



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.



HAŠK Mladost & TSV Bayer 04
Zagreb & Leverkusen, 2022.

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.

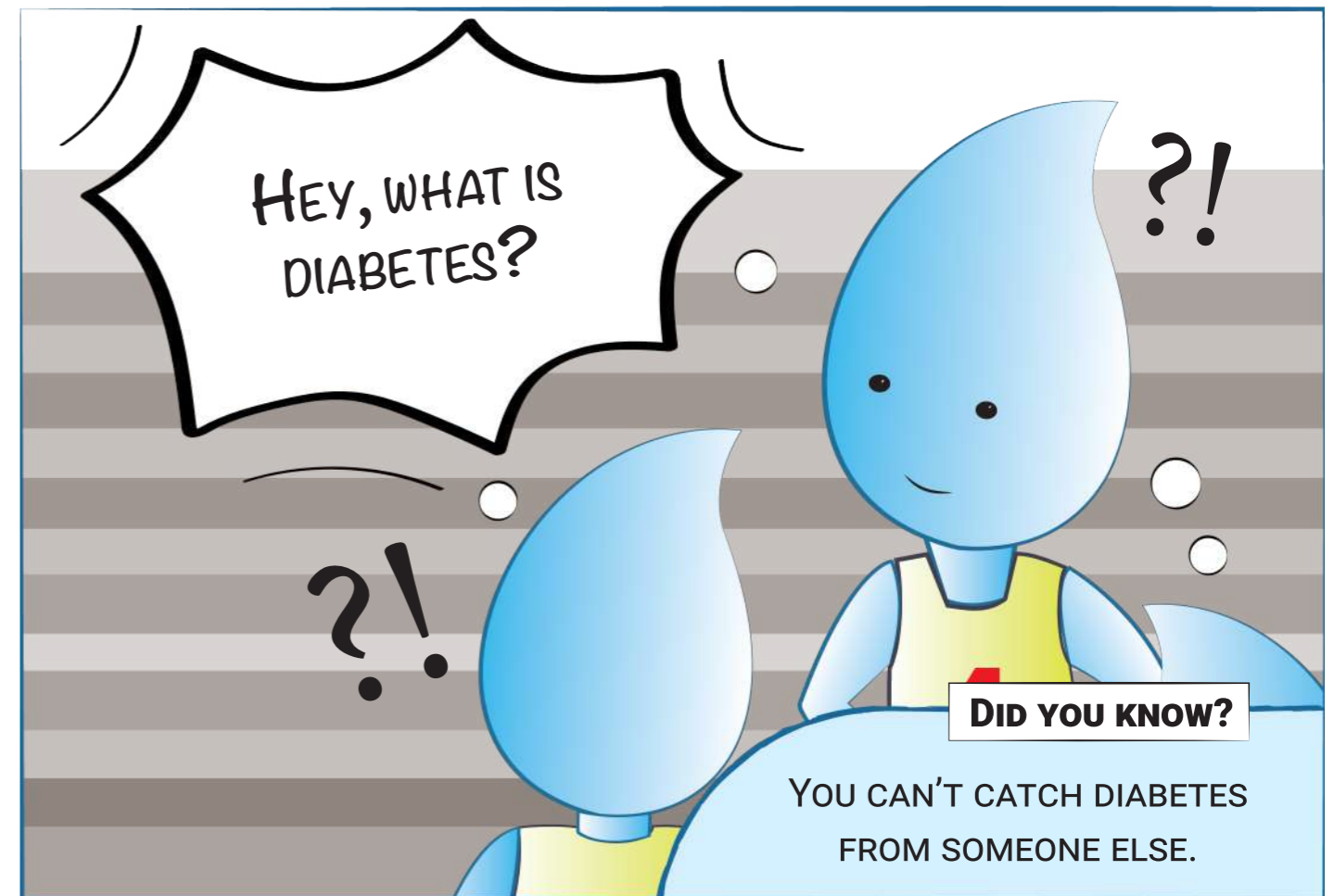
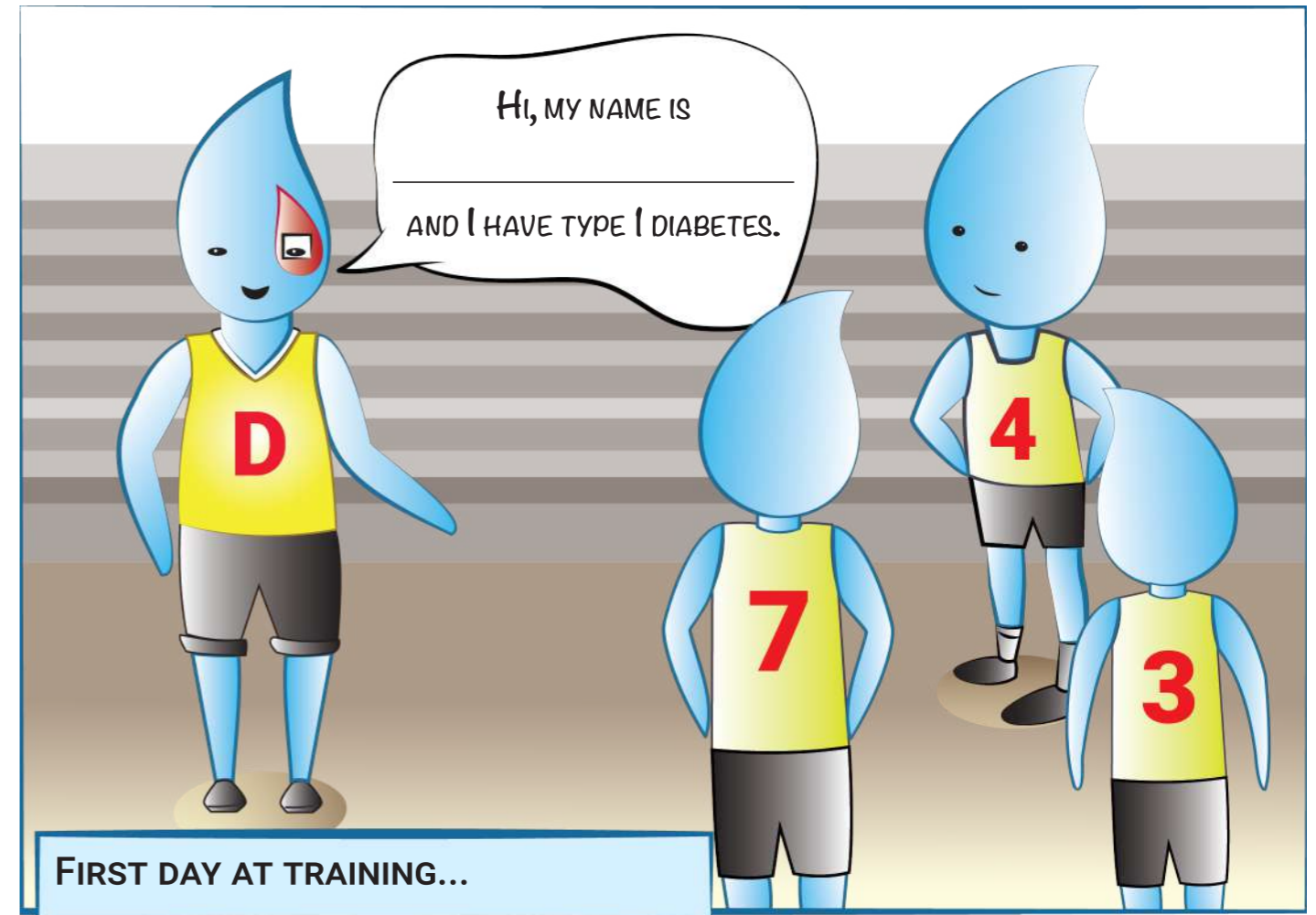


