



## Checklist: Extracurricular Activity Planning

- Print the Extracurricular Activity Plan from T1TG**
  - Create a plan for each activity
  - Review the plan in advance to identify specifics needed
  
- Consider diabetes supplies needed for Activity T1D Kit**
  - Order extra supplies for T1D Emergency Kit\*
    - \*Prepare for non-school hours/offsite activities
    - Emergency Kit needed for both Clinic and Activity
  
- Plan ahead**
  - Remember summer camps and summer training
    - Insist on staff training in the Spring semester
  - Utilize current 504 Coordinator during transition school years
    - Ask for introduction to new school's activity coaches/teachers
  
- Contact Coach or Teacher**
  - Attend activity meetings provided by teacher or coach
  - Use **Activity Plan** to identify items for notation
    - Practice days, Games/Events, Field Trips etc.
  - Identify all teachers/coaches/trainers involved with activity
  - Ask if any Activity staff trained specifically for Type 1 Diabetes
  - Share Brandon Green's **Coaches Playbook for Diabetic Athletes**
  - Plan ahead for Spring\* activities
    - Expect "tentative" plans early in the school year\*
      - Ask for previous year's plan for an idea of schedule
      - Contact an experienced parent for expectations
  
- Allow time for Staff Training on Type 1 Diabetes**
  - Communicate with nurse/504 Coordinator on staff identified
  - Expect training to be provided by school district
    - Provided by nurse or specific material per district policy
    - Training may be at different levels per situation



**T1TG Tool: "T1D Activity Checklist"** available @ [www.Type1ToGo.com](http://www.Type1ToGo.com)

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Always consult your doctor for medical advice.

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