EPILEPSY NEW ZEALAND
Kia titiro ki te tangata | See the person

General Tips for Sports Coaches and Recreation Leaders

When supporting a person with epilepsy:

- Ensure that the person living with epilepsy is supervised during sporting and recreation activities.
- Never let a person living with epilepsy swim alone.
- Never let a person climb heights unless supported and/or supervised.
- Ensure that all relevant and agreed risk management procedures and equipment are in place (e.g. helmets, Epilepsy Management Plans).
- Ensure that a person living with epilepsy is hydrated, especially during hot weather
- Understand basic seizure first aid procedures.
- If a person has a seizure, and you are unsure what to do, always call 000.
- Speak to the person about whether or not they would like to disclose and discuss their epilepsy with fellow players, as this provides a chance for them to talk about how it may affect them in their personal and sporting life. But don't assume all people want to share their personal story, as some people prefer that others don't know.

COMMUNICATION

- Maintain open communication with the person living with epilepsy, allowing them to voice any questions or concerns they might have, as well as letting you know their needs.
- Where applicable, have open and honest discussions with parents, guardians and carers. Sports coaches, recreation leaders and volunteers should voice any questions or concerns they have.
- Well-planned communication is an important part of establishing an inclusive sports and recreation environment. Take the time to consider the communication needs of people with epilepsy and their families, which can vary depending on the situation. For example, do they come from a culturally or linguistically diverse background? In some cases, an interpreter might be necessary to establish and maintain clear lines of communication.

© 2026 Epilepsy NZ