



School excursions

Students with type 1 diabetes should be given the same opportunities as any other student to participate in school excursions - they just need a little extra support and forward planning.

Differences in activity levels and food intake on school excursions can affect a student's glucose level. Extra activity or eating less food can make glucose levels drop, while eating more or different foods can make them rise. Excitement can make glucose levels go either way depending on the individual student.

A student's diabetes can be successfully managed with advice from the family or clinical treating team. It's important for schools and families to discuss the excursion ahead of time so that any necessary changes to the student's diabetes management can be planned.



School excursion



Planning for excursions

When planning for a school excursion, schools may do the following:

- Inform the student and or family of the excursion well in advance
- Decide if a member of the family needs to attend the excursion or allocate an adult buddy to the student.
- Pack a copy of the diabetes management plan.
- Make sure there are appropriate supplies of blood glucose test strips, insulin administration equipment, carbohydrate and hypo food for the duration of the excursion, including back-up supplies in the event of delays.
- Make sure the student is carrying or wearing personal medical identification.
- Glucose checking equipment and hypo food should always be carried or be accessible by the student (particularly while in transit).
- Inform any external organisations or staff involved that the student may need to eat at any time during the excursion for medical reasons.
- Check where local medical and emergency services are if the excursion is in a remote location.

If a student is unable to perform their own glucose checks, injections, or operate their insulin pump, these tasks will need to be done by a trained adult. This person will need to meet with the student's family and/or diabetes team well in advance of the excursion to discuss what health support is required and how they will assist. It is essential that the adult has the appropriate skills and confidence to manage type 1 diabetes. The Diabetes in Schools program offers training for school staff to prepare for school excursions and camps.