As of January 1, 2013, the NCAA Division III will require all student athletes to be given a sickle cell solubility test or show proof of a prior test and the results. Each student athlete has the right to decline the test but is required to sign a written release in order to practice, compete or participate in any training or tryouts. Please read the following information to better understand what sickle cell trait is and what the test will require. If you have any further questions please contact the Office of Sports Medicine.

**Sickle Cell Trait Information:**

- Sickle cell trait is an inherited condition involving one oxygen carrying gene (hemoglobin) and one abnormal oxygen carrying gene in the red blood cells.
- Sickle cell trait can affect either gender in any nationality although it is found more frequently in those of African, South or Central American, Mediterranean, Indian, or Caribbean ancestry.
- Sickle cell trait is most often benign and may not be associated with sickle cell anemia.
- Sickle cell trait may cause red blood cells to become crescent shaped (“sickle”) during extreme exercise which can lead to an accumulation in the blood stream blocking normal blood flow
  - A lack of blood flow may lead to collapse, splenic infarction, renal failure, exercise induced rhabdomyolysis, and exercise related sudden death.
  - Heat illness, extreme exertion, altitude, and dehydration may all be complicating factors for sickle cell trait.

**Sickle Cell Trait Testing**

>Sickle Cell Trait status results may be obtained by contacting your birth hospital or pediatrician for proof of the test. Please note that all 50 states require newborns be tested for sickle cell trait. Most student-athletes who are U.S. citizens should have been tested when born.

- Kalamazoo College will require ALL student athletes to provide proof of their sickle cell trait status, be tested for their sickle cell trait status, or decline the test through a written release prior to participation in ANY intercollegiate practice, conditioning, or competitions.
- If you are unable to provide proof of your sickle cell trait status from your physician; two options will be available:
  - A student athlete may choose to sign a waiver declining participation in testing OR
  - A student athlete may choose to be tested. Testing for sickle cell trait will be included in the pre-participation physicals starting in August 2013; this will include an opportunity for returning students to have their trait status verified as well.
- Collection will be conducted by the Kalamazoo College Student Health Center and sent to Bronson Hospital for analysis. Testing will only be required once during the student-athletes career at Kalamazoo College. All waivers, results, and subsequent documentation will be kept on file in the Office of Sports Medicine.
- No student athlete will be allowed to participate in ANY sports related activities until they do one of the following: provide proof of a previous sickle cell test, sign a written release form declining the test, or take the test during physicals.
- The Kalamazoo College Sickle Cell Testing Policy is available in the Office of Sports Medicine for review.
- To decline the test you must talk to the Sports Medicine Staff at 269-337-7093.