

Western New England University Sickle Cell Trait Form for NCAA Intercollegiate Athletics

About Sickle Cell Trait:

- Sickle cell trait is not a disease. Sickle cell trait is an inherited condition affecting the oxygen-carrying substance, hemoglobin, in the red blood cells. You are born with sickle cell trait; it cannot be developed over time or contracted like a disease.
- Sickle cell trait is a common condition (> three million Americans)
- Although Sickle cell trait occurs most commonly in African Americans 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.
- Those with sickle cell trait usually have no symptoms or any significant health problems. However, sometimes during very intense, sustained physical activity, as can occur with collegiate sports, certain dangerous conditions can develop in those with sickle cell trait, leading to blood vessel and organ (kidneys, muscles, heart) damage that can cause sudden collapse and death. Some of the settings in which this can occur include timed runs, all out exertion of any type for 2 to 3 continuous minutes without a rest period, intense drills and other bursts of exercise after doing prolonged conditioning training. Extreme heat and dehydration increase the risks.
- More information and resources regarding sickle cell trait and the NCAA's recommendation for sickle cell trait testing can be found at the NCAA web site resource pages regarding the sickle cell trait, accessible at: www.NCAA.org/health-safety.

Sickle Cell Trait Testing

- The NCAA requires that all student-athletes have knowledge of their sickle cell trait status. Student-athletes must either:

- 1) Show proof of a prior test with results, **OR** -
- 2) Have a blood test to check for sickle cell trait.

Whichever option is chosen, it must be completed before the athlete participates in any intercollegiate athletics event, including strength and conditioning sessions, practices, competitions, etc.

- Athletes who are positive for the trait will be allowed to participate in intercollegiate athletics; this does NOT prohibit you from playing.

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

- 1.) Copy of athlete's newborn sickle cell testing result attached. _____ Date: _____

Most states require testing at birth, check with your hospital or pediatrician

- 2.) Copy of recent sickle cell screening test result attached. _____ Date: _____

Please return this form along with your test results to Western New England Health and Wellness via email Healthservices@wne.edu or fax at 413.796.2255.