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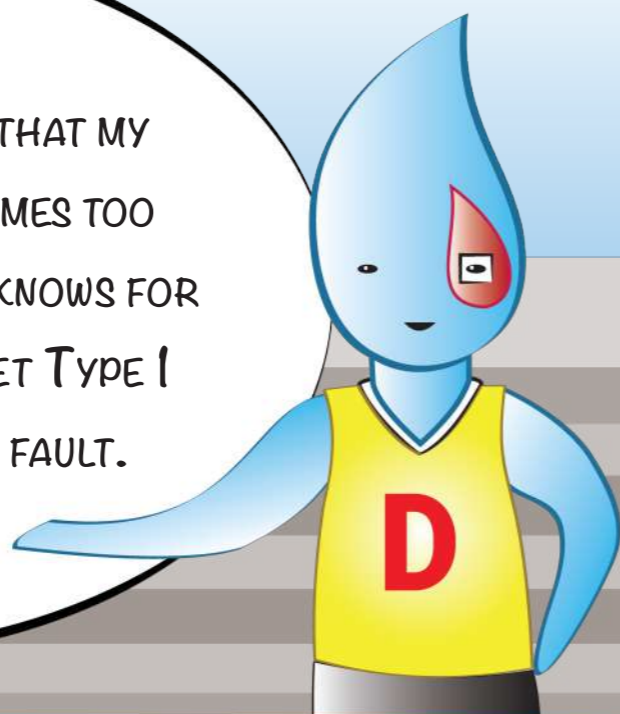


STORY I

YES, I CAN PLAY SPORTS!

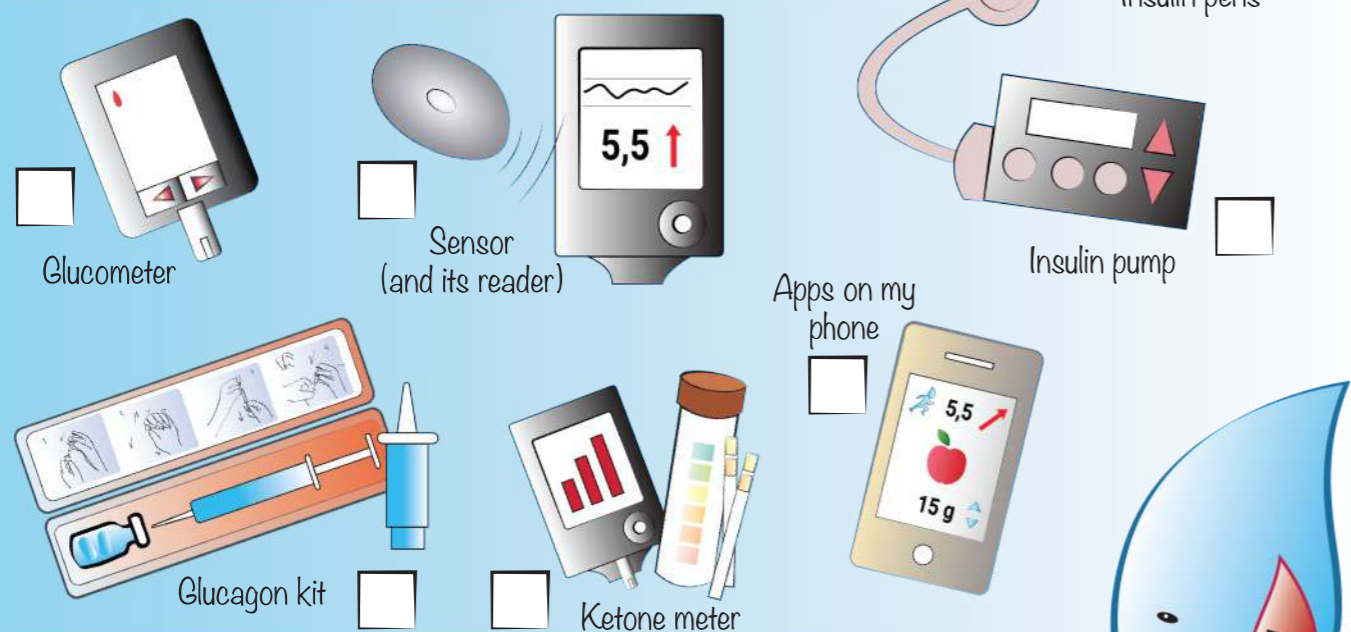


HAVING DIABETES MEANS THAT MY BLOOD GLUCOSE IS SOMETIMES TOO HIGH OR TOO LOW. NOBODY KNOWS FOR SURE WHY SOME PEOPLE GET TYPE 1 DIABETES. IT'S NOBODY'S FAULT.



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

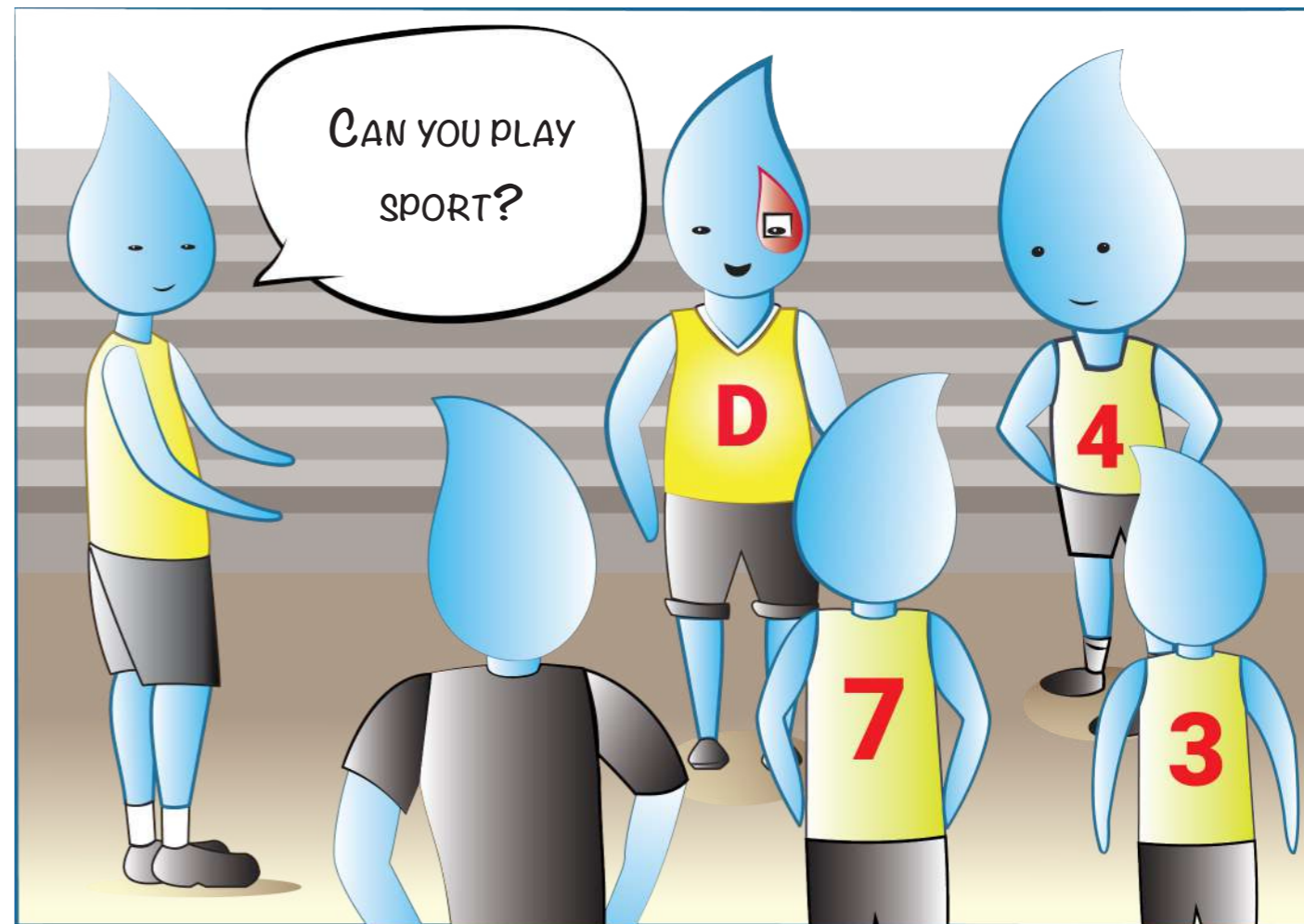
I DO THIS BY:



