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

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