

*Please copy and distribute to the Physical Education Teacher, the Coach, Athletic Trainer, and if appropriate, to the playground/campus supervisor.*



## **for the Physical Education Teacher, the Coach, and Athletic Trainer**

- Understand your role in ensuring compliance with Federal and State laws** that may apply to students with diabetes, including Section 504 of the Rehabilitation Act of 1973, the Americans with Disabilities Act, and the Individuals with Disabilities Education Act. Understand the procedures for implementing these laws. (See Section 4.)
- Work with other members of the school health team to implement the student's health care and education plans.** Health care plans include the Diabetes Medical Management Plan, Individualized Health Care Plan, and Emergency Care Plans for Hypoglycemia and Hyperglycemia; the education plan includes the 504 Plan, other education plan, or Individualized Education Program.
- Consult with the school nurse and the principal to determine the appropriate level of diabetes management training** you should attend for carrying out your responsibilities and complete the training.
- Review the information about diabetes in this guide and refer to it,** as needed, to help the student with diabetes. (See pages 54-55 about physical activity and participation in team sports.)
- Make sure blood glucose monitoring equipment and a quick-acting form of glucose are available at all activity sites.**
- Allow the student to monitor blood glucose levels and/or administer insulin,** as outlined in the student's health care plans and education plans.
- Recognize that a change in the student's behavior could be a symptom of blood glucose changes.**
- Understand and be aware that hypoglycemia (low blood glucose) can occur during and after physical activity.**

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## Section 2

### **Actions for the Physical Education Teacher, the Coach, and Athletic Trainer** *Continued*

- Be prepared to respond immediately to the signs and symptoms of hypoglycemia (low blood glucose) and hyperglycemia (high blood glucose).** Take initial actions to treat hypoglycemia by providing the student with immediate access to a quick-acting form of glucose in accordance with the student's Emergency Care Plan for Hypoglycemia. This plan includes information on when and how to contact the school nurse or trained diabetes personnel. Be aware of the school's policy for activating Emergency Medical Services (EMS) in case of a diabetes emergency.
- Bring a quick-acting form of glucose to the gym or practice field (e.g., 3 or 4 glucose tablets or 1 tube of glucose gel or 4 ounces of fruit juice (not low-calorie or reduced sugar) or 6 ounces of soda (not low-calorie or reduced sugar),** as outlined in the student's health care and education plans. Consider taping glucose tablets to your clipboard.
- Include the student's Emergency Care Plans for Hypoglycemia and Hyperglycemia and diabetes supplies in the First Aid pack** that goes out to physical education activities, practices, and games.
- Allow students with diabetes to wear their medical ID during physical activity.**
- Provide input to the student's school health team as needed.** (For a list of members of the school health team, see page 19.)
- Communicate with the school nurse and/or trained diabetes personnel regarding any observations or concerns about the student.**
- Provide information to the substitute physical education teacher about the day-to-day and emergency needs of the student.** Leave copies of the Emergency Care Plans for Hypoglycemia and Hyperglycemia and supplies readily available.
- Encourage the same level of participation in physical activities and sports for students with diabetes** as for other students, except to meet medical needs.
- Treat the student with diabetes the same as other students,** except to respond to their medical needs.
- Respect the student's confidentiality and right to privacy.**