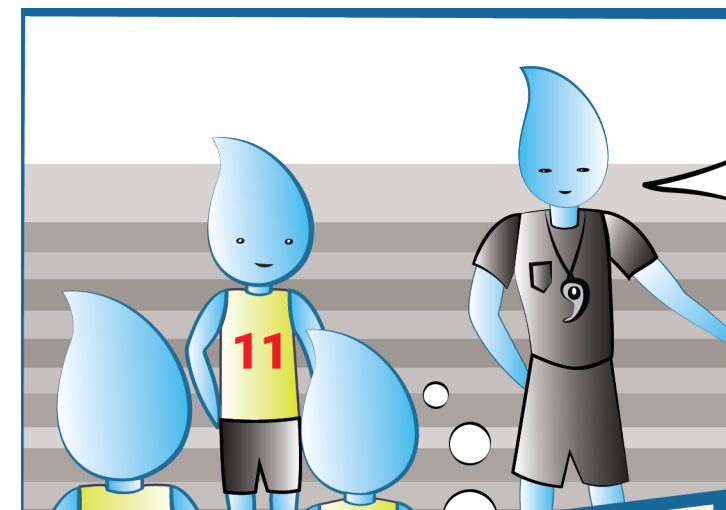


I CAN _____

These are my favourite sports:

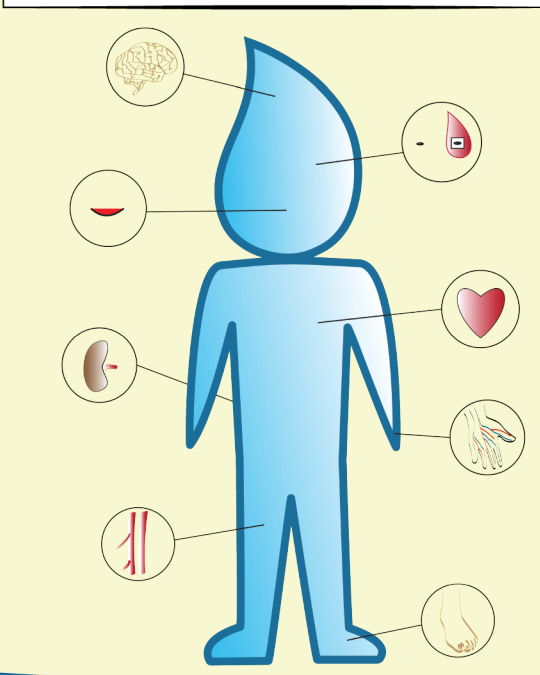


I CAN _____

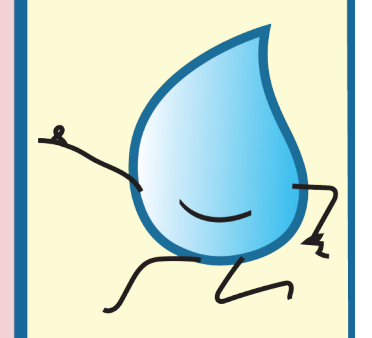


WHO KNOWS THE BENEFITS OF DOING SPORT?


SPORT HELPS YOU STAY FIT AND STRONG.



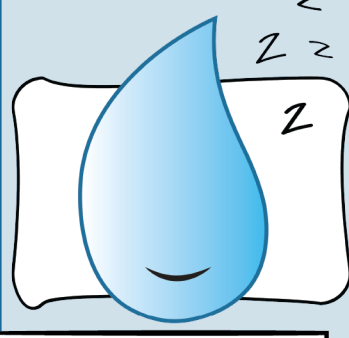
SPORT PUTS YOU IN A GOOD MOOD.



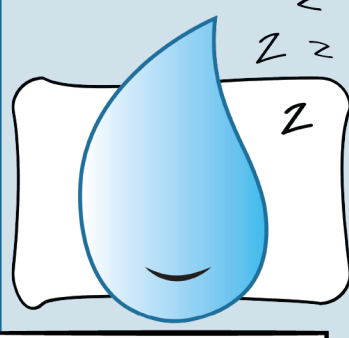
SPORT KEEPS YOUR HEART HEALTHY.



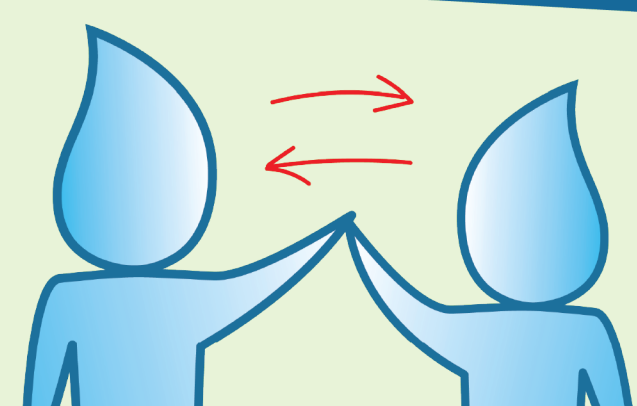
SPORT KEEPS YOU CALM AND RELAXED.



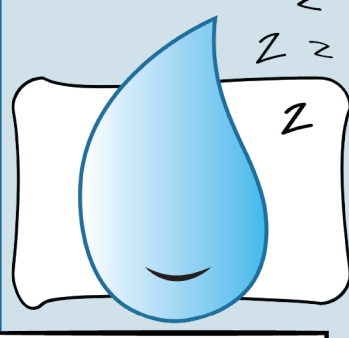
SPORT HELPS YOU SLEEP.



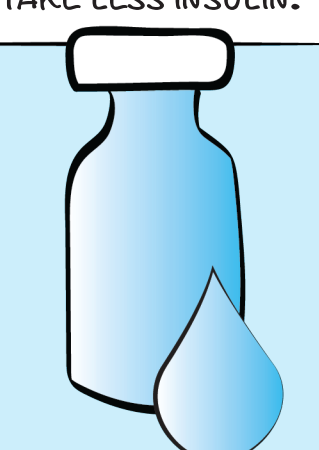
SPORT IS A COOL WAY TO MAKE FRIENDS!



SPORT HELPS YOU SLEEP.



