Amherst College Health Center Athletic Training
Sickle Cell Trait Testing Agreement

What is “Sickle Cell Trait”?

- Sickle cell trait is an inherited condition of the oxygen-carrying protein, hemoglobin, in red blood cells.

- Sickle cell trait is a common condition affecting more than three million Americans.

- Although Sickle cell trait is most prevalent in African-Americans and those of Mediterranean, Middle Eastern, Indian, Caribbean, and South and Central American ancestry, persons of all races and ancestries 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). The sickle shaped cells can accumulate in the bloodstream and “logjam” blood vessels, causing the athlete to collapse from the rapid breakdown of muscles deprived of blood and oxygen.

Sickle Cell Trait Testing:

- The NCAA mandates that all NCAA 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, competition, etc.).

- Amherst College Health Center encourages sickle cell trait screening, in the form of a blood test, before athletes arrive on campus, as part of the pre-participation medical clearance process.

- Please request a test for sickle cell trait from your personal physician or other health care provider. After reading the information above, athletes may also decline sickle cell testing by signing the attached waiver.
Sickle Cell Trait Testing Waiver

I ___________________________ of the ____________________ team,

Student-Athlete Name

Sport

understand and acknowledge that the NCAA and the Amherst College Health Center mandate that all student-athletes have knowledge of their sickle cell trait status.

Additionally, I have read and fully understand the attached facts about sickle cell trait and sickle cell trait 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 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 Amherst College Health Center 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 the Amherst College Health Center, Amherst College, University Health Services, The Commonwealth of Massachusetts, and their officers, employees and agents from any and all costs, liabilities, expenses, claims, demands, or causes of action on account of any loss, personal injury or death that might result from my non-compliance with the mandate of the NCAA and the Amherst College Health Center.

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

__________________________________________  __________
Parent/Guardian Signature (if under 18 years of age)  Date

__________________________________________
Parent/Guardian-Print Name

__________________________________________  __________
Witness  Date