Dear Student Athlete and Parent,

In spring 2013 the NCAA issued a statement requiring confirmation of sickle cell trait status for all Division III student-athletes. As a result of this new requirement, any previously submitted information about a student’s sickle cell trait status does not meet these new guidelines.

Sickle cell disease affects millions of people throughout the world and is particularly common among people whose ancestors come from sub-Saharan Africa, Spanish-speaking regions in the Western Hemisphere (South America, Cuba, and Central America), Saudi Arabia, India, and Mediterranean countries such as Turkey, Greece, and Italy. Because of this, many states have required newborn screening for sickle cell since 1994. However, some student athletes may not know if they have the trait or have even been tested.

It is important for student-athletes to be aware of their sickle cell trait status. Sickle cell trait is an inherited blood disorder, which is generally regarded as a benign condition. However, individuals with sickle cell trait may have rare complications, including fatal exertional heat illness with exercise and/or sudden idiopathic death with exercise. In rare cases, exercise-induced dehydration or exhaustion can cause healthy red blood cells to turn sickle-shaped, which can cause death during sporting activities. As such, athletes with sickle cell trait and the athletic staff must be aware of the athlete’s sickle cell status and the risks associated with sickle cell trait.

**Student-athletes must submit to the Athletic Training Office the enclosed Sickle Cell Trait Testing Student Form and (if tested) Sickle Cell Trait Status Physician Verification Form by July 19, 2013. Student athletes will not be permitted to participate in their sport(s) without this information on file.**

Student-athletes are encouraged to review this information with their primary care physicians. Please call the Muhlenberg College Athletic Training Office (484-664-3391) with any questions.

Sincerely,

Steve Nemes, LAT, ATC  
Head Athletic Trainer  

Brynnmarie Dorsey, CRNP  
Director, Health Services
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 has been associated with a condition known as exertional rhabdomyolysis, renal failure and death. Complicating factors include extreme exertion, increased heat, altitude and dehydration.
- 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). Sickled cells can accumulate in the bloodstream and “logjam” blood vessels, leading to a collapse from the rapid breakdown of muscle starved of blood.

Sickle Cell Trait Testing:

- The NCAA requires confirmation of sickle cell trait status for all Division III student-athletes.

ALL STUDENT-ATHLETES MUST CHECK ONE OF THE BOXES BELOW:
Sickle Cell Trait Testing Verification or Sickle Cell Trait Testing Waiver

- After reviewing the above information and the NCAA “Sickle Cell Trait – A Fact Sheet for Student Athletes” I have elected to do one of the following (please check and fill in):

  □ I will provide documented proof of my Sickle Cell Trait status by submitting the Muhlenberg College Sickle Cell Trait Status Physician Verification Form

  □ I, _____________________________, understand and acknowledge that the NCAA and Muhlenberg College recommends that all student-athletes have knowledge of their sickle cell trait status. Additionally, I have read and fully understand the aforementioned facts about sickle cell trait testing.

  I do not wish to undergo sickle cell trait testing and I voluntarily agree to release, discharge, indemnify, and hold harmless the Muhlenberg 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 recommendation of the NCAA and Muhlenberg College.

ALL STUDENT-ATHLETES MUST COMPLETE THE SECTION BELOW:
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 Name: ___________________________ Date of Birth: _____________

(student print)

Student-Athlete Signature ___________________________ Date ______________

Parent/Guardian Signature (if under 18 years of age) ___________________________ Date: ______________

Parent/Guardian Name ______________________________________

(student print)

Witness Signature ___________________________ Date ______________

Print Name ______________________________________
Student Name: ___________________________ Date of Birth: ________________
(please print)
Class Year: ___________ Sport(s): _________________________________________

Please list the date of the Sickle Cell Trait testing: _____________________

Please list the result of the Sickle Cell Trait testing: Negative______________
Positive_______________

Are there any restrictions to participation: No restrictions______________
Restricted to _________________________

I verify that the above named individual has been tested for Sickle Cell Trait.

Physician’s signature: ___________________________ Date: ________________

Printed Physician’s Name, Address, Telephone and Fax:
_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________