Nazareth College Sports Medicine
Sickle Cell Trait Waiver & Release Form

About Sickle Cell Trait
• Sickle cell trait is an inherited condition affecting hemoglobin (the oxygen-carrying protein) in red blood cells.
• Sickle cell trait is a common condition, present in more than three million Americans.
• Although sickle cell trait appears most commonly in individuals of African, South American, Central American, Caribbean, Indian, and Saudi Arabian descent or with ancestors from Mediterranean countries, people of all races, ethnicities, 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 normal disc shape to a crescent or a “sickle” shape). The sickle-shaped blood cells can accumulate in the bloodstream, clogging blood vessels and leading to collapse from the rapid breakdown of muscles starved of blood.

Sickle Cell Testing
• The NCAA mandates that all NCAA student-athletes confirm sickle cell trait status before the student-athlete participates in any intercollegiate athletic event, including strength and conditioning sessions, practices, and competitions.
• Student-athletes can either provide proof of sickle cell trait blood test results or sign a waiver declining confirmation of sickle cell trait status. A student declining confirmation must complete education regarding sickle cell trait status prior to participating in intercollegiate athletics.
• Nazareth College does not offer student-athlete testing at this time but if a student-athlete wishes to be tested, the sports medicine staff can refer him or her to a laboratory for testing at his or her expense.

WAIVER AND RELEASE

I, ________________________________, understand and acknowledge that the NCAA and the Nazareth College Athletics Department mandates that all student-athletes have knowledge of their sickle cell trait status. Additionally, I have read and fully understand the aforementioned facts about sickle cell and sickle cell trait testing.

Recognizing that my true physical condition is dependent upon an accurate medical history and 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 Nazareth College Sports Medicine personnel.

I do not wish to undergo sickle cell testing as a part of my pre-participation physical examination. I voluntarily agree to release, discharge, indemnify, and hold harmless Nazareth 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 mandate of the NCAA and Nazareth College Athletics Department regarding confirmation and disclosure of my sickle cell trait status.

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 ____________

Sport ____________________________

Parent/ Guardian signature (if under 18 years of age) ____________________________ Date ____________

Parent/ Guardian Print Name ___________________________________________________________________________________