

Sickle Cell Trait Form for NJCAA Intercollegiate Athletics

This form is available online at: www.stcc.edu/healthservices

Sickle Cell Trait General Information

- 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 NJCAA's recommendation for sickle cell trait testing can be found at the NCAA web site resource pages regarding the sickle cell trait, accessible at: <http://www.ncaa.org/health-and-safety/medical-conditions/sickle-cell-trait>

Sickle Cell Trait Testing Options:

The NJCAA recommends that all student-athletes have knowledge of their sickle cell trait status. Student-athletes must 1) show proof of a prior test with results; 2) have a blood test to check for sickle cell trait; or 3) sign a testing waiver declining options 1 and 2. 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 athletes from playing.

Option 1: Show proof of a prior test with results.

Most states require testing at birth, check with your hospital or pediatrician for testing information. In 1990 Massachusetts started screening for Sickle Cell, the phone number to call to access the state database is (617)983-6300. The result will then be faxed directly to Health Services at (413) 755-6045. A listing of all state screening databases is included below:

Option 2: Have a blood test to check for sickle cell trait.

Cost of testing is the responsibility of the athlete.

(Submit a copy of athlete's recent sickle cell screening result with this form)

Option 3: Sign a testing waiver declining options 1 and 2.

(see next page for waiver)

SPRINGFIELD TECHNICAL COMMUNITY COLLEGE HEALTH AND WELLNESS CENTER

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SICKLE CELL TESTING WAIVER:

By signing this waiver I understand and acknowledge that the NJCAA recommends that all student-athletes have knowledge of their sickle cell trait status. Additionally, I certify that I have read and fully understand the aforementioned facts and I have had the opportunity to review the NCAA website for further information 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 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 Springfield Technical Community College Athletic Department.

I do not wish to undergo sickle cell trait testing and I voluntarily agree to release, discharge, indemnify and hold harmless Springfield Technical College, its trustees, employees, agents and their successors and assigns from any and all costs, claims, damages or expenses, including attorney's fees, arising from any loss or personal injury that might result from my refusal to be tested.

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's Printed Name			Student Athlete's Signature			Date			Sport		
State	Date SC Testing Began	State Newborn Screening	State	Date SC Testing Began	State Newborn Screening	State	Date SC Testing Began	State Newborn Screening	State	Date SC Testing Began	State Newborn Screening
Alabama	January 1, 1987	334-260-3400 ext. 3475	Montana	July 1, 2003	573-751-2662	Nebraska	November 1, 1996	412-220-2300	Nevada	July 1, 1990	503- 693-4174
Alaska	October 1, 2003	503- 693-4174	New Hampshire	May 1, 2006	617-983-6300	New Jersey	April 1, 1990	609-530-8371	New Mexico	October 10, 1995	503- 693-4174
Arizona	January 1, 1988	602-542-6128	New York	April 1, 1975	518-473-3854	North Carolina	May 2, 1994	919-733-3937	North Dakota	April 1, 2003	515-243-0141
Arkansas	October 1, 1988	501-661-2445	Ohio	July 1, 1989	614-644-4660	Oklahoma	May 1, 1991	405-271-5070	Oregon	February 1, 1995	503- 693-4174
California	February 7, 1990	510-412-1541	Pennsylvania	September 28, 1992	717-783-8143	Rhode Island	May 1, 1990	617-983-6300	South Carolina	July 1, 1987	803-896-9725
Colorado	January 1, 1979	303-692-3069	South Dakota	June 1, 2005	515-725-1630	Tennessee	January 1, 1988	615-262-6352	Texas	November 1, 1983	512-458-7430
Connecticut	January 1, 1990	860-509-8565	Tennessee	January 1, 1988	615-262-6352	Utah	September 24, 2001	801-965-2556	Vermont	February 4, 1996	617-983-6300
Delaware	July 1, 1985	302-223-1520	Texas	November 1, 1983	512-458-7430	Virginia	July 1, 1989	804-648-4480 ext 170	Washington	November 1, 1991	206-418-5407
Florida	January 1, 1989	904-791-1648	Utah	September 24, 2001	801-965-2556	West Virginia	July 1, 2003	304-558-3530 ext 2501	Wisconsin	October 31, 1988	608-890-1796
Georgia	October 1, 1998	404-327-6800	Vermont	February 4, 1996	617-983-6300	Wyoming	January 1, 1987	303-692-3069			
Hawaii	July 1, 1997	503- 693-4174									
Idaho	May 19, 2004	503- 693-4174									
Illinois	February 1, 1989	312-793-1053									
Indiana	July 1, 1985	317-491-6682									
Iowa	February 5, 1988	515-725-1630									
Kansas	July 1, 1993	785-296-1650									
Kentucky	January 1, 1995	502-564-4446 ext. 4456									
Louisiana	January 1, 1992	504-219-4696									
Maine	July 1, 2001	617-983-6300									
Maryland	July 1, 1985	410-767-6099									
Massachusetts	March 26, 1990	617-983-6300									
Michigan	July 1, 1987	517-335-8095									
Minnesota	January 1, 1988	651-201-5450									
Mississippi	January 1, 1990	412-220-2300									
Missouri	April 1, 1989	573-751-2662									