SICKLE-CELL TRAIT FORM

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).
- Although Sickle cell trait occurs most commonly in African-American 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.

1.) Copy of student-athlete’s newborn sickle cell testing result attached. Date:
2.) Copy of recent sickle cell screening test result attached. Date:
3.) Sickle Cell Testing Waiver Date:

I, __________________________, understand and acknowledge that the NCAA recommends that all student-athletes have knowledge of their sickle cell trait status. Additionally, I have read and fully understand the aforementioned facts and the St. Olaf College policy about sickle cell trait and sickle cell 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 Sports Medicine staff.

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 and agents from any and all costs, liabilities, expenses, claims, demands, or causes of action on account of any loss or personal injury that might result from my non-compliance with the recommendation of the NCAA and requirement of St. Olaf College.

I have read this document and acknowledge that I understand its significance. I further state that I am at least 18 years of age and competent to sign this waiver, or that if I am under 18 years of age, I have the approval of my parent or guardian to sign this waiver as evidenced by their signature on this document.

St. Olaf College ID #: __________________________ Sport(s): __________________________

_________________________________________ Student-Athlete Signature

Student-Athlete Print name

Date

_________________________________________ Parent/Guardian Signature (if under 18)

Parent/Guardian Print name

Date