



Sport and physical activity

Exercise and physical activity is good for everyone, including students with type 1 diabetes. The majority of people with type 1 diabetes are able to enjoy all kinds of physical activity, including participation in sport at a competitive level.

People with type 1 diabetes need to plan for physical activity because all forms of activity use up glucose. This can mean that their blood glucose levels fall low and they might experience a hypo. Alternatively, if a student's blood glucose level is high before getting active, physical

activity may make it rise even higher. This is because the body doesn't have enough insulin to move the glucose into the muscles and cells. The liver also releases stored glucose to respond to physical activity.



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Preparation will vary

The way a student with type 1 diabetes prepares for activity will vary depending on:

- their current blood glucose level (BGL)
- when they last took insulin
- when they last ate
- the type, duration and intensity of physical activity they'll be doing

Students may need to

- check their blood glucose levels more often
- alter their insulin dose
- have an extra snack before, during or after the activity

The student's diabetes management plan (DMP) will provide advice about a student's specific needs for sports and physical activity. School staff supervising students participating in sports activities should ensure that they have access to a blood glucose monitor, hypo kit and the student's diabetes action plan.

Reasonable adjustments

Reasonable adjustments are supportive actions that schools make to support a student with their type 1 diabetes management so they can fully participate in school life. Examples of reasonable adjustments may include:

- allowing time for glucose checks before physical activity and time to manage a low or high level if required
- ensuring the insulin pump and/or CGM equipment is safe and secure during swimming and contact sport
- allowing the student to eat at additional times, especially when involved in physical activity
- informing parents/carer in advance of changes in activities

Links

<https://www.ndss.com.au/wp-content/uploads/fact-sheets/fact-sheet-physical-activity.pdf>