

## Type 1 Diabetes – LTA Competition Guidance

Please note this guidance is applicable to LTA sanctioned competition only (not applicable for ITF and Tennis Europe Competition).

### What specific problems might a player with Type 1 diabetes have?

- Low blood glucose levels (called hypoglycaemia) - as well as affecting the ability to play, this can be dangerous, causing harm to the player. Symptoms include dizziness, confusion, change in behaviour etc.
- High blood glucose levels (called hyperglycaemia) – as well as affecting the ability to play, this can be dangerous causing harm to the player. Symptoms include increased thirst, frequent urination and fatigue.
- If matches are delayed beyond expected start time/date, players can have difficulty ensuring their blood glucose level is at a level which is safe to play (not too high or too low).
- Hyperthermia and heat exhaustion – people with Type 1 diabetes (T1D) cannot off load heat as well as people without T1D so are more prone to this.

### What specific equipment/provisions might a player with Type 1 diabetes need?

*To wear:*

- Continuous glucose monitor (CGM)
- Insulin pump
- Smart watch to connect to CGM

*In their sports bag:*

- Spare CGM sensors
- Spare insulin pump cannula and tubing
- Spare pods (for patch insulin pump)
- Glucose and Ketone monitor
- Insulin (normally in form of insulin pen)
- Glucagon pen
- Hypo treatment (rapid-acting carbohydrate such as glucose-containing tablets/drinks)

*On site:*

- Somewhere they can inject insulin or insert new CGM probe or Insulin cannula out of view of people.

## Is there any additional support players with Type 1 Diabetes can receive?

Players with Type 1 Diabetes are able to apply to the LTA Competitions Team for a 'Reasonable Adjustments Letter'.

The letter would outline the guidance listed above which can be sent directly to referees ahead of a competition to ensure they are aware and prepared in case any of the guidance is required during the event.

Please see the process below:

1. Player completes the Reasonable Adjustments Request Form to provide us with information about their long-term health condition and how it affects them in a tennis environment. This should provide details of the additional support they believe they require on and off the court, and documentation from their relevant support network e.g. letter from their GP or diabetic specialist nurse.
2. Upon receipt the LTA will draft a Reasonable Adjustments letter and send this to the player for them to review.
3. A final signed letter will then be sent to the player for them to share with the tournament organiser and referee when they enter an event.

We recommend players with Type 1 Diabetes request a letter from us to ensure consistency of treatment at competitions, that all situations are handled in accordance with the LTA Competition Regulations, and so that future communication with organisers/referees and their opponents is easier.

## What extra provisions might tennis players with Type 1 diabetes need?

1. Time to give insulin injection – this will usually take less than a minute
2. Time to change CGM sensor – this will usually take at least 2 minutes.
3. Time to change insulin cannula – this can take up to 4 minutes. We would recommend that players have prepared one before where possible.
4. Dealing with Hypoglycaemia – see guidance below.
5. Dealing with Hyperglycaemia – see guidance below.

## How can referees accommodate players with Type 1 Diabetes with scheduling?

Where possible, if you're aware of a player with Type 1 Diabetes, try and schedule their matches earlier in the day as this limits the likelihood of having problems in the match.

## How will players with Type 1 Diabetes be able to track their blood glucose levels during a match?

Players with Type 1 Diabetes have permission to check their mobile phone during a match to assist with the management of Type 1 Diabetes. Most diabetes management devices communicate via Bluetooth with the mobile meaning the phone will be placed in Flight Safe Mode during matches. However, this will need to be communicated to the referee before the start of a match.

Players with Type 1 Diabetes must be made aware of the provisions in the Code of Conduct regarding the use of electronic devices and the no coaching rule which states *“Communications of any kind, audible or visible, between a player and a person off court (for example, a coach, relative or representative) may be treated as coaching”*.

## How much time should someone with Type 1 Diabetes have to manage hypoglycaemia/hyperglycaemia?

A medical time-out may be taken in line with the LTA Competition Regulations to treat diabetes. Should a diabetes device become dislodged, this would be treated as equipment out of adjustment and reasonable time made available for a replacement to be applied. Finger prick testing would be treated as evaluation.

Should a timeout be required then we would ask you to inform his opponents and their parents providing limited details to include he is having a medical time out to support his access needs. Please do not divulge any further information and should they have any further queries these can be directed to Competition Support.

