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 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

Sickle Cell Trait Testing:
- The NCAA recommends that all NCAA Division III 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.
- Wesleyan University strongly recommends that all students-athletes who are unable to confirm their sickle cell trait status undergo sickle cell trait testing prior to participation in any intercollegiate athletic activity (as above).
- Sickle cell trait testing in the form of a blood test can be done by the student-athlete’s personal primary care physician or by Wesleyan University Health Services. Testing generally costs between $5-35. This expense is the responsibility of the student-athlete.

SICKLE CELL TRAIT TESTING WAIVER

I, ________________________________ understand and acknowledge that the NCAA and the Wesleyan University Department of Athletics (Student-Athlete Name) recommend 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 and sickle cell trait testing, and have viewed the NCAA video on sickle cell trait.

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 Wesleyan University Sports Medicine 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 Wesleyan University, 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 the Wesleyan University Department of Athletics.

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 ____________________ Wes ID # ____________________

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

Parent/Guardian (Print Name) ____________________________________________

Witness Signature ___________________________________________ Print name __________________________ Date ______________