



Special Olympics
Southern California



Channel Islands
CALIFORNIA STATE UNIVERSITY

DIABETES EDUCATION FOR COACHES

Presented by:

Amanda Terry, Lauren Tickner, Arlen Vences, Grace Williams, Annalisa Stanchina, Kyla Villegas
Dr. Melanie Cross, DNP, RN, PHN



INTRODUCTION

DO YOU KNOW WHAT DIABETES IS?



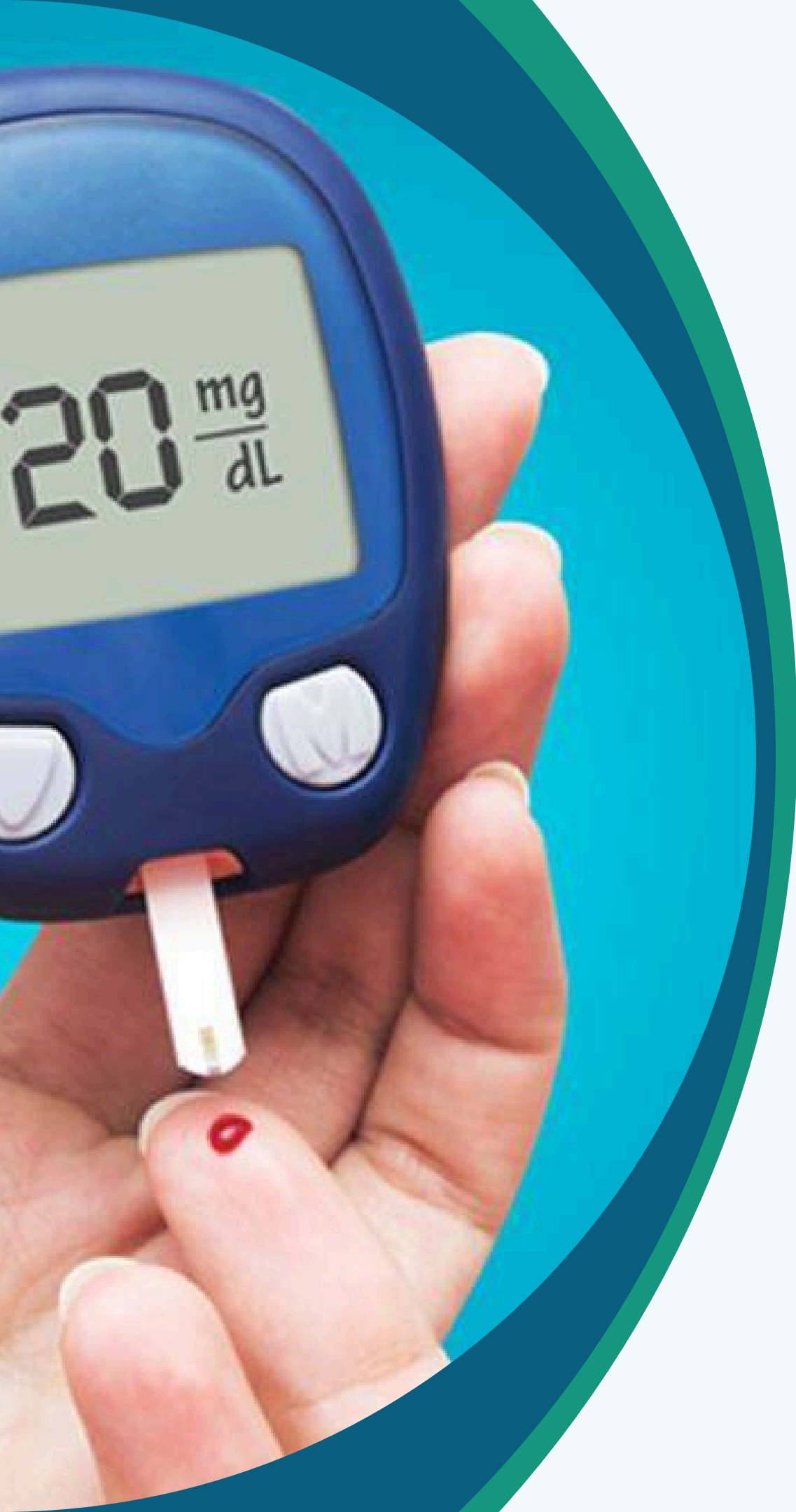
OBJECTIVE

Provide coach-focused, practical education on diabetes management for athletes with intellectual and developmental disabilities.