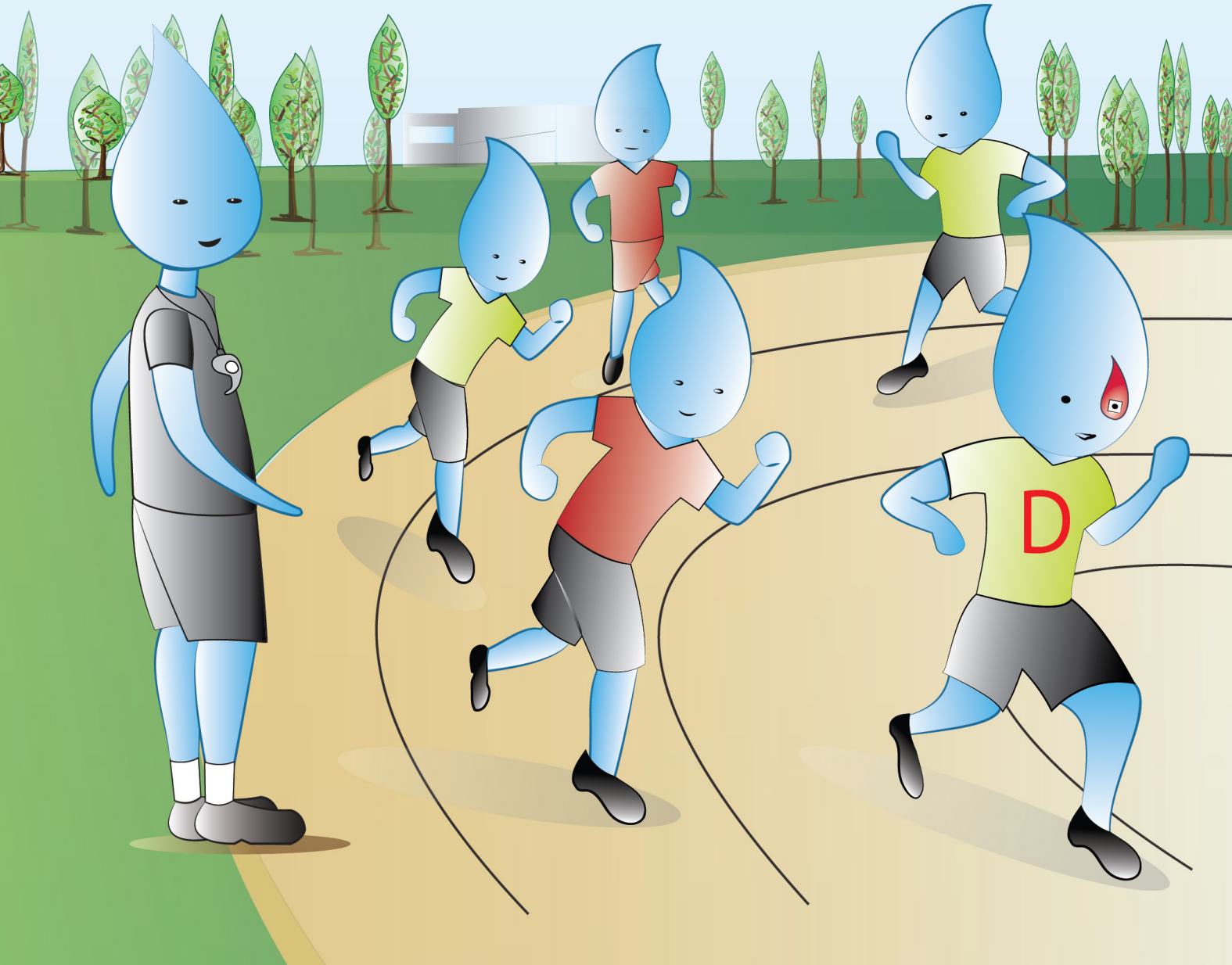
YOU MIGHT NEED TO TAKE LESS INSULIN.



- SPORTS & DIABETES - Tackling Diabetes with Sport -

STORY 2

WHAT TO DO IN TRAINING



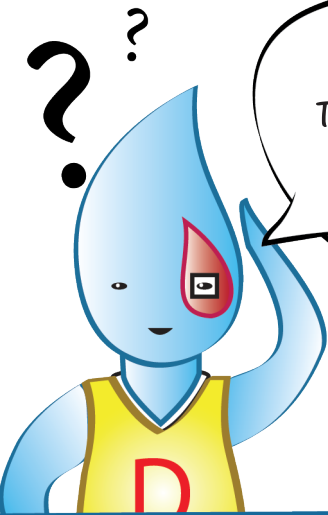
BEFORE DOING SPORT,
I HAVE TO BE PREPARED.

FIRST I PACK MY TRAINING BAG
AND CHECK I HAVE EVERYTHING
I NEED FOR MY DIABETES. HERE IS
MY CHECKLIST:



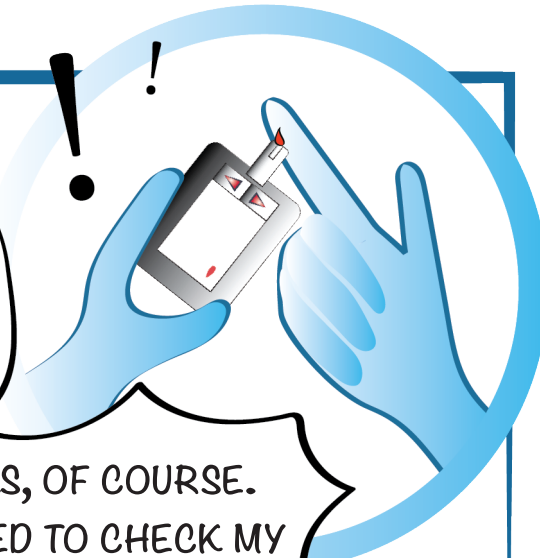
GETTING READY

ON THE TRAINING FIELD



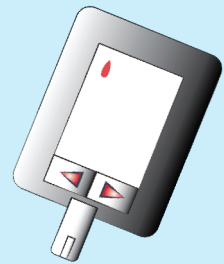
BEFORE I DO ANY EXERCISE
THERE IS ONE IMPORTANT THING
I HAVE TO CHECK. DO YOU
KNOW WHAT IT IS?

YES, OF COURSE.
I NEED TO CHECK MY
BLOOD GLUCOSE!



WE'RE ABOUT TO BEGIN
TRAINING. DID YOU CHECK
YOUR BLOOD GLUCOSE?

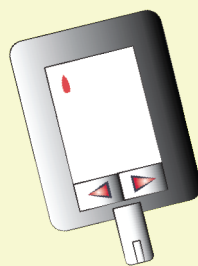
YES, AND IT'S



BELOW
5 MMOL/L
90 MG/DL

... THAT MEANS IT IS
LOW.

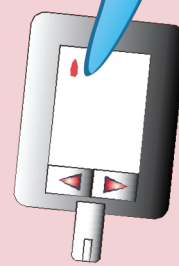
CHECK YOUR
HYPO CHART
FOR WHAT TO DO.



5 - 14 MMOL/L
90 - 250 MG/DL

... THAT MEANS IT IS
'GOOD'.

CHECK YOUR ACTION
SCHEDULE AND START
TRAINING.



ABOVE
14 MMOL/L
250 MG/DL

... THAT MEANS IT IS
HIGH.

