

NCAA Sickle Cell Trait (SCT) Testing Information – What You Need to Know

1. Requirements:

- a. **(Recommended)*** All participating student-athletes are required to provide confirmation of sickle cell trait status, either through: 1) existing documentation from birth, or; 2) recent screening.

Most entering college-aged students have been tested for SCT as a standard genetic screening at birth. *The California Newborn Screening Program has been screening all babies in California for sickle cell disease and sickle cell trait since February 27, 1990. These results will satisfy the NCAA requirement for college student athletes to have documentation of their sickle cell status. Use the following link to request your results:*

<https://www.cdph.ca.gov/Programs/CFH/DGDS/Pages/nbs/howtogetnbsresults.aspx>

Out of state or international students: Please check your local screening practices.

- b. A student-athlete can schedule a test at the Cal Poly Pomona Student Health Center. There is an associated fee with this test (responsibility of the student-athlete).
- c. A student-athlete may sign a waiver declining confirmation of SCT status if he or she is first provided education by the institution regarding the implications of exercising the waiver option.
- d. Student-athletes will also receive mandatory education regarding the risks, impact and precautions associated with SCT if they plan to participate while awaiting the results of a screening or exercised the waver option.

*A student-athlete who has read the information and education sheet regarding Sickle Cell Trait, may choose to sign the waiver in order to participate while requesting, waiting for, or obtaining sickle cell test results.

NCAA Facts for Student-Athletes: Sickle Cell

What is 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. Sickle cell trait will not turn into the disease. Sickle cell trait is a life-long condition that will not change over time.

During intense exercise, red blood cells containing the sickle hemoglobin can change shape from round to quarter-moon, or "sickle."

Sickled red cells may accumulate in the bloodstream during intense exercise, blocking normal blood flow to the tissues and muscles.

During intense exercise, athletes with sickle cell trait have experienced significant physical distress, collapsed and even died.

Heat, dehydration, altitude and asthma can increase the risk for and worsen complications associated with sickle cell trait, even when exercise is not intense.

Do you know if you have Sickle Cell Trait?

Most U.S. states test at birth, but most athletes with sickle cell trait don't know they have it.

The NCAA recommends that athletics departments confirm the sickle cell trait status in all student-athletes.

Knowledge of sickle cell trait status can be a gateway to education and simple precautions that may prevent collapse among athletes with sickle cell trait, allowing you to thrive in your sport.

Sickle cell trait occurs in about 8 percent of the U.S. African-American population, and between one in 2,000 to one in 10,000 in the Caucasian population.

Athletes with sickle cell trait should not be excluded from participation as precautions can be put into place.

My signature below confirms that I have read the NCAA Fact Sheet for Student-Athletes regarding Sickle Cell Trait.

Signature of Student-Athlete

Date

**California State Polytechnic University, Pomona Department of Intercollegiate Athletics
Sickle Cell Trait Testing**

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 Eastern, 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 a 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. In rare severe cases, exertional sickling has led to the death of athletes with this trait.

Sickle Cell Trait Testing

- The NCAA recommends that all student-athletes at the Division I and II levels 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.
- Cal Poly Pomona Department of Intercollegiate Athletics offers sickle cell trait screening in the form of a blood test to all student-athletes as part of the pre-participation physical examination process.
- Testing will be conducted at the Cal Poly Pomona Health Center Laboratory and/or other designated laboratory facility. Results will be reported to Cal Poly Pomona Student Health Services, the Cal Poly Pomona Team Physician, and Cal Poly Pomona Athletic Training staff.
- Individuals that test positive for sickle cell trait will be counseled on what can be done to avoid complications and to provide optimal care of you during practice, competition, and conditioning.

I agree to testing (include copy of testing results if obtained off campus)

Student-Athlete Signature

Student Athlete Printed Name

Date

I am the parent or legal guardian of the student-athlete. I have read and signed this document with full knowledge of its significance.

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

Parent/Guardian Printed Name

Date

Sickle Cell Testing Waiver

By signing this document below, I am confirming that I understand and acknowledge that the NCAA and Cal Poly Pomona Department of Intercollegiate Athletics recommends that all student-athletes have knowledge of their sickle cell trait status. Additionally, I have read and fully understand the aforementioned 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 Cal Poly Pomona Intercollegiate Athletics 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 Cal Poly Pomona, the CSU Board of Trustees, its offers, employees and agents from any and all cost, liabilities, expenses, claims, demands, or causes of action on account of any loss or personal injury that might result from my choice not to act in accordance with the sickle cell trait testing recommendations of the NCAA and al Poly Pomona Department of Intercollegiate Athletics.

I have read and signed this document with full knowledge of its significance and with my own free will. I further state that I am at least 18 years of age and competent to sign this waiver, and if not, my parent or legal guardian has signed this document.

Student-Athlete Signature

Student Athlete Printed Name

Date

I am the parent or legal guardian of the student-athlete. I have read and signed this document with full knowledge of its significance.

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

Parent/Guardian Printed Name

Date