By the end of the presentation:

- 1) Be able to recognize signs and symptoms of diabetes-related issues**
- 2) Respond appropriately and safely to acute events**
- 3) Continue supporting athlete participation while prioritizing health and safety**





WHAT IS DIABETES?

Diabetes is a condition where the body has trouble using sugar (glucose) for energy, causing too much sugar to stay in the blood. This happens when the body doesn't make enough insulin or can't use it properly.

➤ TYPE 1

The body does not make insulin at all, so people need insulin every day.

➤ TYPE 2

The body doesn't use insulin well or doesn't make enough, so blood sugar builds up over time.

➤ WHY IT MATTERS

Managing diabetes helps you stay strong and active!

WHY DIABETES MATTERS IN SPORTS

Managing diabetes is essential for athlete safety, performance, and well-being. Physical activity affects blood sugar levels, so understanding how to prevent complications is key for safe participation in sports.



PREVENTING LOW & HIGH BLOOD SUGAR

Physical activity can cause blood sugar to drop or rise quickly. Early recognition helps prevent emergencies.



SAFE SPORTS PARTICIPATION

With proper planning, athletes with diabetes can fully participate in sports. Monitoring, snacks, and hydration are key.



IMPROVED PERFORMANCE

Stable blood sugar helps athletes stay energized and focused. Leads to better endurance and performance.



EMERGENCY PREPAREDNESS

Coaches and teammates should know warning signs and what to do. Quick action can prevent serious complications.

RECOGNIZING LOW BLOOD SUGAR HYPOGLYCEMIA (<70 MG/DL)

Recognizing low blood sugar early is vital, enabling you to act quickly to prevent an emergent situation. The **FIRST** warning signs you should be aware of are:



➤ SWEATING



➤ LOSS OF COLOR



➤ IRRITABILITY



➤ LACK OF COORDINATION
AND/OR DIZZINESS



➤ INCREASED HUNGER



➤ SLEEPINESS

ACTION STEPS FOR COACHES HYPOGLYCEMIA

01

WHAT IS CURRENT BLOOD SUGAR?

Obtain the athlete's blood sugar level. Is it below 70 mg/dL?

Are they conscious? - If no, **call 911!**

02

APPLY 15/15 RULE

Give the athlete 4oz of OJ or soda. Wait 15 minutes with the athlete resting on the sideline. DO NOT LEAVE the athlete's side. Take another blood sugar reading.

03

IF STILL LOW - REPEAT 15/15

If, after 15 minutes, the athlete is still low, repeat the steps. Retest blood sugar levels.

04

SAFE RANGE 70-100 MG/DL

Have the athlete eat a protein-rich snack like peanut butter crackers or string cheese.

05

NO IMPROVEMENT

If blood sugar has not returned to a safe range, call 911!

RECOGNIZING HIGH BLOOD SUGAR HYPERGLYCEMIA

Hyperglycemia often develops slowly over several hours to days. Recognizing the early warning signs can help prevent serious complications and reduce the likelihood of emergency situations & hospitalization.

➤ EXCESSIVE URINATION



➤ EXCESSIVE THIRST



➤ EXCESSIVE HUNGER



➤ DRY MOUTH/ DEHYDRATION



➤ BLURRED VISION



➤ FRUITY BREATH & RAPID BREATHING



**Severe Hyperglycemia
→ Medical Emergency**



ACTION STEPS FOR COACHES (HYPERGLYCEMIA)

01

RECOGNIZE THE SIGNS

- increased THIRST
- frequent URINATION
- FATIGUE or WEAKNESS
- BLURRED VISION or headache
- athlete seems “off” or less responsive

