



Carroll University Athletic Training – Sickle Cell Trait Testing

About Sickle Cell Trait:

- Sickle cell trait is not a disease. Sickle cell trait is the inheritance of one gene for sickle hemoglobin and one for normal hemoglobin.
- It is a common condition, affecting more than 3 million Americans
- Although the trait is most prevalent in African-Americans and those of Mediterranean, Middle Eastern, Caribbean, South and Central American, and Indian decent, persons of all races may test positive.
- Sickle cell trait is usually benign, but during intense, sustained exercise, hypoxia (lack of oxygen) in the muscles may cause red blood cells to sickle (change from a disc shape to a crescent or sickle shape), which can cause the red blood cells to get stuck and block blood vessels. This may cause a person to collapse due to the rapid breakdown of the muscles as a result of the lack of oxygen in the blood.

Sickle Cell Testing: The NCAA recommends that all Division III student-athletes have knowledge of their sickle cell trait status before the student-athlete participates in any intercollegiate athletics event including strength and conditioning, practice, try-outs, or competitions.

- Carroll University strongly recommends that all student-athletes who are unable to confirm their sickle cell trait status undergo sickle cell trait testing prior to participation in any intercollegiate athletic activity.
- Sickle cell trait testing in the form of a blood test can be done by the student- athlete's primary care physician or by Carroll University Student Health Services. The expense of the test is the responsibility of the student-athlete. **See attached sheet for information on obtaining your sickle cell trait status**
- *Student-athletes who test positive for the trait will not be prohibited from participating in intercollegiate athletics.*

Complete this Section

Name: _____ Carroll ID#: _____ Sport(s) _____ Date: _____

I know my sickle cell trait status and the results are attached

I do not know my sickle cell trait status and I do not wish to be tested (complete waiver below)

Sickle Cell Trait Testing Waiver:

I, _____, understand and acknowledge that the NCAA and Carroll University Department of Athletics recommend that all student-athletes have knowledge of their sickle cell trait status. Additionally, I have read and fully understand the aforementioned facts about sickle cell trait and sickle cell trait testing, and have viewed the NCAA video on sickle cell trait.

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 Carroll University Sports Medicine personnel.

I do not wish to undergo sickle cell trait testing as part of my pre-participation physical examination and I voluntarily agree to release, discharge, indemnify and hold harmless Carroll University, 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 the Carroll University Department of Athletics.

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 Signature _____ Date _____ CU ID # _____

Parent/Guardian Signature (if under 18 years of age) _____ Date _____

Parent/Guardian (Print Name) _____



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Knowing Your Sickle Cell Status

Sickle cell trait test results can be obtained in three ways:

- You may obtain results from testing performed as a newborn. You are encouraged to work with your physicians office to obtain results. You may also simply do an internet search for *newborn screening+ your birth state*. Example: *newborn screening Minnesota*. This search should provide you with information on who you must contact to obtain your results.
- You may be tested by your primary care physician during your preparticipation physical evaluation. The student-athlete or student-athletes primary insurance is responsible for all testing costs. If you choose this option, be sure to attach the results of the test.
- You may be tested at the Carroll University Student Health Center. Call 262-524-7233 to schedule an appointment. Testing costs will likely be \$60-\$80. Again, the student-athlete or student-athletes primary insurance is responsible for all testing costs. Attach the results of this test.