***This is mandatory for Varsity Athletes beginning 2014-2015 Academic Year***

**ALLEGHENY COLLEGE**

**Sickle Cell Information**

*The NCAA is recommending that all NCAA varsity student-athletes have knowledge of their sickle cell trait status.*

**Facts 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 generally benign, and almost all of the 3 million Americans with sickle cell trait live healthy normal lives. However, during maximal exercise the oxygen levels in muscles can decrease sufficiently to cause some of the red cells to change from the normal disk shape to a crescent or sickle shape. These sickled red blood cells can block blood vessels in muscles, kidneys, and other organs resulting in severe damage to the involved tissues and even death.

**Did you know?**

* People who inherit one sickle cell gene and one normal gene have the sickle cell “trait.” People with sickle cell trait usually do not have any of the symptoms of the disease. But, it is possible for a person with sickle cell trait to have complications of the disease under extreme conditions, such as:
* High altitude (flying, mountain climbing, visiting cities with a high altitude)
* Increased pressure (scuba diving)
* Low oxygen (mountain climbing or exercising extremely hard)
* Dehydration (too little water in the body)
* In addition, people with sickle cell trait can potentially pass the disease on to their children.
* As a varsity athlete, it is important to know whether or not you have sickle cell trait.

**To obtain Sickle Cell verification:**

* Check with your family physician to see if you have already received this test. Most students were tested at birth; however this varies from state to state.
* Sickle cell trait is diagnosed with a simple blood test. Contact your family physician to arrange for an appointment.
* Testing can be arranged through the Winslow Health Center upon arrival to campus, the approximate cost is $25.00. Varsity athletes cannot participate in any camps, practices, etc. until results have been received which might take up to one week.

**Compliance:**

* This is mandatory to participate in any Allegheny College varsity sport.
* Failure to be tested or to sign Sickle Cell Trait Testing Waiver; the varsity athlete will not participate in any Allegheny College varsity sports.

**Sickle Cell Trait Testing Protocol:**

New requirements have been added to the pre-participation physical in which varsity student-athletes must either:

1. **Provide proof of prior sickle cell testing and send to the Winslow Health Center at Box 26, Allegheny College, Meadville, PA 16335.**

Student name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date of Birth \_\_\_\_\_\_\_\_\_\_\_\_\_

Date tested \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Status \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Physician’s Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Physician’s Name (Please Print)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Physician’s Address \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Physician’s Phone (\_\_\_\_)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. **Complete Sickle Cell Trait Testing Waiver form and send to the Winslow Health Center at Box 26, Allegheny College, Meadville, PA 16335.**

**Sickle Cell Trait Testing Waiver**

I, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ understand and acknowledge that the NCAA and Allegheny College Athletic Department recommends that all varsity student-athletes have knowledge of sickle cell trait status. In addition, I have read and fully understand the aforementioned facts about sickle cell trait and sickle cell 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 other 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 Allegheny College Sports Medicine staff.

I do not wish to undergo sickle cell trait testing and I voluntarily agree to release, discharge, indemnify and hold harmless Allegheny 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 the Allegheny College Athletic Department.

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

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Parent/Guardian Signature (if under 18) Sport