THIS HELPS ME STAY HEALTHY AND STRONG.

Tick the ones you use

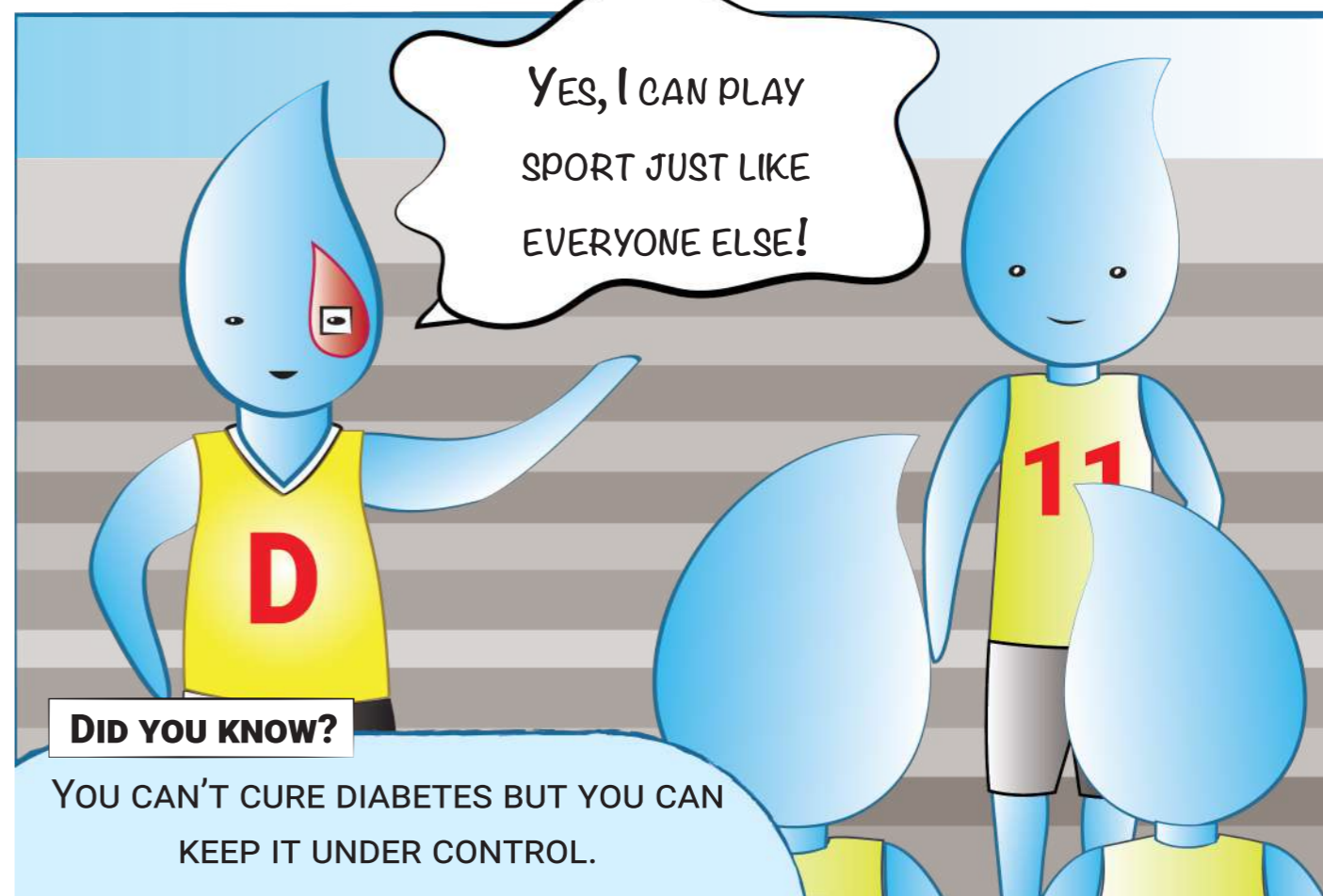
CAN YOU PLAY SPORT?



YES, I CAN PLAY SPORT JUST LIKE EVERYONE ELSE!

DID YOU KNOW?

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



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?

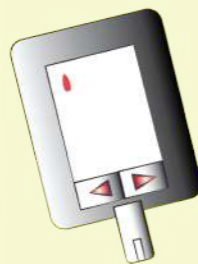
YES, AND IT'S _____



BELOW
5 MMOL/L
90 MG/DL

... THAT MEANS IT IS LOW.

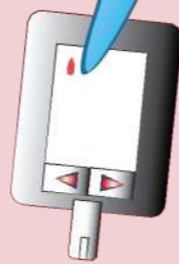
CHECK YOUR HYPO CHART FOR WHAT TO DO.



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

... THAT MEANS IT IS 'GOOD'.

CHECK YOUR ACTION SCHEDULE AND START TRAINING.



