



## **Sickle Cell Trait Testing**

WSU Athletics, in accordance with NCAA bylaw 17.1.5.1, requires student-athletes to provide results of a sickle cell trait test, as a part of their pre-participation medical examination. The waiver is no longer an option, effective August 1, 2022.

Student-athletes may choose to:

1. provide results from prior testing and/or newborn screening
2. receive a new blood test to check for sickle cell trait

OR

All parts of the pre-participation medical exam must be completed **prior** to participation in any practice, competition, or out-of-season conditioning activities, including summer workouts. As such, sickle cell trait testing results must be submitted **prior** to any participation occurring.

Athletes who are positive for sickle cell trait **will be** allowed to participate in intercollegiate athletics; having a positive sickle cell trait test does **not** automatically prohibit participation.

### **About sickle cell trait:**

- Sickle cell trait is **not** a disease. Sickle cell trait is an inherited condition affecting the oxygen-carrying substance, hemoglobin, in the red blood cells. A person is born with sickle cell trait; it cannot be developed over time or contracted like a disease.
- Sickle cell trait is a common condition, affecting more than 3 million Americans.
- Although sickle cell trait occurs most commonly in African Americans and those of Mediterranean, Middle Eastern, Indian, Caribbean, South American, and Central American ancestry, persons of all races and ethnicities may test positive for this condition.
- Those with sickle cell trait usually have no symptoms or any significant health problems. However, sometimes during very intense, sustained physical activity, as can occur with collegiate sports, certain dangerous conditions can develop in those with sickle cell trait. This may lead to blood vessel and organ (kidneys, muscles, heart) damage that can cause sudden collapse and/or death.

- Some of the settings in which this can occur include timed runs, all out exertion of any type for 2 to 3 continuous minutes without a rest period, intense drills, and other bursts of exercise after doing prolonged conditioning training.
  - Extreme heat and dehydration increase the risks.
- More information including the NCAA's sickle cell trait fact sheet is available on the NCAA web site below:
  - [https://ncaaorg.s3.amazonaws.com/ssi/other/SSI\\_NCAASickleCellTraitforSA.pdf](https://ncaaorg.s3.amazonaws.com/ssi/other/SSI_NCAASickleCellTraitforSA.pdf)

### **To satisfy the NCAA sickle cell trait testing requirement**

Incoming student-athletes MUST do one of the following:

1. Call the hospital where you were born to request your test results from birth.
2. Call the Health Department of the state you were born in to request your results. Michigan born student-athletes can also call the Michigan Chapter of the Sickle Cell Disease Association at 313-864-4406. The following information is needed:
  - a. Date of birth
  - b. Mom's name at time of birth
  - c. Address at time of Birth
  - d. City and Hospital at time of birth
3. When getting your yearly physical, have your doctor order blood work to get tested for sickle cell trait. This is a qualitative test, which means your test results must state positive or negative.
4. The NCAA has an agreement with Quest Diagnostics. This is a patient-centered laboratory test ordering service, and results are typically ready between 1-7 days from the date of the blood draw.
  - a. Visit the website below to find a Quest Diagnostics location near you, generate the test order, pay for the test, and to print the test requisition form. You MUST bring the test requisition form with you to have your blood drawn.
    - i. <https://sicklecelltesting.pwnhealth.com/>
5. Contact the WSU Sports Medicine Staff to discuss getting a test through WSU's team physicians at Henry Ford Health.