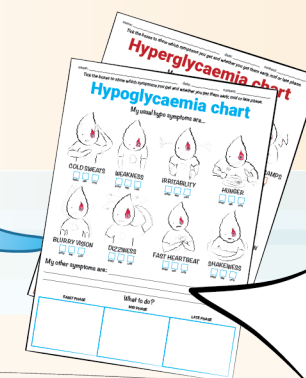
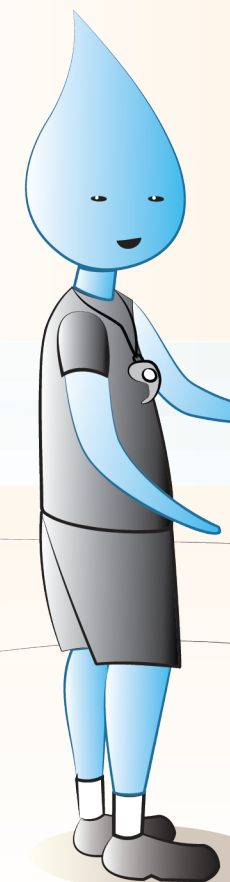
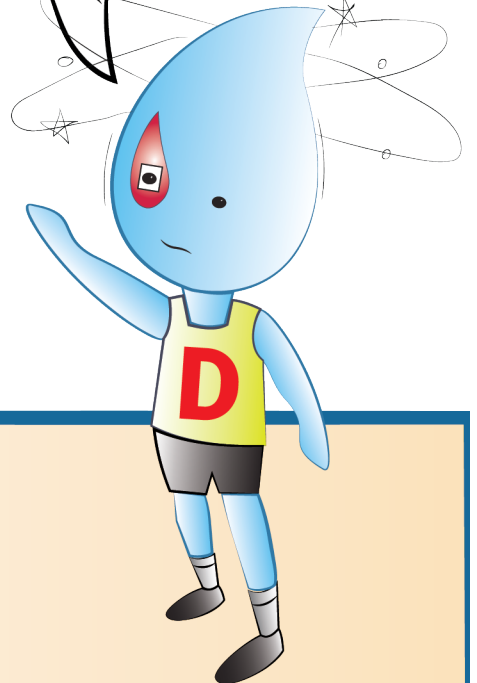
CHECK YOUR
HYPER CHART
FOR WHAT TO DO.

ALL ABOUT HYPOS & HYPERS

IF YOU FEEL UNWELL DURING TRAINING

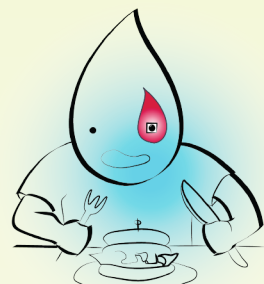


EXCUSE ME COACH,
I'M FEELING UNWELL.

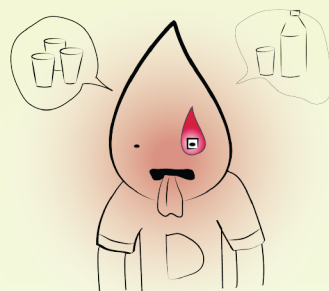


OK, STOP TRAINING
FOR THE MOMENT.
WHICH SYMPTOMS DO
YOU HAVE?

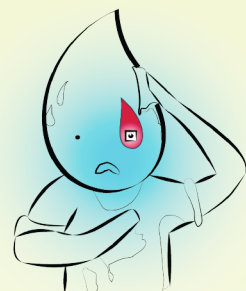
CHOOSE SYMPTOMS



HUNGER



DRY MOUTH



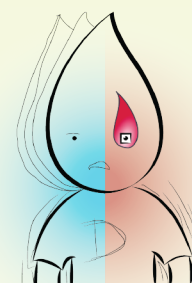
COLD SWEATS



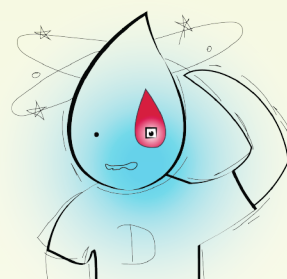
STOMACH CRAMPS



FAST HEARTBEAT



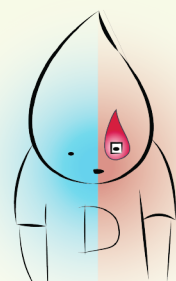
BLURRY VISION



DIZZINESS



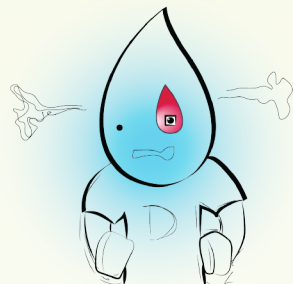
POOR CONCENTRATION



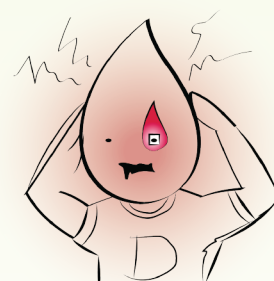
WEAKNESS



NEED TO PEE



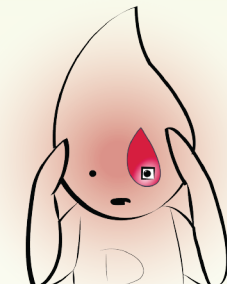
IRRITABILITY



NERVOUSNESS



SHAKINESS



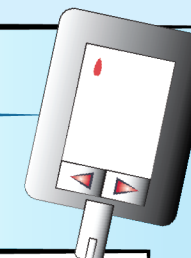
HEADACHE

Other symptoms:

SO THESE SYMPTOMS MEAN THAT YOU
HAVE HYPO / HYPER.
LET'S CHECK YOUR BLOOD GLUCOSE.

IF I HAVE A HYPO

BELOW 5 MMOL/L
90 MG/DL



I STOP EXERCISE
FOR SOME TIME.

I TAKE 15G FAST-ACTING
CARBS AND WAIT 15 MINUTES
AND RECHECK BG

OR FOLLOW THE ACTIONS ON
MY HYPO CHART.

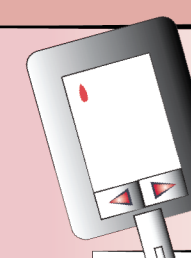


DID YOU KNOW?

A HYPO IS SHORT FOR
HYPOGLYCAEMIA, WHICH MEANS
LOW BLOOD GLUCOSE.

IF I HAVE A HYPER

ABOVE 14 MMOL/L
250 MG/DL



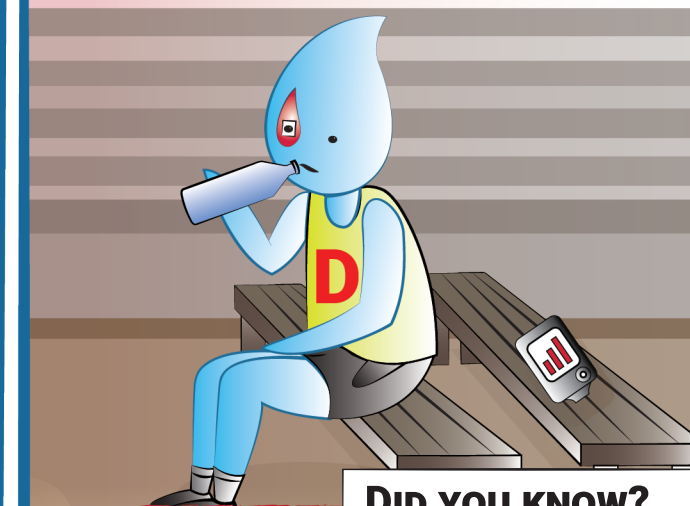
I STOP EXERCISE
FOR SOME TIME.

I DRINK PLENTY OF WATER
IN SMALL SIPS.

I CHECK MY BLOOD GLUCOSE
AGAIN, AND MY KETONES*.

*If possible

I FOLLOW ACTIONS ON
MY HYPER CHART.



DID YOU KNOW?

A HYPER IS SHORT FOR
HYPERGLYCAEMIA, WHICH MEANS
HIGH BLOOD GLUCOSE.

When I have a hypo I need to eat 15g of fast-acting carbs. This helps my blood glucose go back to a normal level.

What is 15g of fast-acting carbs?