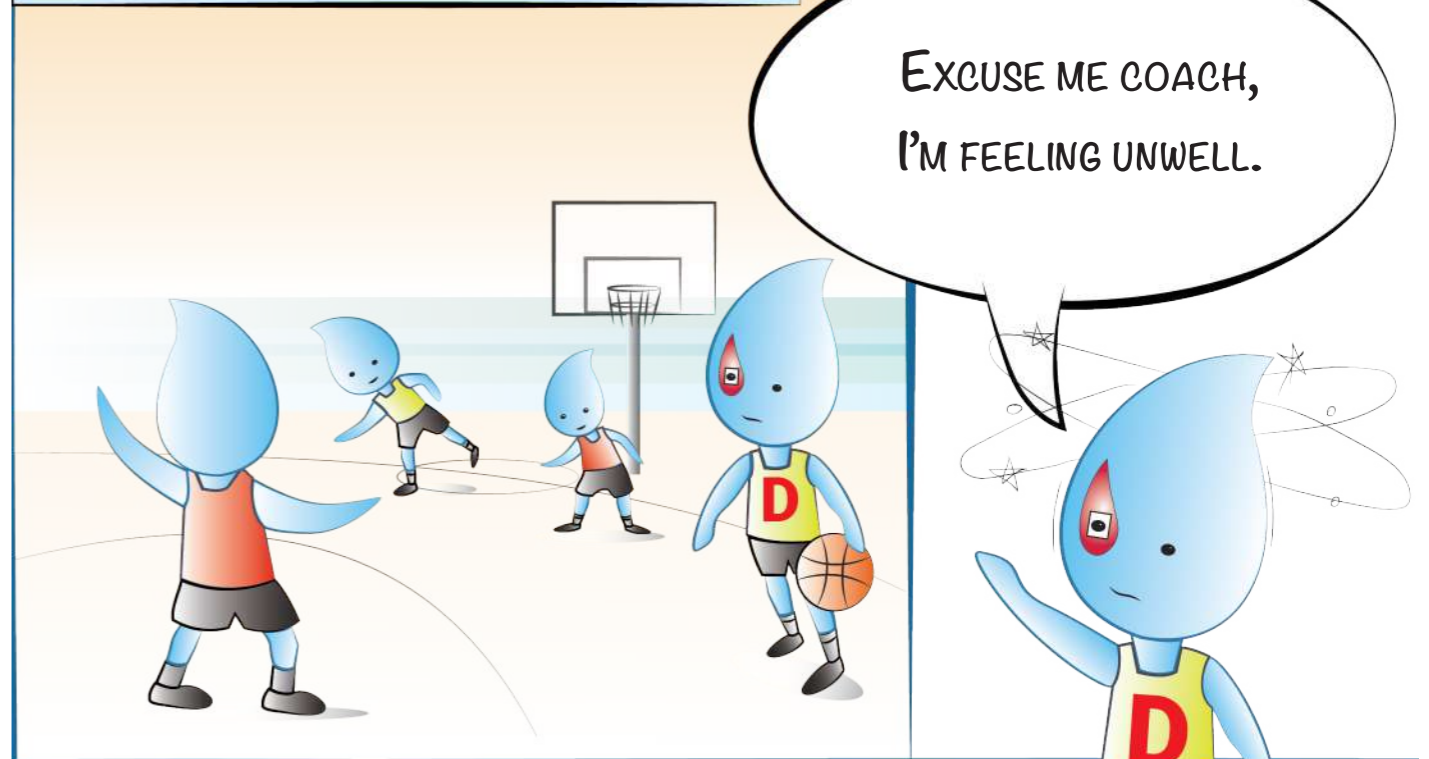
ABOVE
14 MMOL/L
250 MG/DL

... THAT MEANS IT IS HIGH.

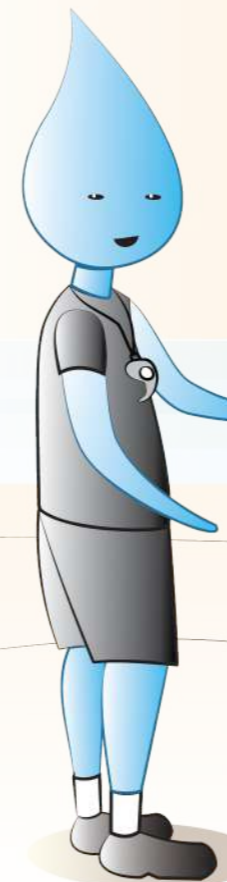
CHECK YOUR HYPER CHART FOR WHAT TO DO.

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



HEADACHE



NERVOUSNESS



SHAKINESS

Other symptoms:

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

IF I HAVE A HYPO

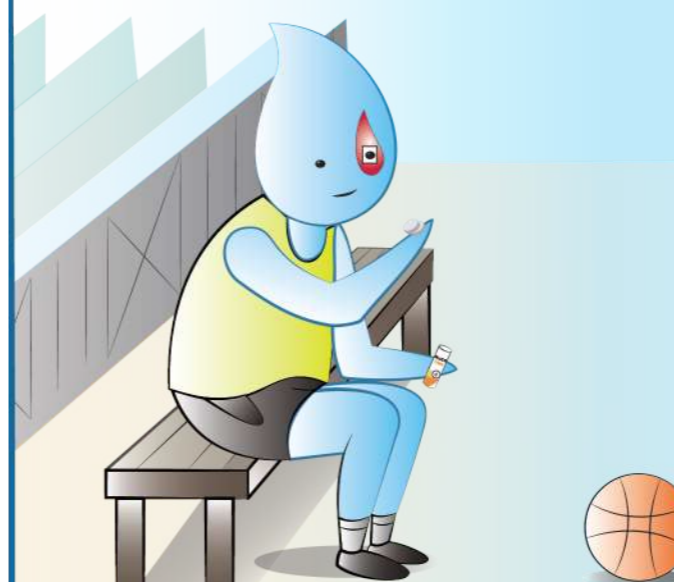
BELOW 5 MMOL/L
90 MG/DL



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.

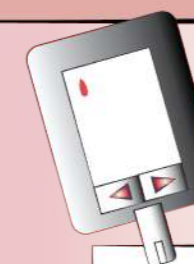


DID YOU KNOW?

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

IF I HAVE A HYPER

ABOVE 14 MMOL/L
250 MG/DL



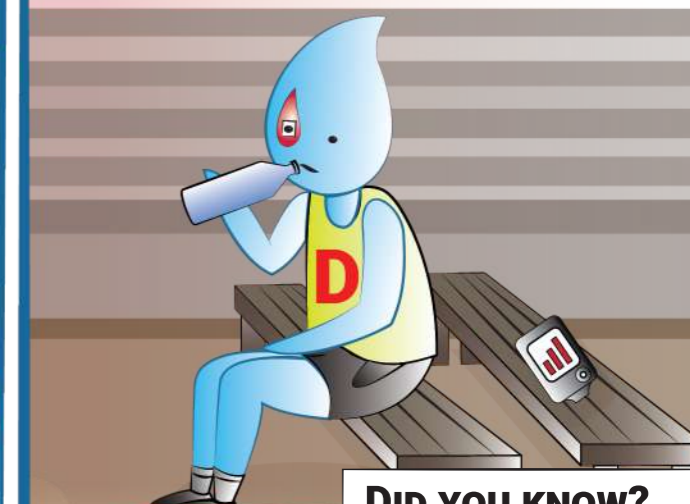
I STOP EXERCISE FOR SOME TIME.

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.

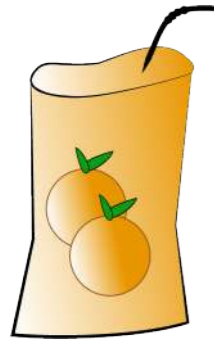


WHEN I HAVE A HYPO I NEED TO EAT 15G OF FAST-ACTING CARBS. THIS HELPS MY BLOOD GLUCOSE GO BACK TO A NORMAL LEVEL.

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

My examples:

Four horizontal lines for writing examples.