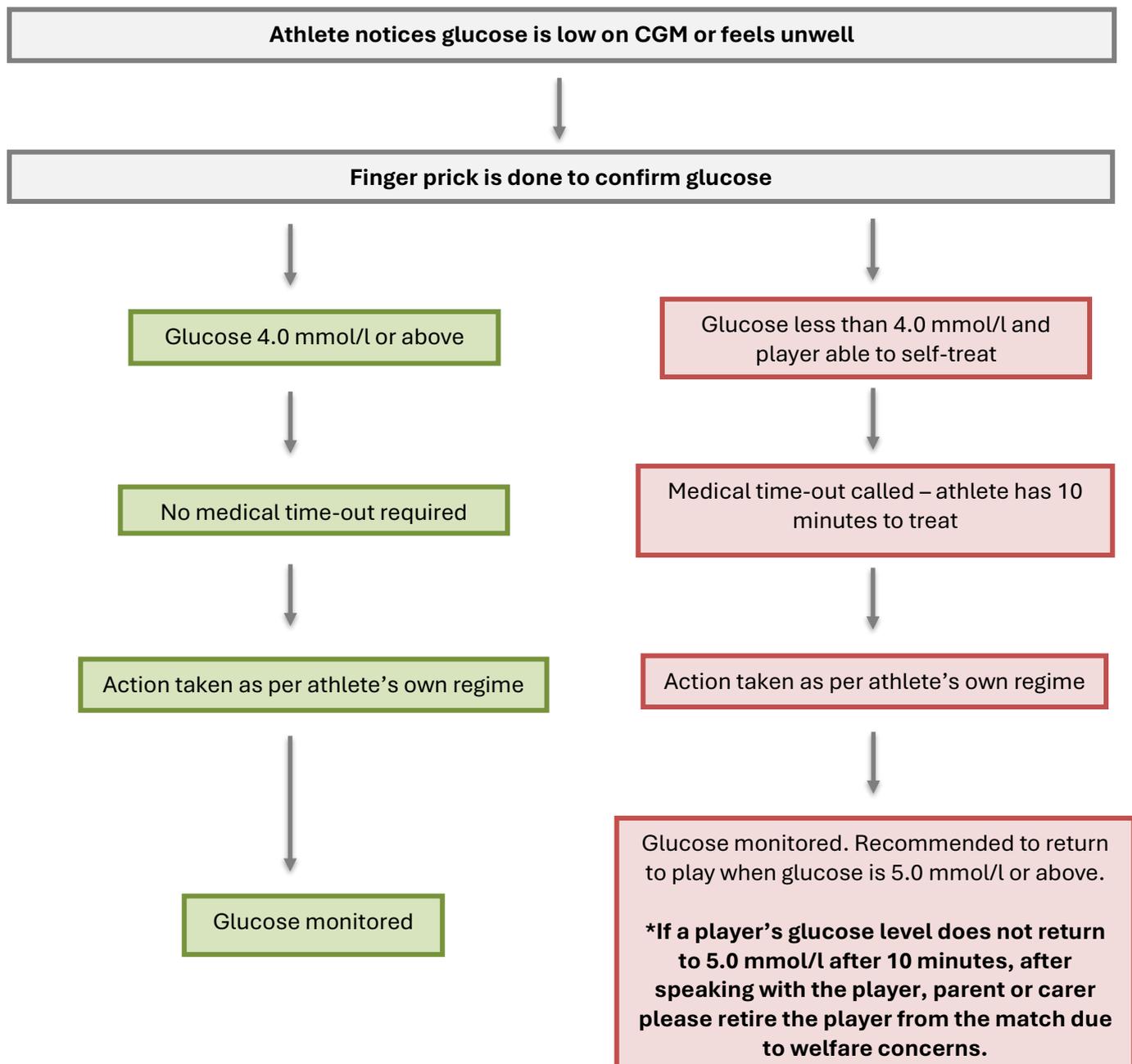
A player with Type 1 Diabetes is provided with 1 medical time-out per match for diabetes reasons, this can be taken at any point during the match.

Once a player has confirmed their blood glucose level, they must show this to the referee/court supervisor to confirm the time provided for the medical time-out, based on the guidance below.

