



Sports medicine- Sickle Cell Testing

About Sickle Cell Anemia

- Sickle cell anemia is where some red blood cells are shaped in a like a sickle, hence the name. Mechanically this diminishes the cells ability to do its job, to carry Oxygen.
- Sickle cell trait is a genetic disorder and is usually benign, but during intense, sustained exercise, such as seen in football, and military boot camp, hypoxia (lack of oxygen) in the muscles may cause exertional sickling of the red blood cells which can cause a logjam effect in the blood vesicles and lead to collapse and even death (Thompson 2013).
- Most people experience normal lifespans without serious health consequences with the trait, but some people who have the trait might be at increased risk of stroke, silent cerebral infarct and cognitive impairment (Sundaram 2011)
- Sickle cell trait does not appear to limit performance among elite athletes in many sports (Thompson 2013)
- Sickle cell trait is common among Nigerians, with about 25% of adults throughout the country who have the trait, (Akinyanju 1989) but it can occur in any population.
- Here at York College we implement universal precautions regardless of SCT results which embodies a profile of hydration and exertional precautions that may make athletic participation safer.

Sickle Cell Trait Testing

Please watch the 6 minute NCAA video at- www.youtube.com/watch?v=EiEpmZLLcuM

The NCAA recommends that all DIII athletes have knowledge of their sickle cell status.

York College recommends that all athletes who do not know their sickle cell status get tested prior to any sports participation here at York College.

If you **DO HAVE** the trait you will need to take a little more caution during exertion and remain well hydrated.

Sickle cell testing is in the form of a blood test and can be done at your primary care physician's office or by the school.

If you know you do not have the trait or do not want to be tested please sign below.

ONE MUST BE CHOSEN

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Sickle cell trait testing waiver

I _____ understand and acknowledge that the NCAA and York College recommend all students know their sickle cell trait status. I have read and understand the facts about sickle cell disease and the trait and have viewed the NCAA video on sickle cell trait disease.

I do not wish to get sickle cell tested as part of my pre participation physical exam and I release York College and it's subsidiaries of any and all liability for any and all claims, demands, or loss that arise from my non-compliance with the recommendations of the NCAA and York College

Student-Athlete Signature _____ Date _____

Parent/Guardian Signature (if under 18 years) _____ Date _____

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Copy of athletes newborn sickle cell testing. Results attached _____ Date _____

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Copy of recent sickle cell screening test. Results attached _____ Date _____