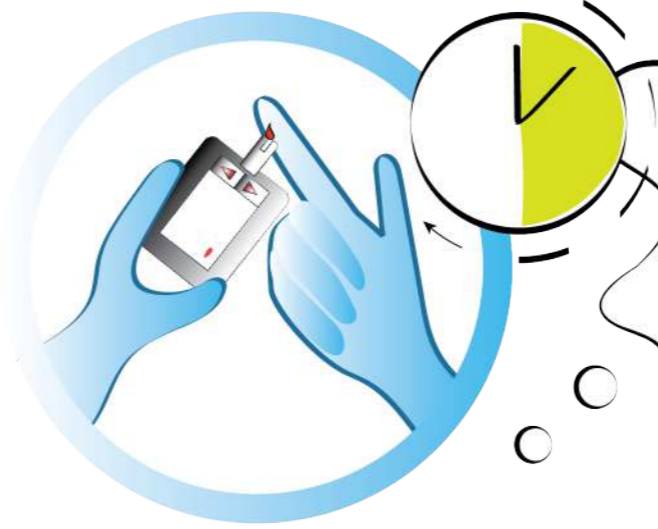
1/2 a ripe banana

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.

activity diary

Name, date and contact: _____

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

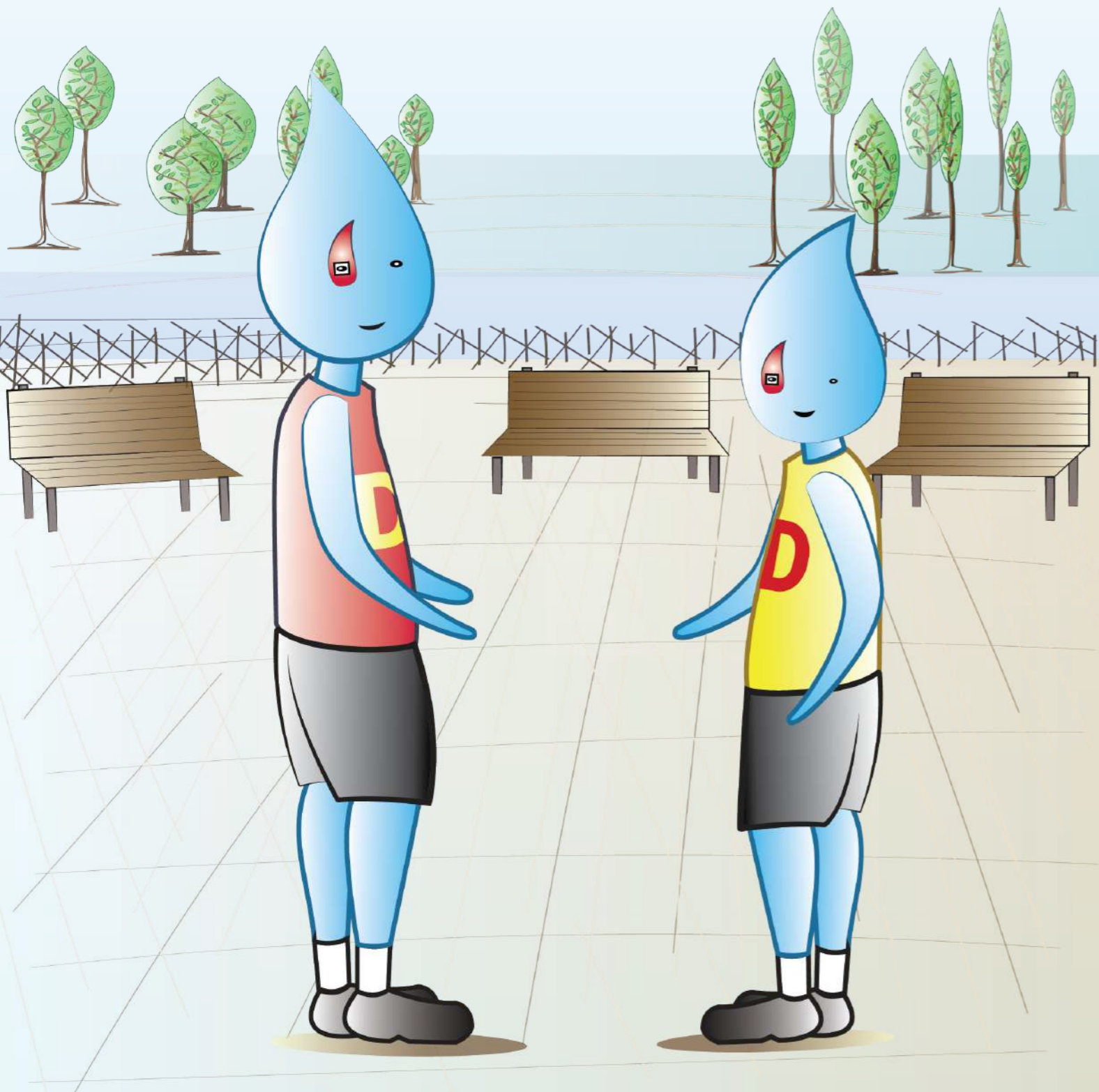
whole training	training parts						
	time	intensity	pace	terrain	weather	other	notes

How did you manage your diabetes? Strategy name: _____

	30 min before	right before	during	immediately after	1 hour after	diagnose hypo
glucose (fasting and glucose meter)						
nutrition						
fluids down						

STORY 3

IT'S GOOD TO TALK

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

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:

Handwritten area with horizontal lines for writing ideas.

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.

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

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

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.

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

Good things about myself:

Handwritten area with horizontal lines for listing good things about oneself.

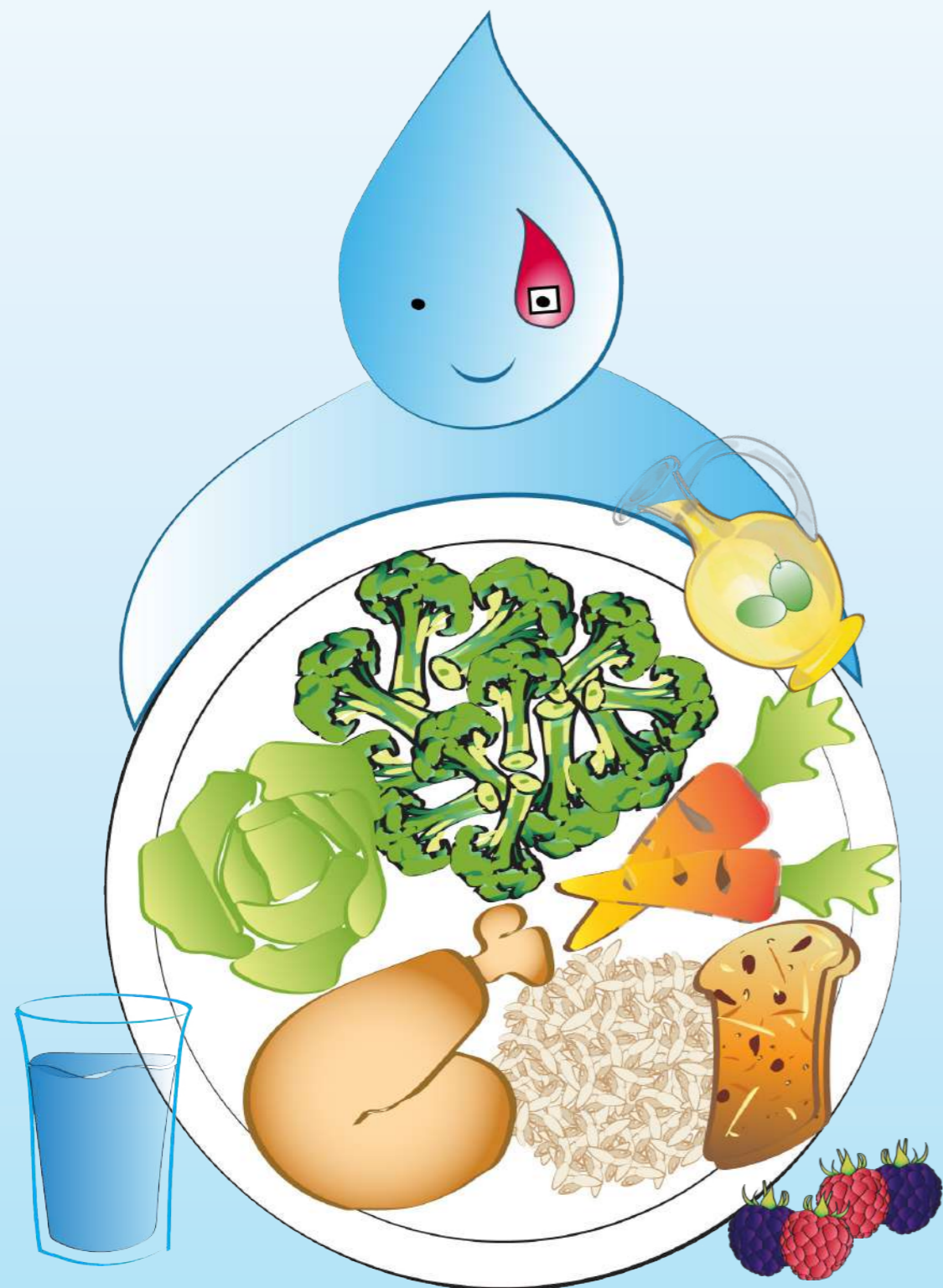
DON'T BE AFRAID TO TAKE PART IN THE SPORTS YOU ENJOY. DIABETES DOES NOT STOP YOU FROM DOING SPORTS OR ANYTHING ELSE THAT YOU WANT TO ACHIEVE!