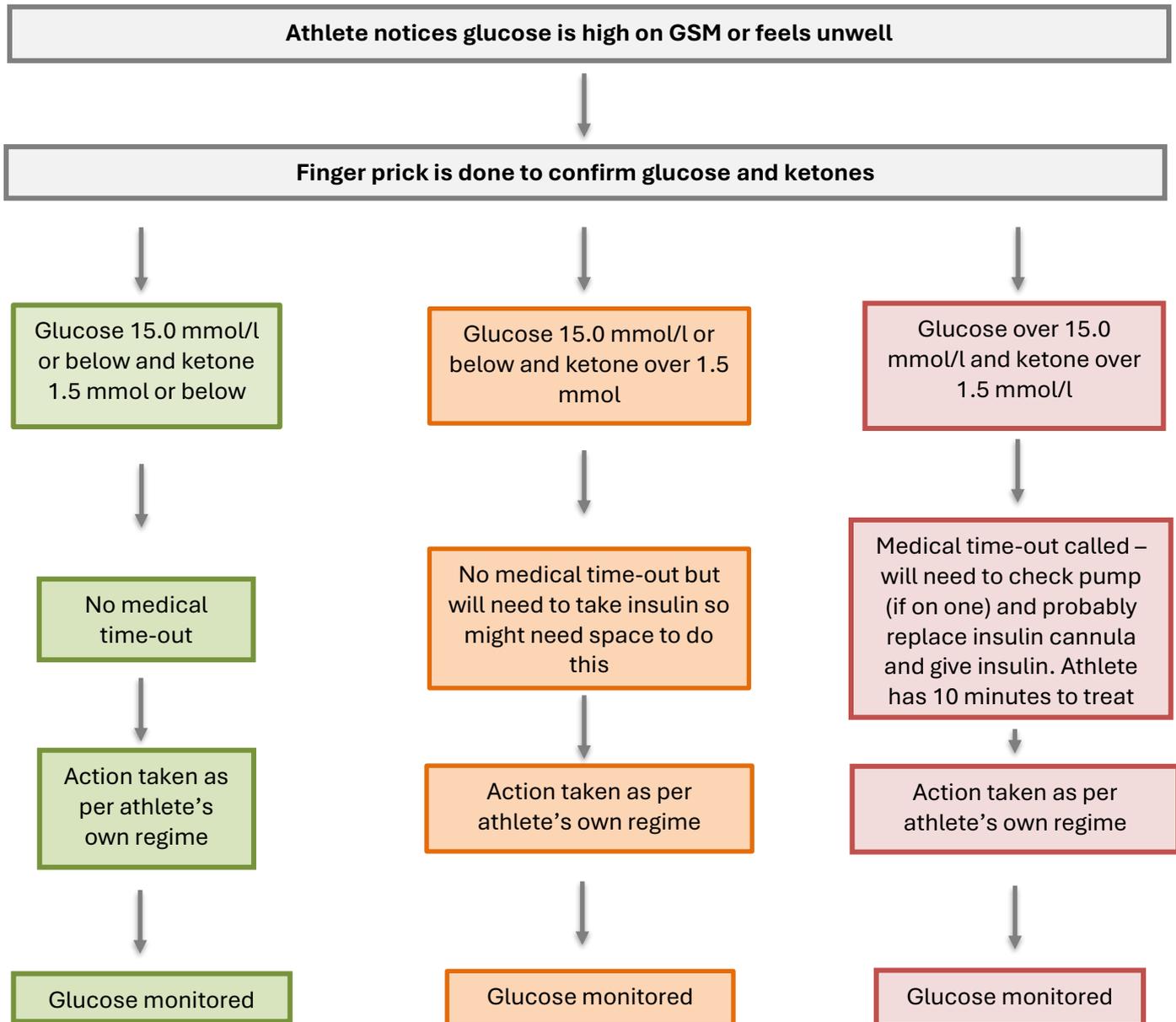
After the player has taken their medical time-out, it is their responsibility to monitor their blood glucose level at the break of games to ensure they are safe to play. A second medical time-out for diabetes reasons is not available as per the ITF Rules of Tennis or FIP Rules of Padel.

Please see the guidance for how this medical time-out should be taken below based on the players blood glucose levels.

## Hypoglycaemia Flow Diagram



## Hyperglycaemia Flow Diagram



**Please note that if at any point an athlete is too unwell, is unable to treat low or high glucose or is confused, this is a severe episode of hyper- or hypoglycaemia and match should be stopped.**

In line with NHS Guidance please call 999 if:

### **Call 999 if:**

You think someone has very low blood sugar and they're not responding normally or they're unconscious, and:

- a glucagon injection is not available or you do not know how to use it
- you've given a glucagon injection and they have not recovered within 10 minutes
- they've been drinking alcohol

<https://www.nhs.uk/conditions/low-blood-sugar-hypoglycaemia/> 2026

### **What will happen if a player has to retire from a match due to medical circumstances linked with their Type 1 Diabetes?**

If a player retires during a match no withdrawal points will be issued for not completing a match.

### **Where can I find further information to support myself (player with Type 1 Diabetes) or a player with Type 1 Diabetes?**

For further support in how to manage Type 1 Diabetes in sport more local to yourself please see avenues below:

**NHS Support - [Help and support for type 1 diabetes - NHS](#)**

**Diabetes UK - [In your area | Diabetes UK](#)**

**Breakthrough T1D - [Getting support – Breakthrough T1D](#)**

**EXTOD - [EXTOD.org](#)** (Type 1 Diabetes advice, links to the NHS specialist exercise & Type 1 diabetes sports clinics).