Here are some foods that have 15g of fast-acting carbs:

- 200 ml Orange juice
- 5 pieces Glucose or Dextrose tablets
- 1/2 a ripe banana

My examples:

DID YOU KNOW?

CHOCOLATE IS NOT A GOOD WAY TO TREAT A HYPO. IT CONTAINS FATS WHICH MAKE IT A SLOWER-ACTING CARB.

AFTER TRAINING...

After training I keep checking my blood glucose for a few hours.

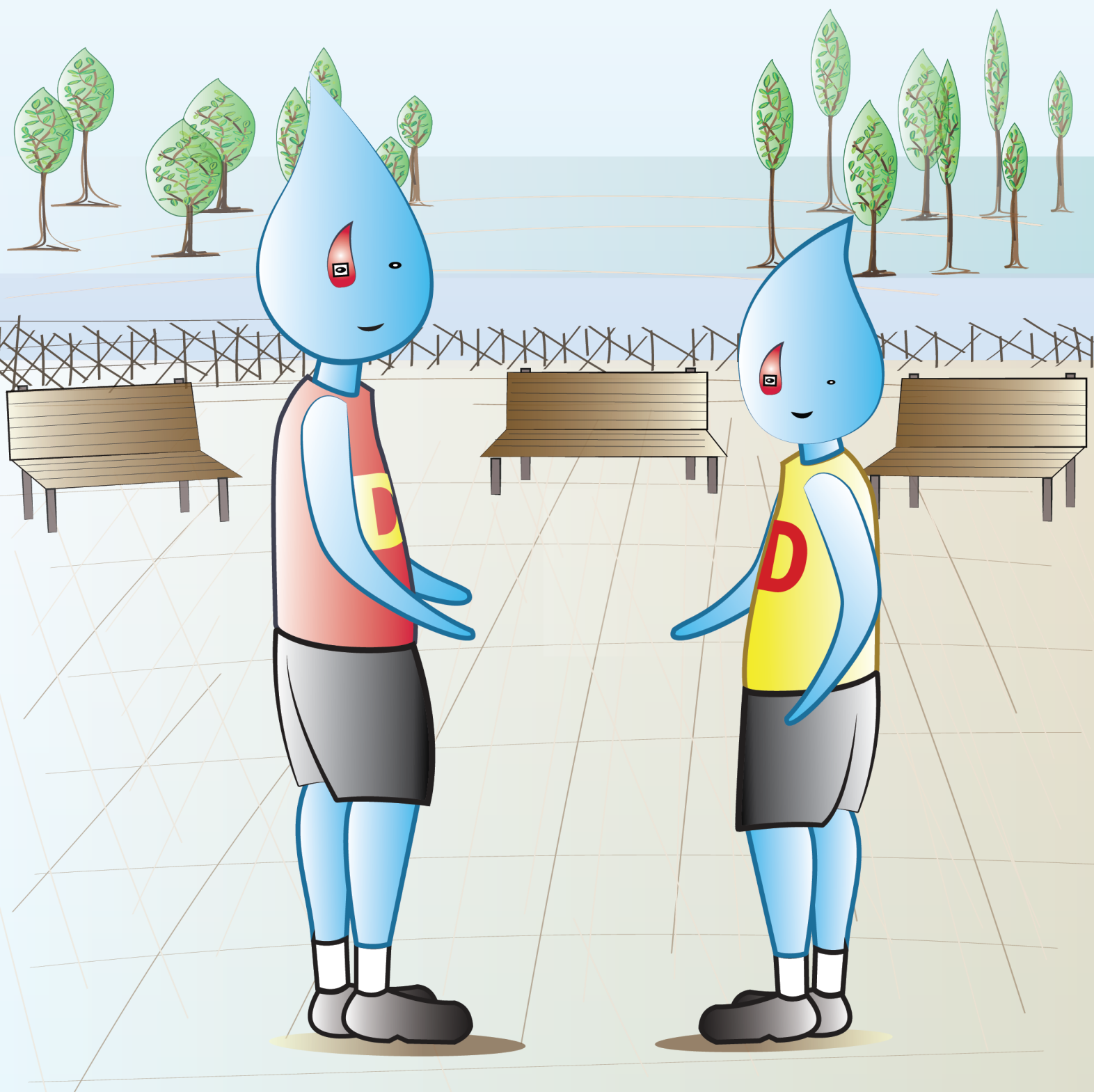
Then I fill out my activity diary. I don't need to keep it for ever, just until I understand how my body reacts to different types of exercise.

DID YOU KNOW?

HAVING A HYPO OR HYPER DOESN'T MEAN YOU DID SOMETHING WRONG. SOMETIMES THEY HAPPEN EVEN IF YOU FOLLOW ALL THE ADVICE.

STORY 3

IT'S GOOD TO TALK

A comic strip featuring the two water drop characters. The taller character asks for advice, and the shorter character provides several tips. The tips are listed in speech bubbles. To the right, there is a text box with advice and a notepad for writing down tips.

Do you have any advice to give me about being an athlete with diabetes?

Yes!
Here are my tips:

Remember not all adults know about diabetes.

It's always OK to speak up and let your coaches know how you're feeling.

Tell them if you're not feeling well enough to perform an activity.

Let them know how your blood glucose levels are.

Ask for help if you can't manage something on your own.

Feel free to seek advice from older athletes with diabetes and from other experts on diabetes.

Write down any tips so that you don't forget them:



DO YOU WORRY ABOUT HOW TO TALK TO YOUR FRIENDS ABOUT DIABETES?

HERE ARE SOME IDEAS TO HELP YOU FEEL MORE CONFIDENT TO START THE CONVERSATION ABOUT DIABETES...

IDEAS

ASK YOUR PARENTS TO HELP YOU COLLECT INFORMATION ON DIABETES TO SHARE WITH FRIENDS AND TEAMMATES. SHOW THEM THAT YOU CAN DO EVERYTHING THEY CAN, LIKE PLAY, RUN AND EAT NORMAL FOOD.

BE PATIENT WITH OTHERS IF THEY ARE CURIOUS OR IF THEY REACT IN A NEGATIVE WAY. DIABETES MAY BE A NEW TOPIC FOR THEM.

PRACTISE HOW TO SAY 'NO' IN A POLITE WAY. THERE MIGHT BE TIMES WHEN YOU DON'T FEEL COMFORTABLE TALKING ABOUT YOUR DIABETES OR DOING AN ACTIVITY.

PREPARE A PROJECT WHERE YOU EXPLAIN WHAT DIABETES IS. INCLUDE PICTURES OF YOUR DAILY ROUTINE AND DRAW A DIAGRAM OF THE DEVICES YOU USE.

YOU COULD FILM A VIDEO CALLED 'ONE DAY WITH DIABETES' WHERE YOU SHOW WHAT YOUR LIFE IS LIKE WITH DIABETES.

ASK YOUR PARENTS TO HELP YOU PRACTISE ANSWERING QUESTIONS. FOR EXAMPLE, A FRIEND MIGHT ASK WHAT IT'S LIKE TO TAKE A BLOOD GLUCOSE READING, HOW AN INSULIN PUMP OR PEN WORKS OR HOW TO COUNT CARBS.

Can you think of other ideas of things you can do?