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

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

STORY 4

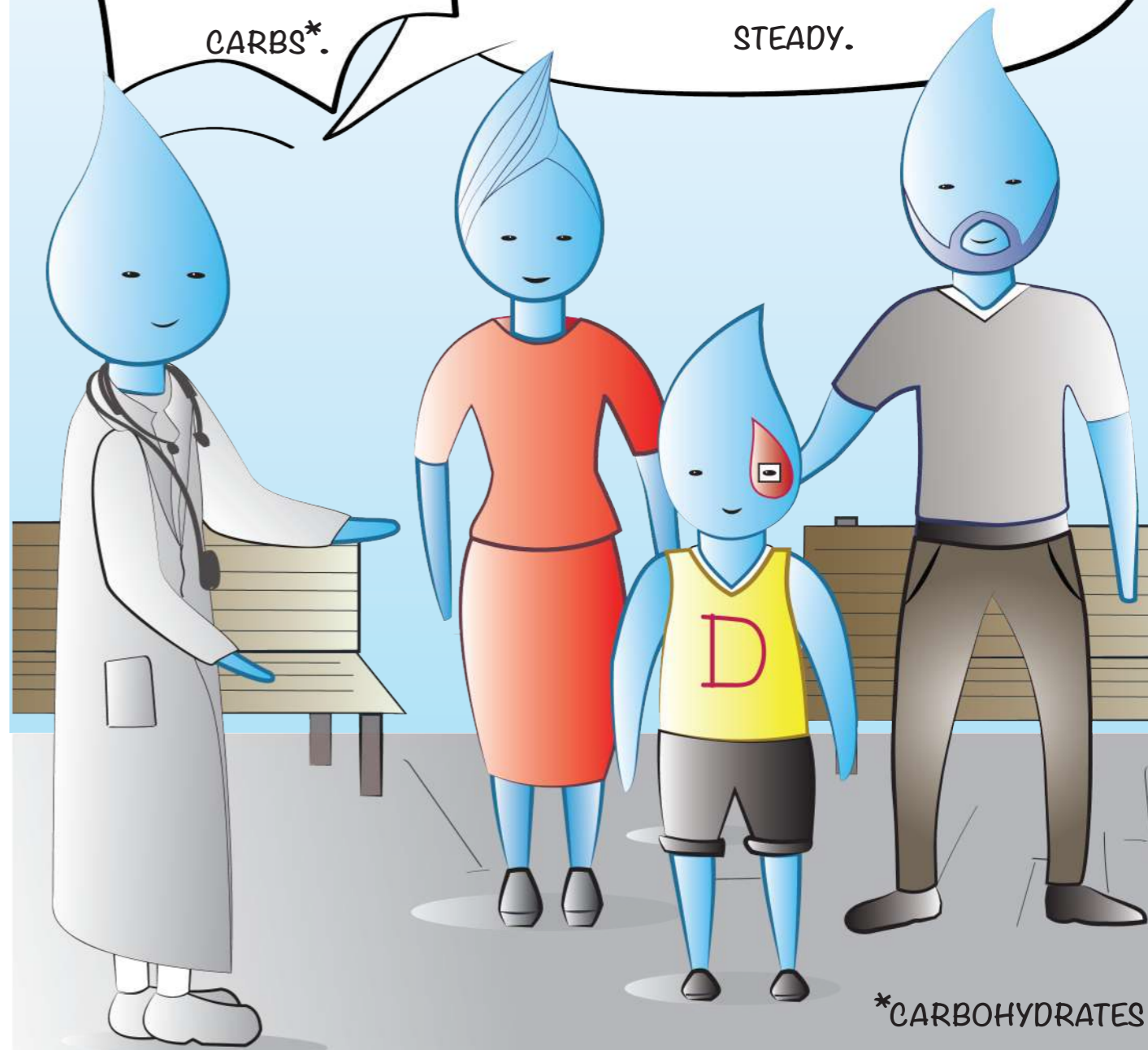
ALL ABOUT NUTRITION



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

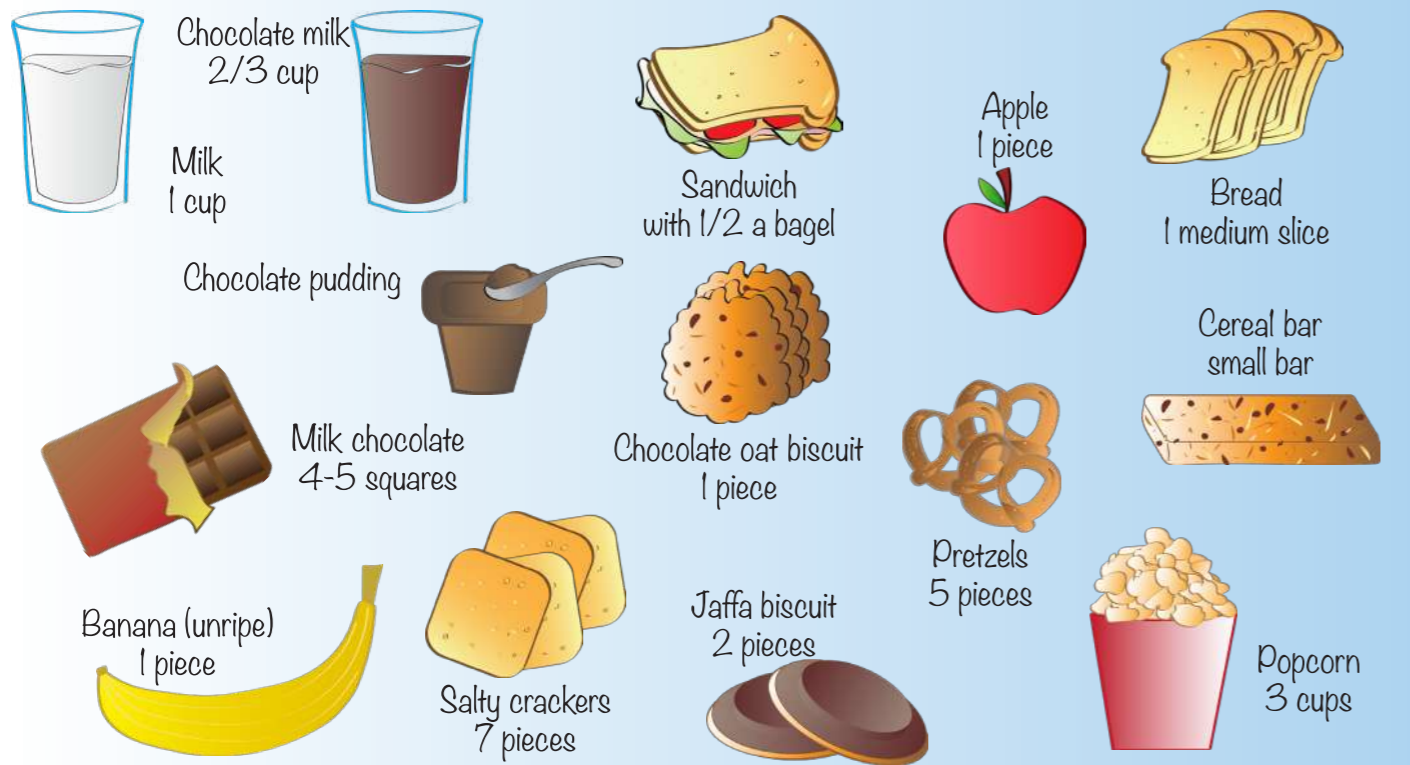
FAST-ACTING CARBS MAKE YOUR BLOOD GLUCOSE RISE QUICKLY.

