

Martin Luther College Sports Medicine Sickle Cell Trait Information, testing declaration, and Waiver

Sickle Cell Trait

Sickle cell trait is the inheritance of one gene for normal oxygen-carrying protein (hemoglobin), and one for sickle hemoglobin in red blood cells. During high intensity exercise the red blood cells sickle (shape of a quarter moon) and can create a “logjam” in blood vessels, decreasing blood flow and oxygen to the body’s tissues and muscles. The result typically presents as fatigue, ischemic muscle pain, muscle weakness, and even collapse. Sickle cell trait has been associated with a condition known as exertional rhabdomyolysis, renal failure and death. Heat, dehydration, altitude, and asthma increase the risk in athletes with sickle cell trait and worsen complications even in non-intense exercise. High risk athletes have ancestry from Africa, South and Central America, Caribbean, Mediterranean countries, India, and Saudi Arabia. Sickle cell trait occurs in about 8 percent of U.S. African American population. ***Further information can be found in the student-athlete handbook or on the Sports Medicine link of the NCAA website.*

Sickle Cell Trait testing declaration options

The NCAA and MLC recommend all students that will be participating in intercollegiate athletics have knowledge of their sickle cell trait status as part of the mandatory medical examination. After reading the above information I elect to (PLEASE CHOOSE ONE):

- I will provide MLC Health Services documented results of a sickle cell test:** *Each person was screened for sickle cell traits when we were born and can be obtained from the hospital you were born or from your family doctor office.*
- I will perform a current sickle cell solubility test and sign the waiver below until the results confirm sickle cell trait status:** *This can be scheduled at your family doctor or with MLC Student Health Services to test your blood. THIS EXPENSE IS THE RESPONSIBILITY OF THE STUDENT-ATHLETE.*
- I decline testing and will sign a written release waiver declining the blood test for sickle cell:** *If you are unable to obtain prior sickle cell trait information or do not want to have the blood test done you may sign a waiver declining the test.*

Sickle Cell Trait Waiver

I have read the information provided above regarding sickle cell trait status and the risk it could pose to me if I have sickle cell trait and participate in intercollegiate athletics at Martin Luther College. I understand that the NCAA and Martin Luther College recommend that all student-athletes undergo sickle cell trait testing. **I DO NOT** wish to undergo sickle cell trait testing as part of my pre-participation medical exam and clearance **and I voluntarily agree to release, discharge, indemnify and hold harmless** Martin Luther College’s employees, agents, and insurers from any and all costs, liabilities, expenses, claims, demands, or causes of action for any loss or personal injury, up to and including death, that might result from not undergoing sickle cell trait testing although recommended by the NCAA and Martin Luther College Health Services. I have not undergone prior testing for sickle cell trait and have no prior knowledge that I have the sickle cell trait.

I have read and signed this document with full knowledge of its significance.

Student-Athlete Name: _____ SPORT(S): _____

Student-Athlete Signature: _____ DATE: _____
(If minor, parent/guardian signature)

Return to: Martin Luther College, ATTN: Athletic Office, 1995 Luther Court, New Ulm, MN 56073