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Who’s Who

- USA Swimming Sports Medicine & Science Network/FINA Sports Med Committee
  - Dr. Jim Miller

- Pediatric Endocrinologist
  - Dr. Craig Rudlin

- Swim Moms:
  - Karen Reeder
  - Pam MacLean
Type 1 (Juvenile) Diabetes

What We’re Covering Today:

• Type 1 Diabetes basics
• Webinar Structure
• Tips for Coaches
Personal Assistants for Swimmers with a Disability

Article 105 (pg 54- 2016 Rule Book)
Article 105.1.3C

Make sure to contact the US Anti-Doping Agency (USADA) at 719-785-2000 to inquire about any documentation that would need to be submitted for drug testing.
Coaches’ Guide: Top 12

*Disclaimer*

1. Parent’s Deck Access
   - Practices
   - Meets
   - Coaching Changes/Subs

2. Any change, large or small, affects athlete
   - Schedule changes
   - Change in type of set planned that day
   - Transitions back from vacation, sickness, training cycle to training cycle, etc.
   - Growth spurts
   - Double versus single practices
   - Dryland versus water training
   - Travel trips/competitions
3. Plan for Success: Athlete’s schedule

**ATHLETE MUST BE ENGAGED!**

- Use the Buddy System
- Arrives at practice hydrated and blood sugar within guidelines + pre-training “standard” fuel
- Athlete prepares their training nutrition + hydration.
- Blood sugar checks are required with symptoms (and maybe be scheduled without symptoms) to avoid highs & lows.
- Action plan for insulin in place
- If all not in place = **Make the Safe Call**
4. Supplies on Deck at all times
   - Juices, fruit snacks, bites of cliff bars, skittles, Cake-mate gel icing, glucose gel, Glucagon
   - Insulin meter and some form of insulin: injections, pump (supplies are temp sensitive!). These items are provided by and are the responsibility of the athlete/athlete’s family.

   room temp = meter + test strips
   cool = insulin

5. Hypoglycemic Unawareness
   - Explanation of what this is (i.e. Can’t feel the low blood glucose. May result in ultimately passing out.)
     Signs: Skin color changes, shakes, glassy eyed, can’t concentrate, slowing, reactions are off or turns not right/off, stroke changes.
6. Everything done correctly, yet...

7. Communication, communication, communication!
   - Coaches
   - All Staff
   - When changes will occur
   - If possible, what type of workout will be planned that day/week/cycle- notify when changes will be made; allowances for athletes/understanding when changes made last minute
   - If parent not present, relay practice behaviors about athlete
Coaches’ Guide:

8. Be Flexible
   - Sometimes low can’t be fixed in time to resume practice

9. Know how it affects athlete’s emotionally
   - Don’t like to feel different; singled out which could lead to reluctance of checking levels during practice
   - Their lives are spent planning for every practice, meet, competition; constantly adjusting
   - Feel badly when can’t travel with team or have special dietary needs
   - Tough on them
10. Check levels on deck within sight.

11. Glucagon = emergency/911
   What to do in an emergency.

12. Transitioning the athlete to independence.
Questions?

Thank You!