Sickle Cell Trait Form

ST. OLAF COLLEGE SPORTS MEDICINE

Dan Hagen ATC 507-786-3261 dhagen@stolaf.edu | Angie Enedy ATC 507-786-3720 enedy@stolaf.edu

About Sickle Cell Trait:

- Sickle cell trait is an inherited condition affecting the oxygen-carrying substance, hemoglobin, in the red blood cells.
- Sickle cell trait is a common condition (> 3 million Americans) that occurs most commonly in African-American (1 in 12 have SCT) and those of Mediterranean, Middle Eastern, Indian, Caribbean, and South and Central American ancestry, persons of all races and ethnicities may test positive for this condition.
- Sickle cell trait is usually benign, but during intense, sustained exercise, hypoxia (lack of oxygen) in the muscles may cause sickling of the red blood cells (red blood cells changing from a normal disc shape to a crescent or “sickle” shape), which can accumulate in the bloodstream and “logjam” blood vessels, leading to collapse (and even death) from the rapid breakdown of muscles starving of food.

Sickle Cell Trait Testing

- The NCAA recommends that all student athletes have knowledge of their sickle cell trait status. St. Olaf College requires one of the following options: 1) show proof of sickle cell testing done at birth; 2) submit to a blood test (either during the pre-participation physical exam or at another time) to check for sickle cell trait; or 3) sign a waiver declining options 1 and 2. Whichever option is chosen, it must be submitted before the student-athlete participates in any intercollegiate athletic practice or contest, including strength and conditioning sessions or try-outs. Student-athletes who are positive for the trait will not be prohibited from participating in intercollegiate athletics.

One of the following options must be chosen. Include any documentation if necessary:

- Copy of athlete’s newborn sickle cell testing result attached. _______________ Date: _______________

  Most states require testing at birth, check with your hospital or pediatrician
  http://genes-r-us.uthscsa.edu/resources/consumer/statemap.htm

- Copy of recent sickle cell screening test result attached. _______________ Date: _______________

  Cost of testing is the responsibility of the athlete ($10-30)

- Sickle Cell Test Waiver

  By signing this waiver I understand and acknowledge that the NCAA recommends that all student-athletes have knowledge of their sickle cell trait status. Additionally, I certify that I have read and fully understand the aforementioned facts and I have had the opportunity to review the NCAA website for further information about sickle cell trait and sickle cell trait testing.

  Recognizing that my true physical condition is dependent upon an accurate medical history and a full disclosure of any symptoms, complaints, prior injuries, ailments, and/or disabilities experienced, I hereby affirm that I have fully disclosed in writing any prior medical history and/or knowledge of sickle cell trait status to the St. Olaf College Athletic Department.

  I do not wish to undergo sickle cell trait testing and I voluntarily agree to release, discharge, indemnify and hold harmless St. Olaf College, its officers, employees, agents and their successors and assigns from any and all costs, claims, damages or expenses, including attorney fees, arising from any loss or personal injury that might result from my refusal to be tested.

  I have read and signed this document with full knowledge of its significance. I further state that I am at least 18 years of age and competent to sign this waiver.

__________________________     __________________________     ___________        _______________
Student-Athlete’s Signature       Student-Athlete’s Print Name       Date       SPORT(s):