02

STOP ACTIVITY AND ASSESS

- remove the athlete from play
- keep them seated and supervised



03

GIVE WATER

- encourage small sips of water
- **AVOID** sports drinks or sugary snacks



04

SUPERVISE AND REASSESS

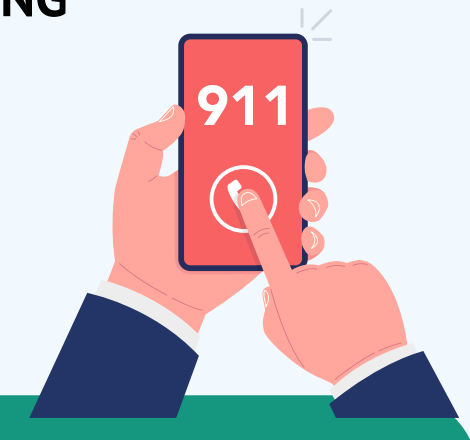
- stay with the athlete
- watch for changes in alertness or behavior



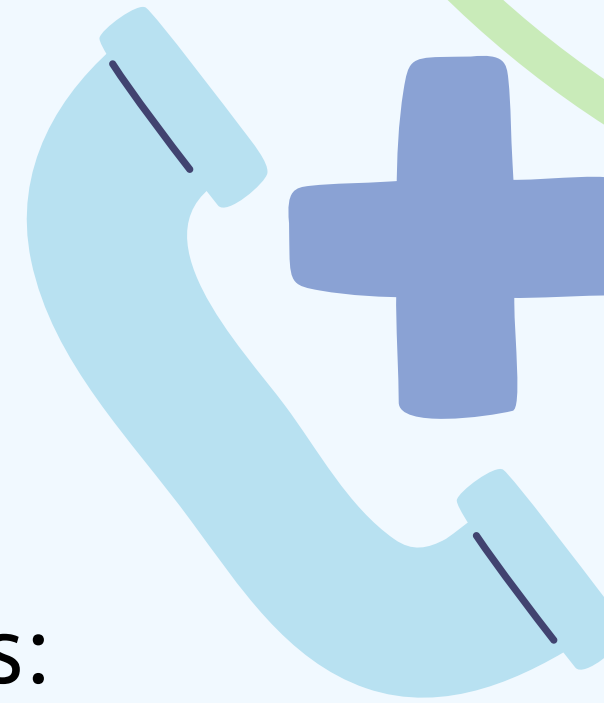
05

CALL FOR HELP (IF NEEDED)

- NO IMPROVEMENT? **CALL 911.**
- **INCREASED CONFUSION, VOMITING, TROUBLE BREATHING**



EMERGENCY PREPAREDNESS



BEFORE ALL practices and competition events:

- **KNOW WHICH ATHLETES HAVE DIABETES**
- **KEEP EMERGENCY CONTACTS EASILY ACCESSIBLE**
- **PLAN & REVIEW ATHLETE EMERGENCY ACTION PLANS**
- **COMMUNICATE ANY CONCERS WITH PARENTS, GUARDIANS, OR MEDICAL STAFF**
- **ALWAYS HAVE FAST-ACTING SUGAR SOURCE ON HAND**



DO

- MONITOR FOR CHANGES IN SYMPTOMS AND/OR BEHAVIOR
- STOP ACTIVITY & ENCOURAGE REST
- HAVE SNACKS AND WATER AVAILABLE
- STAY CALM & REASSURE THE ATHLETE
- CALL 911 IF SYMPTOMS DO NOT IMPROVE OR WORSEN



DON'T

- FORCE PARTICIPATION
- LEAVE ATHLETE ALONE
- GIVE FOOD OR DRINKS TO UNCONSCIOUS ATHLETES
- ALLOW THE ATHLETE TO RETURN TO PLAY TOO QUICKLY
- PERFORM BLOOD SUGAR CHECKS WITH GLUCOMETER, REGARDLESS OF EXPERIENCE/KNOWLEDGE



THANK YOU



Special Olympics
Southern California



Channel Islands
CALIFORNIA STATE UNIVERSITY