Write them here:

IT'S OK

TO FEEL SAD OR ANGRY SOMETIMES. HERE ARE SOME THINGS YOU CAN DO TO HELP YOURSELF FEEL BETTER:

TALK TO YOUR PARENTS OR CARERS ABOUT HOW YOU FEEL AND TELL THEM HOW THEY CAN HELP YOU.

BE WILLING TO LEARN ABOUT YOUR DIABETES. ONCE YOU KNOW ALL THE FACTS, YOU WILL FEEL MORE COMFORTABLE ABOUT YOURSELF.

SHARE ANY BAD THOUGHTS YOU HAVE WITH THE PEOPLE YOU LOVE.

DON'T BE AFRAID TO TAKE PART IN THE SPORTS YOU ENJOY. DIABETES DOES NOT STOP YOU FROM DOING SPORTS OR ANYTHING ELSE THAT YOU WANT TO ACHIEVE!

ENJOY YOUR LIFE, DO FUN THINGS, MAKE FRIENDS, AND REMIND YOURSELF THAT YOU ARE LIKE ANY OTHER PERSON.

IF YOU FEEL SCARED OF HAVING A HYPO, MAKE SURE YOU TALK ABOUT IT WITH YOUR PARENTS SO THAT YOU CAN FIND A SOLUTION.

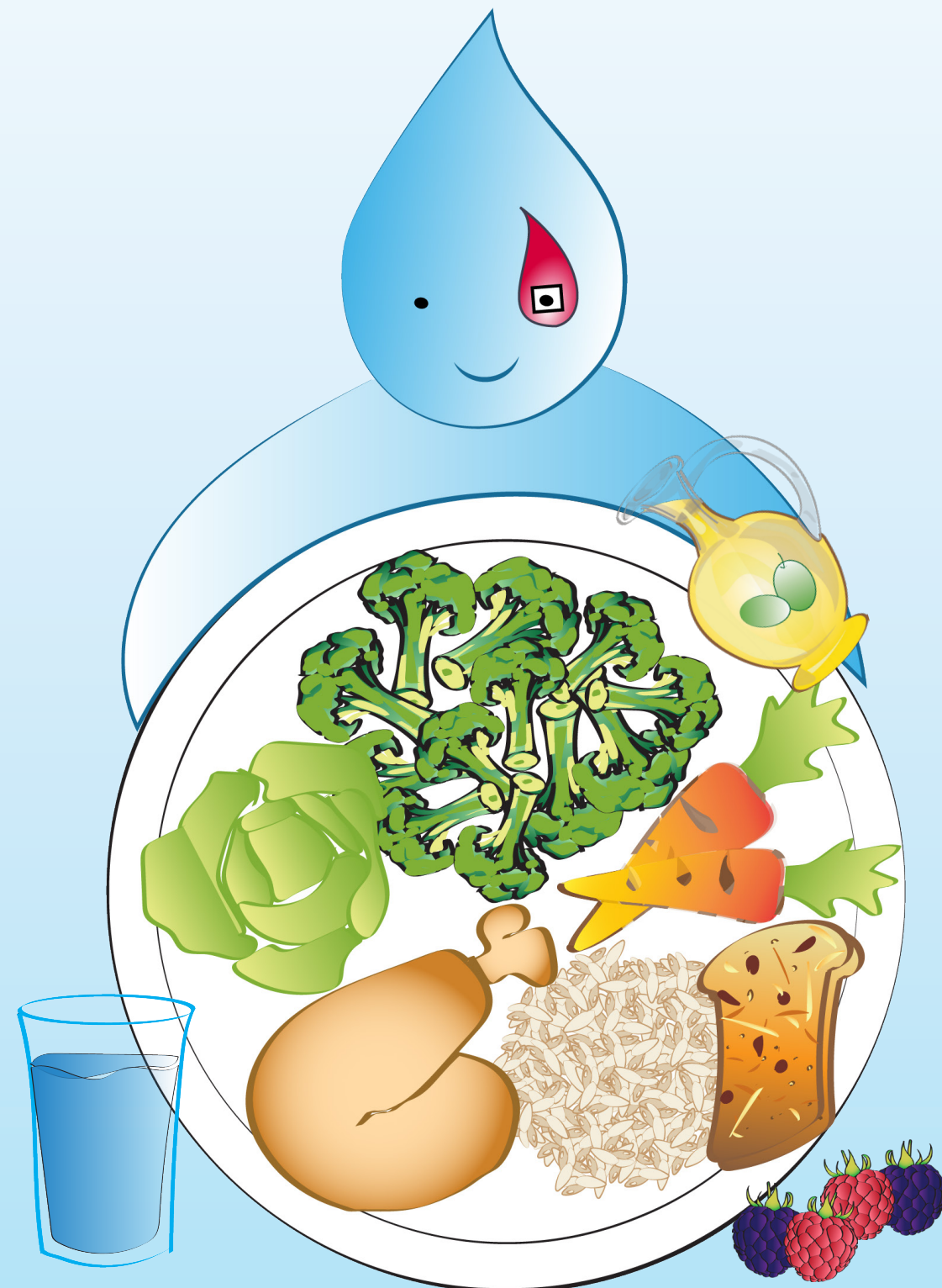
SOME CHILDREN WITH DIABETES START TO FEEL BAD ABOUT THEIR BODY. IF YOU FEEL LIKE THIS, MAKE A LIST OF ALL THE GOOD THINGS ABOUT YOURSELF.

Good things about myself:

YOU DON'T NEED TO PROVE YOURSELF TO ANYONE. JUST BE YOURSELF.

