

**North Park University Intercollegiate Athletics**  
**Athletic Training Services**  
**Sickle Cell Trait Information Form**

*This form is for student-athletes new to North Park only. Returners can skip.*

**What is Sickle Cell?**

- Sickle cell trait is an inherited condition involving the oxygen-carrying protein, hemoglobin, in red blood cells
- This is a common condition, over three million Americans have sickle cell trait
- Most predominant in African Americans and those of Mediterranean, Middle Eastern, Indian, Caribbean, South and Central American ancestry – however, persons of all races and ancestry may test positive
- During intense, sustained exercise the abnormal hemoglobin can cause the blood cells to change shape from round to quarter-moon shaped, otherwise known as “sickling”

**What are the risks?**

- As red blood cells sickle they become inflexible and sticky, blocking adequate blood flow to the tissues, organs and muscle
- This blockage is associated with a condition known as exertional rhabdomyolysis, which is the breakdown of oxygen-starved muscle – this can progress to sudden collapse, organ failure and death if mismanaged or mistreated
- Other factors that can increase the risk, or worsen the complications, associated with sickle cell trait include: high heat-humidity, dehydration, altitude, general illness and asthma.

**Can student-athletes participate if they have the sickle cell trait?**

- Having sickle-cell trait does not exclude an athlete from participation, but does require precautions in order to protect against risks associated

**How do I fulfill the Sickle Cell Trait testing requirement?**

1. Submit results of previous sickle-cell trait testing
2. Undergo sickle-cell trait testing with physician or through Swedish Covenant Hospital and submit results
3. Sign a waiver acknowledging the risks of not knowing your sickle-cell trait status

You must choose one of these three options before you can compete ***in any way*** as a student-athlete at North Park. This includes pre-season and off-season training.

**More Information from the NCAA:**

<http://www.youtube.com/watch?v=EiEpmZLLcuM&feature=youtu.be>

<http://www.youtube.com/watch?v=lbFWP39tF1A&feature=youtu.be>

**North Park University Intercollegiate Athletics**  
**Athletic Training Services**  
**Sickle Cell Trait Compliance Form**

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After reviewing the North Park Sickle Cell Trait Education Form and other NCAA Educational Materials, I have chosen the following method to remain in compliance with NCAA Division III regulations regarding sickle-cell trait status and testing:

**CHECK ONE**

- ☐ I will provide documentation of my sickle cell trait status from previous testing (bring documentation with you to your sport's reporting day, or email to Head Athletic Trainer Eric McQuaid @ [emcquaid@northpark.edu](mailto:emcquaid@northpark.edu))
  
- ☐ I will undergo sickle-cell testing through Swedish Covenant Hospital (available when you arrive to campus). I understand that if my health insurance does not cover the cost of this test, the cost will be charged to my North Park University student account (\$10.00), and I will be responsible for paying the fee. If I have pending financial aid on my student account, I authorize North Park University to apply my aid to this fee.
  
- ☐ I, \_\_\_\_\_, understand and acknowledge that the NCAA and North Park University Department of Athletics recommends 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 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 the North Park University Athletic Training Staff. I do not wish to undergo sickle cell trait testing and I voluntarily agree to release, discharge, indemnify, and hold harmless North Park University, 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 recommendation of the NCAA and the North Park University Department of Athletics. I have read and signed this document with full knowledge of its significance.

Student-Athlete (print) \_\_\_\_\_ Sport: \_\_\_\_\_

Student-Athlete (sign) \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian Signature (if under 18) \_\_\_\_\_ Date \_\_\_\_\_