

Student Athlete Sickle Cell Trait To-Do

The NCAA is mandating that all student-athletes must be tested for sickle cell trait, show proof of a prior test or sign a waiver releasing the Institution of liability if they decline to be tested. In accordance with this legislation, the Johnson State College Sports Medicine Department is mandating that all student-athletes must be tested for sickle cell trait, show proof of a prior test or sign a waiver releasing the State of Vermont, the College, its officers, employees, and agents from any and all costs, liability, expense claims, demands or causes of action on account of any loss or personal injury that might result from my non-compliance with the mandate of the NCAA and the Johnson State College Sports Medicine Department.

Student-Athletes Need to:

1. Contact their parents/guardian and your pediatrician (at birth) and get documentation showing what your sickle cell trait status is.
 - Infants born after 1984 were tested for sickle cell trait and therefore the documentation should be available from your family pediatrician.
2. Schedule an appointment with either you family physician or with the Johnson State College Student Health Center to have the sickle cell trait testing done.
 - This test needs to be in the form of a blood test.
3. Sign a waiver releasing the State of Vermont, the College, its officers, employees, and agents from any and all costs, liability, expense claims, demands or causes of action on account of any loss or personal injury that might result from my non-compliance with the mandate of the NCAA and the Johnson State College Sports Medicine Department.
 - **The signing of the waiver is not recommended. It is preferred that all student-athletes know their status to help ensure their health and well being during participation in athletics. We are advising all student-athletes to consult with their parent or guardian before signing the waiver.**

Sickle Cell Trait Waiver Form

About Sickle Cell Trait:

- Sickle cell trait is an inherited condition of the oxygen-carrying protein, hemoglobin, in the red blood cells.
- Sickle cell trait is a common condition (>three million Americans)
- Although Sickle cell trait is most predominant in African-Americans and those of Mediterranean, Middle Easter, Indian, Caribbean, and South and Central American ancestry, persons of all races and ancestry may test positive for sickle cell trait.
- Sickle cell trait is usually benign, but during intense, sustained exercise, hypoxia (lack of oxygen) in the muscles may cause sickling of red blood cells (red blood cells changing from a normal disc shape to crescent or “sickle” shape), which can accumulate in the bloodstream and “logjam” blood vessels, leading to collapse from the rapid breakdown of muscles starved of blood.

Sickle Cell Trait Testing:

- The **NCAA and the Johnson State College Sports Medicine Department** mandates that all NCAA student-athletes have knowledge of their sickle cell trait status, show proof of a prior test or sign a waiver before the student-athlete participates in any intercollegiate athletics event, including strength and conditioning sessions, practices, competitions, etc.
- The Johnson State College Student Health Center offers sickle cell trait screening in the form of a blood test to all students for a fee. Results will be reported to the Johnson State College Sports Medicine Department.
- Athletes should read through the Johnson State College Sickle Cell Position Statement.

SICKLE CELL TRAIT TESTING WAIVER

I, _____, understand and acknowledge that the NCAA and the Johnson State College Sports Medicine Department mandates that all student-athletes have knowledge of their sickle cell trait status. Additionally, I have read and fully understand that the aforementioned facts 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 experience, I hereby affirm that I have fully disclosed in writing any prior medical history and/or knowledge of sickle cell trait status to the Johnson State College Sports Medicine personnel.

I do not wish to undergo sickle cell trait testing and I voluntarily agree to release, discharge, indemnify and hold harmless the State of Vermont, the 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 mandate of the NCAA and the Johnson State College Sports Medicine Department.

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

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

Date

Parent/Guardian Print Name

Witness

Sickle Cell Trait Disclosure Form

I, _____ affirm that I have been informed by my family physician as to my Sickle Cell Trait Status, and/or have undergone the sickle cell trait screening, in the form of a blood test, at the Johnson State College Health Center.

- 1. **Sickle Cell Trait Positive** Initial _____
- 2. **Sickle Cell Trait Negative** Initial _____

About Sickle Cell Trait:

- Sickle cell trait is an inherited condition of the oxygen-carrying protein, hemoglobin, in the red blood cells.
- Although Sickle cell trait is most predominant in African-Americans and those of Mediterranean, Middle Easter, Indian, Caribbean, and South and Central American ancestry, persons of all races and ancestry may test positive for sickle cell trait.
- Sickle cell trait is usually benign, but during intense, sustained exercise, hypoxia (lack of oxygen) in the muscles may cause sickling of red blood cells (red blood cells changing from a normal disc shape to crescent or “sickle” shape), which can accumulate in the bloodstream and “logjam” blood vessels, leading to collapse from the rapid breakdown of muscles starved of blood.
- Likely sickling settings include timed runs, all out exertion of any type for 2-3 continuous minutes without a rest period, intense drills and other spurts of exercise after prolonged conditioning exercises, and other extreme conditioning sessions.
- Common signs and symptoms of a sickle cell emergency include, but are not limited to: increased pain and weakness in the working muscles (especially legs, buttocks, and/or low back); cramping type pain of muscles; soft, flaccid muscle tone; and/or immediate symptoms with no early warning signs.

I, the undersigned, do hereby affirm that I have been informed of my sickle cell trait status by my family physician and/or one of the clinician at the Johnson State College Health Center. If my sickle cell trait status is positive I understand that I am required to undergo educational sessions around the topic of sickle cell and understand that specific precautions that need to be undertaken due to the serious nature of the condition. The educational sessions will be administered by the Johnson State College Team Physician and/or a member of the Sports Medicine Department. I also affirm that I have read through the Johnson State College Sickle Cell Position Statement.

Student-Athlete Signature (if under 18, include parent/guardian signature)

Date

Examining Physician Signature

Date

Examining Physician Print Name

Date

Athletic Trainer Signature

Date

Athletic Trainer Print Name

Date