STORY 4

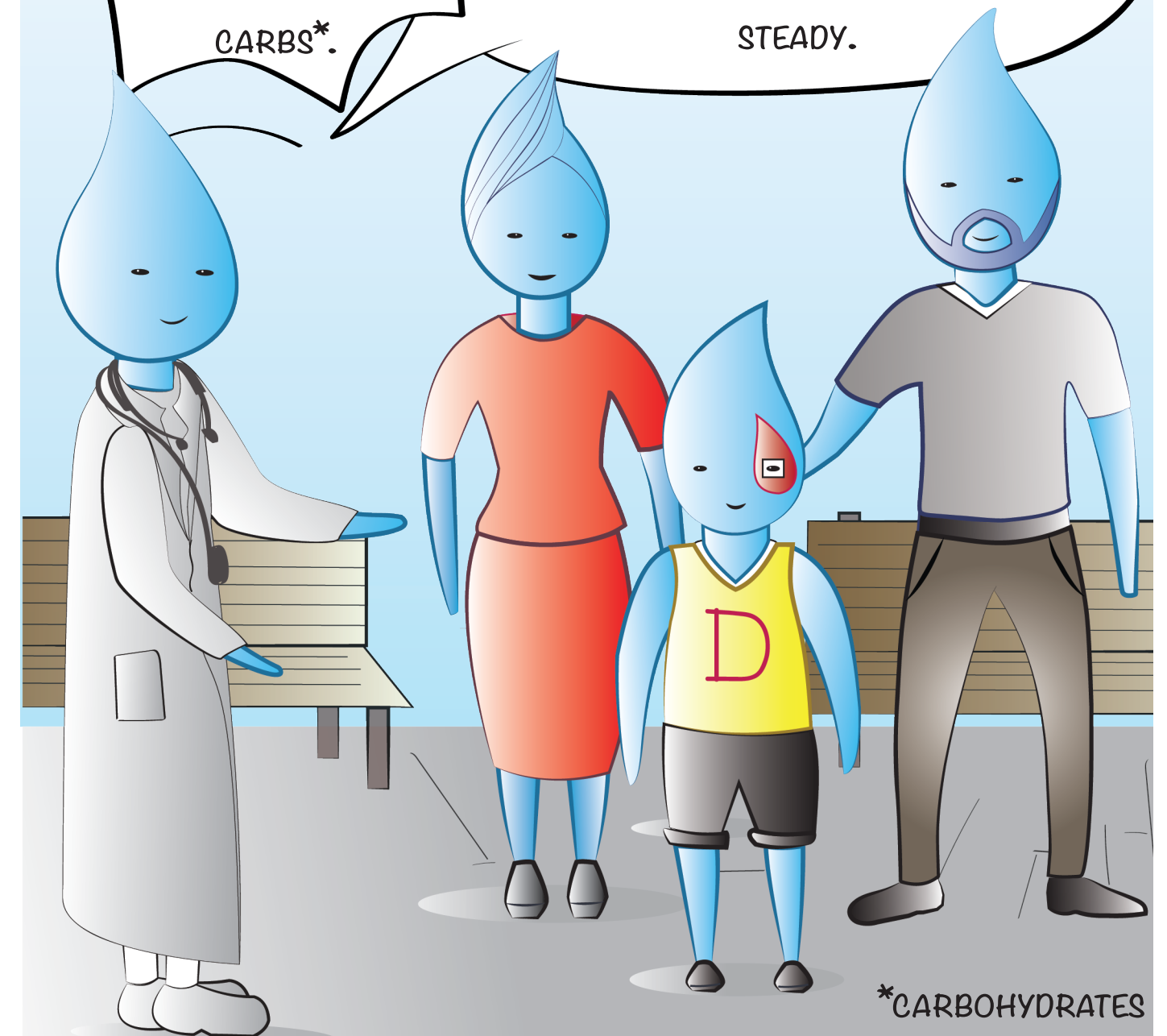
ALL ABOUT NUTRITION



EATING HEALTHILY KEEPS YOUR BODY FIT AND STRONG, ESPECIALLY WHEN YOU PLAY SPORT.

WHEN YOU HAVE DIABETES YOU NEED TO LEARN ABOUT THE FOOD GROUP CALLED CARBS*.

CARB COUNTING MEANS YOU CAN BALANCE YOUR INSULIN WITH THE CARBS YOU EAT AND DRINK. AND THAT WILL HELP KEEP YOUR BLOOD GLUCOSE STEADY.



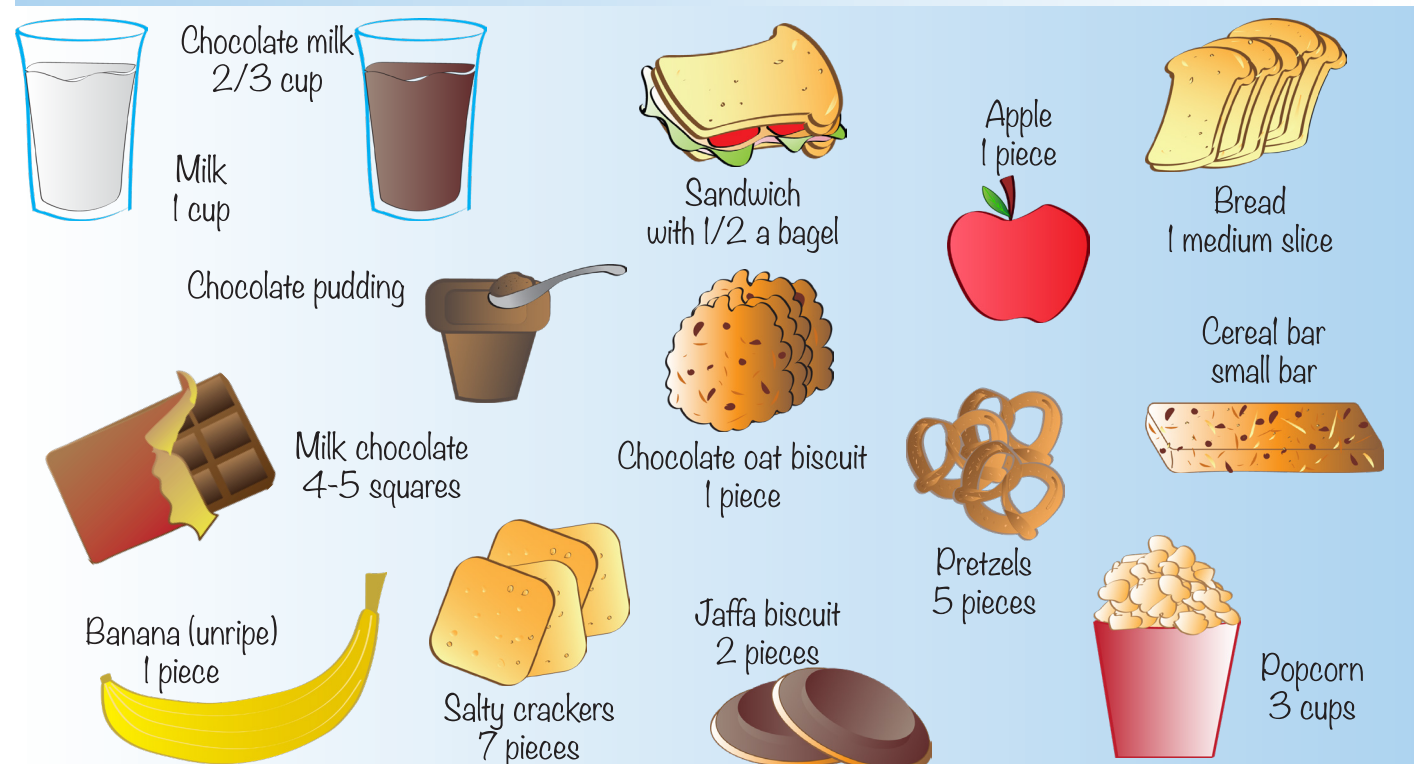
*CARBOHYDRATES

FAST-ACTING CARBS MAKE YOUR BLOOD GLUCOSE RISE QUICKLY.

SLOW-ACTING CARBS MAKE YOUR BLOOD GLUCOSE RISE SLOWLY.

EATING BEFORE SPORT

BEFORE DOING EXERCISE, IT'S BEST TO EAT SLOW-ACTING CARBS.
HERE ARE SOME FOODS WITH ABOUT 15 G OF SLOW-ACTING CARBS:



EATING DURING AND AFTER SPORT

IT'S BEST TO EAT FAST-ACTING CARBS DURING AND AFTER EXERCISE, AND
WHEN YOUR BLOOD GLUCOSE IS LOW.

HERE ARE SOME FOODS WITH ABOUT 15 G OF FAST-ACTING CARBS:



*Follow the package instructions

Remember this:

DID YOU KNOW?

KIDS WITH DIABETES CAN EAT SWEETS.
YOU CAN EAT ANYTHING AS LONG AS YOU
BALANCE YOUR CARBS WITH YOUR INSULIN.

DID YOU KNOW?

YOU DON'T GET TYPE 1 DIABETES
FROM EATING TOO MUCH SUGAR!