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!

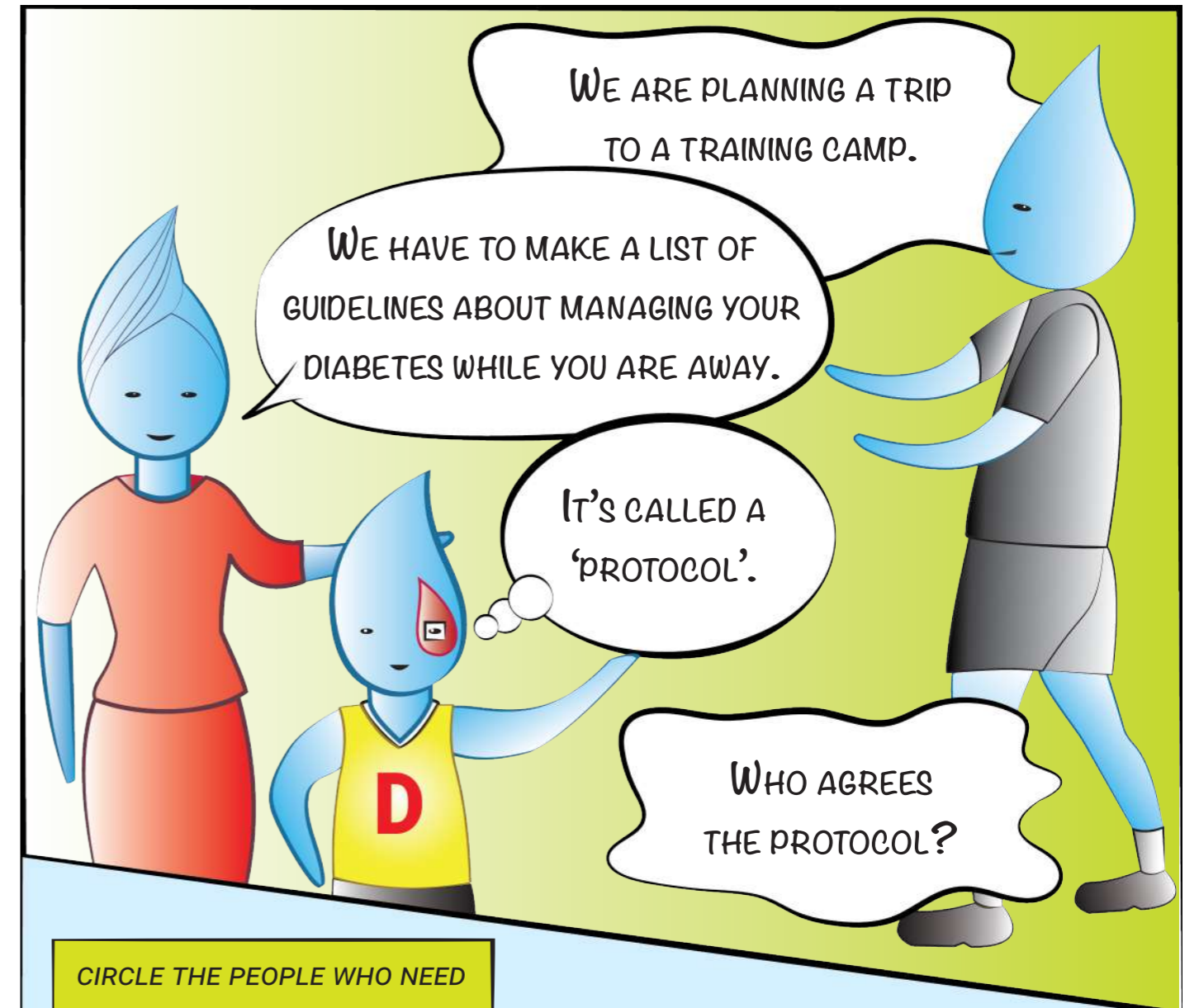
I also learnt that:

DID YOU KNOW?

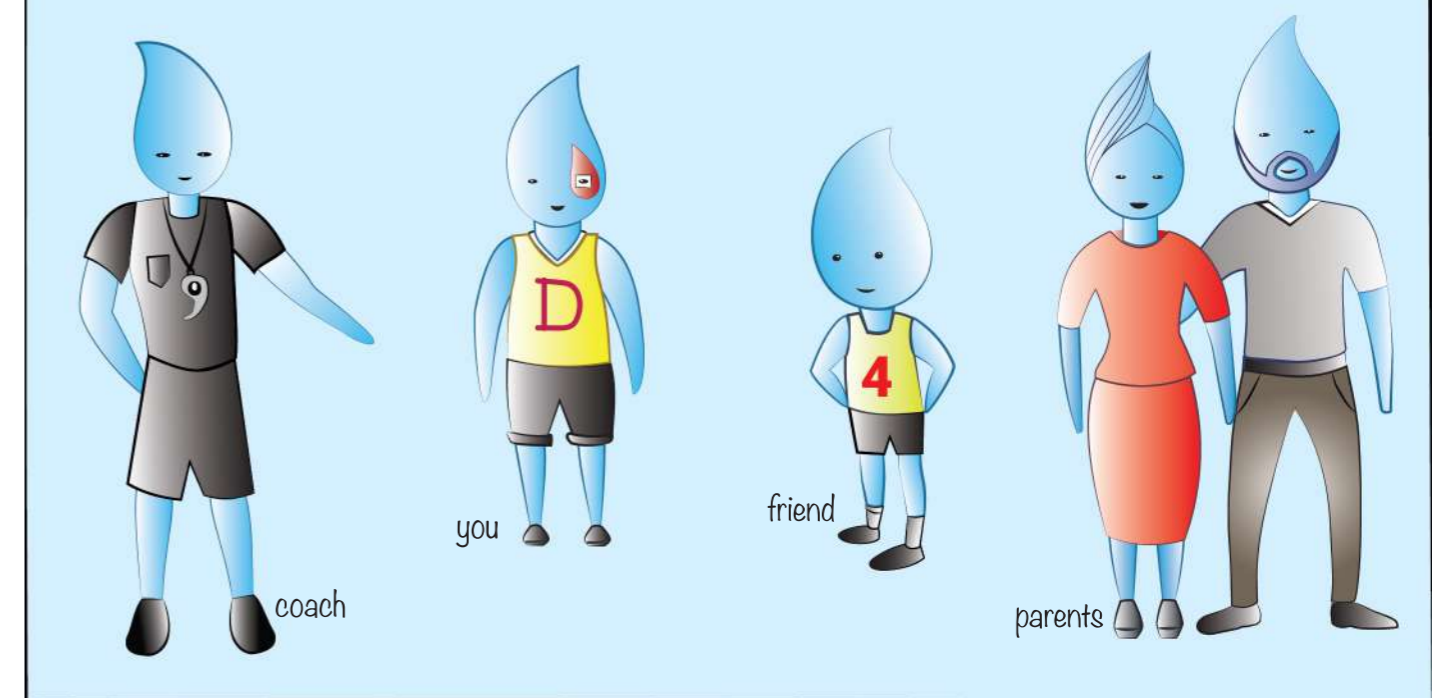
IT'S IMPORTANT TO DRINK PLENTY
OF WATER BEFORE, DURING AND
AFTER EXERCISE, EVEN IF YOU
DON'T FEEL THIRSTY.

