

ATHLETIC DEPARTMENT

ACTION PLAN FOR THE STUDENT WITH SCD

Participating in sports and activities are an important part of the day for most students. For children and teens with sickle cell disease (SCD), playing sports and participating in recess activities can be just as enjoyable. Most children with SCD can participate in both, and taking precautions and preventative measures are the most important factors to safeguard against complications. Below are some tips to assist you as a physical education teacher or coach when working with students who have SCD.

Physical activity: Students with SCD can tolerate normal physical activity and can participate in routine physical education classes and playground games. However, they can tire more easily than their peers due to their state of chronic anemia and impaired pulmonary function.

Rest and recovery: Students should be provided adequate rest and recovery between activities and at their request. Discuss alternatives for play and required activities that best fit students' physical abilities.

Weather: Students should avoid extremely cold temperatures, but can undertake outdoor activities when dressed appropriately. Students should avoid extreme heat due to risk of dehydration. Shared decision-making with the caregiver(s) is recommended.

Hydration: Students should be encouraged to drink plenty of fluids. Because of an inability to produce concentrated urine, students with sickle cell disease urinate more often than other students and also become thirsty more often. They are more prone to dehydration. Students should refrain from consuming high-energy drinks as they may contribute to dehydration. *See appendix of the handbook "Supporting the Student with Sickle Cell Disease" for daily water consumption recommendations.*

Swimming: Swimming, especially in cool water, may lead to painful episodes in some students with SCD. The student should be given the option to refuse swimming and provided with alternative activities if the swimming tips cannot be provided.

Swimming Tips

- It is ideal for students to swim in a heated pool.
- Before getting in the pool, the student should perform warm-up exercises, such as jumping jacks or briskly rubbing the skin.
- After swimming, students should dry themselves immediately to prevent sudden changes in body temperature.

Prompt Medical Care

Stop activity immediately if a person is experiencing symptoms or struggling. Seek prompt medical care when experiencing physical distress.

- Fever
- Fatigue and/or breathlessness
- Severe headache
- Muscle pain
- Chest pain
- Severe abdominal pain
- Painless limp, numbness, weakness of extremity, visual or speech difficulty
- Nausea or vomiting

ATHLETIC DEPARTMENT STAFF NOTES

Student's name: _____ Class level: _____

Changes in behavior: _____

The athletic department staff members responsible for assisting this student in the event of a SCD complication:

Name: _____ Position: _____

Contact Number: _____

Name: _____ Position: _____

Contact Number: _____

The student's caregiver(s) emergency contact information:

Last Name: _____ First Name: _____

Address: _____

Home Phone: _____ Work Phone: _____

Cell Phone: _____

Email: _____

Last Name: _____ First Name: _____

Address: _____

Home Phone: _____ Work Phone: _____

Cell Phone: _____

Email: _____

Additional authorized emergency contact:

Last Name: _____ First Name: _____

Address: _____

Home Phone: _____ Work Phone: _____

Cell Phone: _____

Email: _____