I also learnt that:

DID YOU KNOW?

IT'S IMPORTANT TO DRINK PLENTY
OF WATER BEFORE, DURING AND
AFTER EXERCISE, EVEN IF YOU
DON'T FEEL THIRSTY.

STORY 5

TIPS FOR TRAVELLING



WE ARE PLANNING A TRIP TO A TRAINING CAMP.

WE HAVE TO MAKE A LIST OF GUIDELINES ABOUT MANAGING YOUR DIABETES WHILE YOU ARE AWAY.

IT'S CALLED A 'PROTOCOL'.

WHO AGREES THE PROTOCOL?

CIRCLE THE PEOPLE WHO NEED TO AGREE THE PROTOCOL

coach

you

friend

parents

A comic strip with four panels. The first panel shows a woman and a man talking to a boy. The second panel shows the woman talking to the boy. The third panel shows the boy thinking. The fourth panel shows the boy asking a question. Below the comic is a list of people to consider for the protocol: a coach, the boy (labeled 'you'), a friend, and the boy's parents.

WE ALSO NEED TO TAKE THREE CHARTS:

AN ACTION SCHEDULE, A CHART SHOWING WHAT TO DO WHEN YOUR BLOOD GLUCOSE IS AT DIFFERENT LEVELS.

action schedule

Write the actions that need to be taken according to different blood glucose levels and different situations.

Circle the situation: TRAINING - GAME OR COMPETITION DAY - TRAVEL DAY - NIGHT TIME - other:

GLUCOSE (mmol/L or mg/dL)	ACTION 1	WHO?	ACTION 2	WHO?
below 2.2 / 40				
2.2 - 4.7 40 - 70				
4 - 5.5 / 70 - 100				
5.5 - 8 / 100 - 140				
8 - 16 / 140 - 300				
16 - 24 / 300 - 500				
over 24 / 500				

hyper chart

My usual hypo symptoms are...

hypo chart

My usual hypo symptoms are...

What to do in:

EARLY PHASE (little low)

MID PHASE (low)

LATE PHASE (really low)

YOUR HYPO & HYPER CHART, SHOWING WHAT TO DO IN CASE YOU HAVE A HYPO OR HYPER.

YOUR NUTRITION CHART, SHOWING YOUR EATING HABITS.

nutrition chart

Fill the chart by answering what you like to eat in different situations.

What and when to eat BEFORE training / game / competition day?

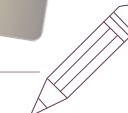
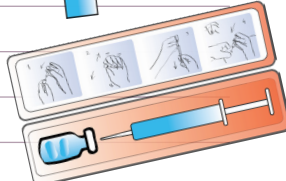
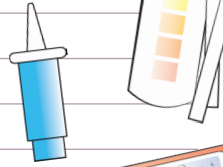
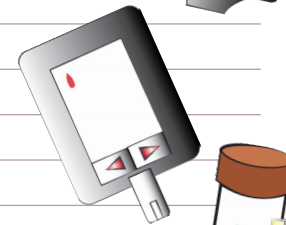
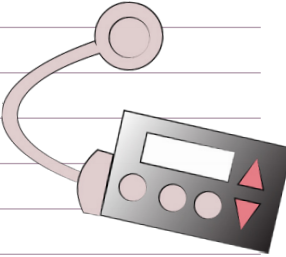
What and when to eat DURING training / game / competition day?

What and when to eat AFTER training / game / competition day?

What do I prefer to eat usually?

LET'S CHECK A LIST OF WHAT I NEED TO TAKE.

- ☐ INSULIN VIALS
- ☐ INSULIN COOLER BAGS OR SACHETS
- ☐ INSULIN PENS (SHORT- AND LONG-LASTING)
- ☐ BACK-UP PENS
- ☐ NEEDLES
- ☐ INSULIN PUMP
- ☐ BACK-UP FOR PUMP (PEN)
- ☐ INFUSION SETS
- ☐ BATTERIES
- ☐ INSERTER
- ☐ SENSORS
- ☐ INSERTER
- ☐ TAPE
- ☐ CHARGER
- ☐ BATTERIES
- ☐ BLOOD GLUCOSE METER
- ☐ BACK-UP GLUCOSE METER
- ☐ TEST STRIPS
- ☐ LANCETS
- ☐ GLUCOSE TABS - DEXTROSE
- ☐ PREFERRED SNACKS
- ☐ KETONE METER
- ☐ GLUCAGON KIT
- ☐ DIABETES PASSPORT OR SIMILAR
- ☐ DOCTOR'S/NURSE'S TELEPHONE NUMBER AND EMAIL ADDRESS
- ☐ CARBOHYDRATE APP OR BOOK
- ☐ DOCUMENT OF DOPING EXEMPTION - THERAPEUTIC USE EXEMPTION (TUE)
- ☐ ACTION SCHEDULE
- ☐ HYPO & HYPER CHARTS
- ☐ NUTRITION CHART
- ☒ If using put a mark



WE'VE GOT ALL THE FACTS,
NOW WE'RE READY TO ACT...



Hi you,

On the next pages I have
some tasks for you:

- fill in the charts with the help of an adult

Have fun! :)



You can find the following charts for printing as well as examples of how to fill them in on the project's website.



www.sportsanddiabetes.eu

Name, date and contact: _____

Tick the boxes to show which symptoms you get and whether you get them early, mid or late phase.

hypo chart

My usual hypo symptoms are...



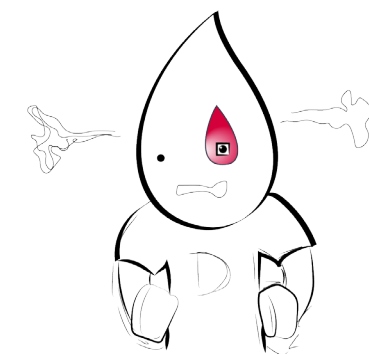
COLD SWEATS

☐ EARLY ☐ MID ☐ LATE



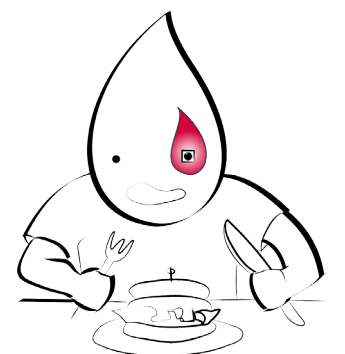
WEAKNESS

☐ EARLY ☐ MID ☐ LATE



IRRITABILITY

☐ EARLY ☐ MID ☐ LATE



HUNGER

☐ EARLY ☐ MID ☐ LATE



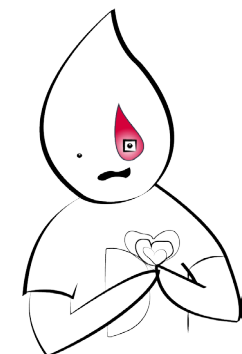
BLURRY VISION

☐ EARLY ☐ MID ☐ LATE



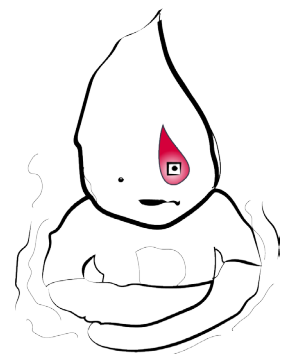
DIZZINESS

☐ EARLY ☐ MID ☐ LATE



FAST HEARTBEAT

☐ EARLY ☐ MID ☐ LATE



SHAKEINESS

☐ EARLY ☐ MID ☐ LATE

My other symptoms are: _____

What to do in:

EARLY PHASE (little low)

MID PHASE (low)

LATE PHASE (really low)

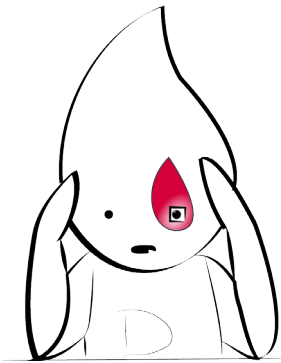
--	--	--

Name, date and contact: _____

Tick the boxes to show which symptoms you get and whether you get them early, mid or late phase.

hyper chart

My usual hypo symptoms are...



