



COACH GUIDE

We know it can be stressful when others care for a child living with diabetes. This guide helps parents and coaches align on how to treat high and low blood sugars.

MY CHILD HAS TYPE 1 DIABETES AND REQUIRES INSULIN.

My child may experience changes in blood sugar during practice or a game. Here are some tips to help best support them.

Some common signs of a **low** blood sugar are:

Lethargy, dizziness, cold sweats, lack of focus/confusion, feeling faint

We've worked with our healthcare provider to identify these symptoms as indicating a low blood sugar for our child:

Treating a low blood sugar requires a snack, our protocol is:

Some common signs of a **high** blood sugar are:

Excessive thirst, frequent urination, nausea

We've worked with our healthcare provider to identify these symptoms as indicating a high blood sugar for our child:

Treating high blood sugar requires insulin, our protocol is:

Should my child want an additional snack, please provide the following:

If you suspect a low or high blood sugar, confirm using a blood glucose (BG) test.

My cell phone number is _____.

If you cannot reach me in the case of an emergency, please contact _____ (name) at _____ (number).