STORY 5

TIPS FOR TRAVELLING



CIRCLE THE PEOPLE WHO NEED TO AGREE THE PROTOCOL



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.				
GLUCOSE (mmol/L or mg/dL)	CIRCLE THE SITUATION: TRAINING - GAME OR COMPETITION DAY - TRAVEL DAY - NIGHT TIME - other:			
	ACTION 1	WHO?	ACTION 2	WHO?
below 2.2 / 40				
2.2 - 4.7 / 40 - 70				
4 - 5.5 / 70 - 100				
5.5 - 6 / 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...

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

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

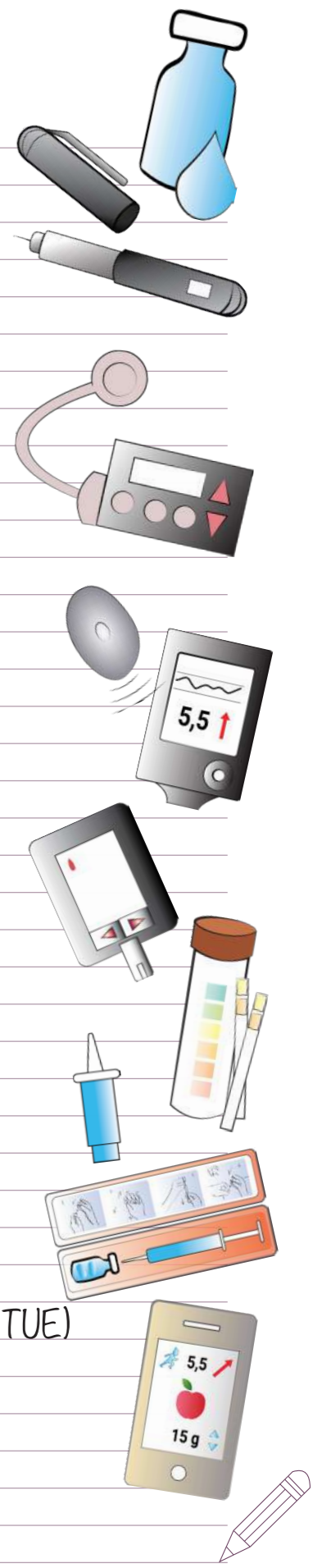
What and when to eat DURING training / game / competition day?

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...



LET'S GO AND
HAVE SOME FUN!

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.





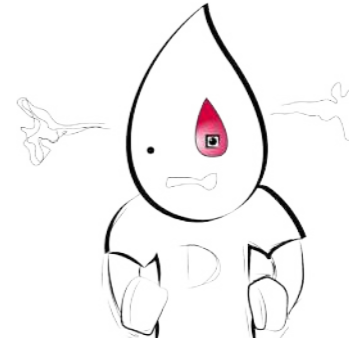





www.sportsanddiabetes.eu

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 <input type="checkbox"/> EARLY <input type="checkbox"/> MID <input type="checkbox"/> LATE	 WEAKNESS <input type="checkbox"/> EARLY <input type="checkbox"/> MID <input type="checkbox"/> LATE	 IRRITABILITY <input type="checkbox"/> EARLY <input type="checkbox"/> MID <input type="checkbox"/> LATE	 HUNGER <input type="checkbox"/> EARLY <input type="checkbox"/> MID <input type="checkbox"/> LATE
 BLURRY VISION <input type="checkbox"/> EARLY <input type="checkbox"/> MID <input type="checkbox"/> LATE	 DIZZINESS <input type="checkbox"/> EARLY <input type="checkbox"/> MID <input type="checkbox"/> LATE	 FAST HEARTBEAT <input type="checkbox"/> EARLY <input type="checkbox"/> MID <input type="checkbox"/> LATE	 SHAKEINESS <input type="checkbox"/> EARLY <input type="checkbox"/> MID <input type="checkbox"/> LATE

My other symptoms are: _____

What to do in:

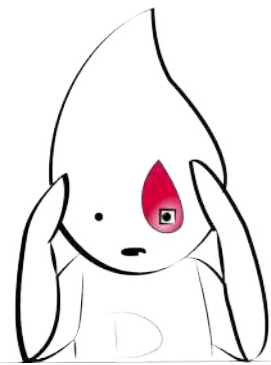
EARLY PHASE (little low)	MID PHASE (low)	LATE PHASE (really low)

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: _____

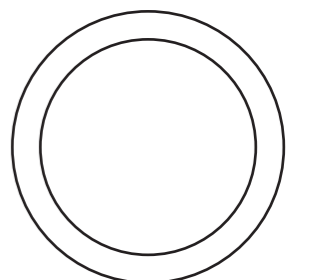
Fill the chart by answering what you like to eat in different situations.

nutrition chart

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



Glucose trend

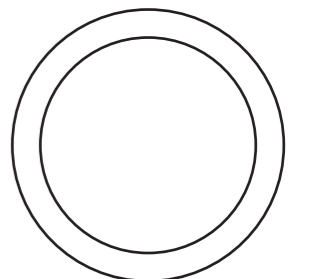


draw portion here

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



Glucose trend

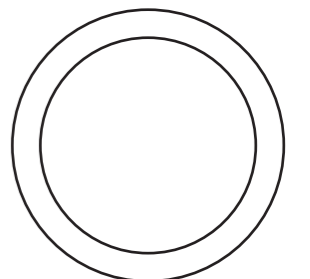


draw portion here

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



Glucose trend

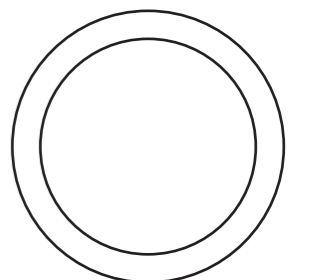


draw portion here

What do I prefer to eat usually?



Glucose trend



draw portion here

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

action schedule

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

Circle the situations: 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 / 40 - 70				
4 - 5.5 / 70 - 100				
5.5 - 8 / 100 - 145				
8 - 16 / 145 - 300				
16 - 24 / 300 - 500				
over 24 / 500				



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