HEADACHE

☐

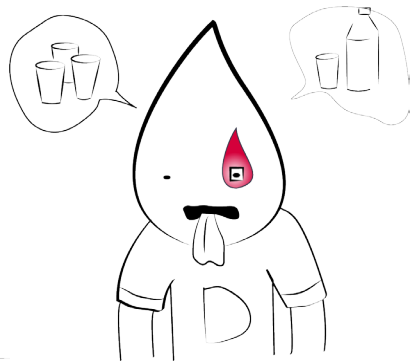
☐

☐

EARLY

MID

LATE



DRY MOUTH

☐

☐

☐

EARLY

MID

LATE



NEED TO PEE

☐

☐

☐

EARLY

MID

LATE



STOMACH CRAMPS

☐

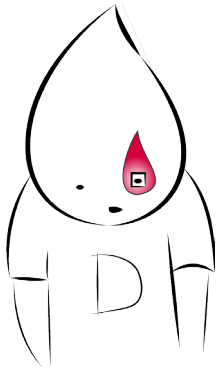
☐

☐

EARLY

MID

LATE



WEAKNESS

☐

☐

☐

EARLY

MID

LATE



NERVOUSNESS

☐

☐

☐

EARLY

MID

LATE



POOR
CONCENTRATION

☐

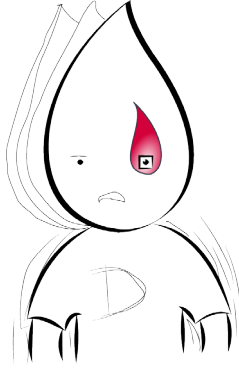
☐

☐

EARLY

MID

LATE



BLURRY VISION

☐

☐

☐

EARLY

MID

LATE

My other symptoms are: _____

What to do in:

EARLY PHASE (little low)

MID PHASE (low)

LATE PHASE (really low)

--	--	--

Name, date and contact: _____

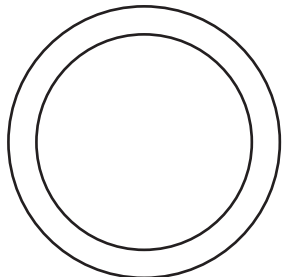
Fill the chart by answering what you like to eat in different situations.

nutrition chart

What and when to eat BEFORE training / game / competition day?



Glucose trend

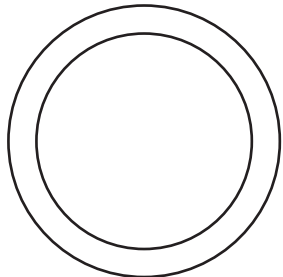


draw portion here

What and when to eat DURING training / game / competition day?



Glucose trend

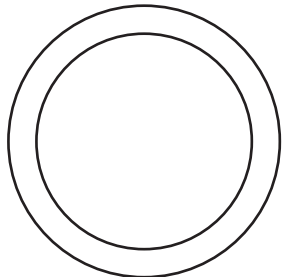


draw portion here

What and when to eat AFTER training / game / competition day?



Glucose trend

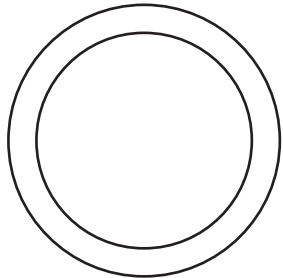


draw portion here

What do I prefer to eat usually?



Glucose trend



draw portion here

Fill the chart by answering what you like to eat in different situations.

nutrition chart

What and when to eat BEFORE training / game / competition day?

Glucose trend

↗

→

↘

draw portion here

What and when to eat DURING training / game / competition day?

Glucose trend


↗


→


↘

draw portion here


What and when to eat AFTER training / game / competition day?








Glucose trend





draw portion here


What do I prefer to eat usually?

Glucose trend









draw portion here

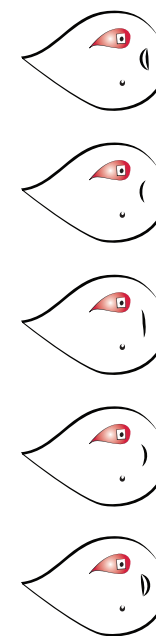
activity diary

Name, date and contact:

sport:

rate your regulation:

date:



What were you doing and how would you rate the intensity?

[illegible]

How did you manage your diabetes? Strategy name:

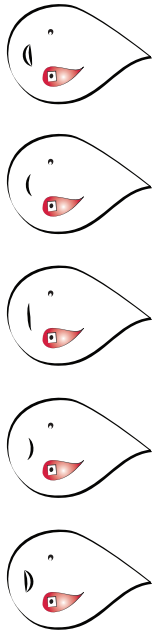
	30 min before	right before	during	immediately after	1 hour after	delayed hypo
glucose <i>*if possible add glucose trend</i>						
nutrition						
insulin dose						

	30 min before	right before	during	immediately after	1 hour after	delayed hypo
glucose <small>*if possible add glucose trend</small>						
nutrition						
insulin dose						

How did you manage your diabetes? Strategy name: _____

whole training		training parts									
	time										
	exercise										
	type										
☆☆☆☆	intensity	☆☆☆☆	☆☆☆☆	☆☆☆☆	☆☆☆☆	☆☆☆☆	☆☆☆☆	☆☆☆☆	☆☆☆☆	☆☆☆☆	☆☆☆☆

What were you doing and how would you rate the intensity?



rate your regulation:

sport: _____

date: _____

Name, date and contact: _____

activity diary

Name, date and contact: _____

action schedule

Write the actions that need to be taken according to different blood glucose levels and different situations.

Circle the situation: TRAINING - GAME OR COMETITION DAY - TRAVEL DAY - NIGHT TIME - other:				
GLUCOSE (mmol/L or mg/dL)	ACTION 1	WHO?	ACTION 2	WHO?
below 2.2 / 40				
2.2 - 4 / 40 - 70				
4 - 5.5 / 70 - 100				
5.5 - 8 / 100 - 145				
8 - 16 / 145 - 300				
16 - 24 / 300 - 500				
over 24 / 500				

Name, date and contact: _____

Write the actions that need to be taken according to different blood glucose levels and different situations.

Circle the situation: TRAINING - GAME OR COMPETITION DAY - TRAVEL DAY - NIGHT TIME - other:				
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16 - 24 / 300 - 500				
over 24 / 500				



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