

Sports and Recreation Clubs



Most people living with epilepsy are unlikely to have a seizure while participating in sports, however it is important to be prepared if a seizure occurs.

It is recommended that people living with epilepsy avoid seizure triggers that sport might induce, including dehydration, overexertion and low blood sugar. Coaches and club officials can assist them in this.

Furthermore, an inclusive and safe sporting environment should be sensitive to the needs of people from all walks of life, including people with epilepsy, who may sometimes require some additional support.

This section provides information and advice for club officials, sports coaches, recreation leaders, and anyone with a duty of care for a person living with epilepsy in an organised sporting competition or recreation environment. This advice is intended for both paid staff and volunteers.

