Truman State University

Sickle Cell Trait 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 affecting approximately one-three million Americans.
- It is estimated that 8-10 percent of African-Americans have sickle cell trait.
- Sickle cell trait can also affect Hispanics, South Asians, Caucasians from southern Europe, and people from Middle Eastern countries.
- **Most people with sickle cell trait have no symptoms and will not have any health complications.**
- Occasionally people with sickle cell trait can have blood in their urine. Under extreme conditions such as high altitude, severe dehydration or very high intensity physical activity, red cells can become deformed or sickled. Complications include muscle breakdown (rhabdomyolysis), reduced blood supply to the spleen (ischemia/infarction), or increased pressure in the eye (glaucoma) following eye injuries, a very rare form of kidney cancer (renal medullary carcinoma). In rare cases sickle cell trait can cause death.
- Common signs and symptoms of a sickle cell emergency include, but are not limited to: increased pain and weakness in the working muscles (especially the legs, buttocks, and/or low back); cramping type pain of muscles; soft, flaccid muscle tone
- Activities that may cause sickling include: serial sprints, “gassers”, and intense station drills.

Sickle Cell Trait Testing:
- The NCAA mandates that all NCAA II student-athletes have knowledge of their sickle cell trait status **before** the student athlete participates in any intercollegiate athletics event, including strength and conditioning sessions, practices, competitions, etc.
- Sickle cell trait screening is normally performed on all U.S. born infants at birth, though some student athletes may not know the results of this testing.
- Sickle Cell trait testing requires a blood test called Sickle Cell Solubility Test (SST).
- In compliance with the NCAA legislation, student-athletes must do one of the following
  - Provide documentation showing your sickle cell trait status  - OR
  - Undergo a Sickle cell Solubility Test (SST), a blood test for Sickle Cell Trait  - OR
  - Waive the right to be tested and know your sickle cell trait status

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Complete the following:

1. Do you have a family history of sickle cell trait?  □ Yes  □ No  □ Unknown

2. Have you been tested for sickle cell trait?  □ Yes  □ No  □ Unknown

   Indicate the results of the sickle cell trait test (attach documentation).  □ Positive  □ Negative

3. Indicate if you would like to be tested for sickle cell trait.  □ Yes  □ No (sign the waiver on reverse side)

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Student Athlete Name  

Date  

Sport  

Form last modified March 6, 2012
SICKLE CELL TRAIT STATUS WAIVER

I, _____________________, choose to waive the right to testing for sickle cell trait. I understand the information provided in this document. I understand the risks associated with unknown sickle cell status. I understand that positive test results would not affect my athletics participation at Truman State University.

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 Truman State University.

________________________________________________________________________
Student Athlete Signature                                           Date

________________________________________________________________________
Sport

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

________________________________________________________________________
Parent/Guardian Print Name