

# Sickle Cell Trait Test 2025-2026



**This is mandatory for all NCAA Student Athletes**

**[ALL student athletes no matter gender or race must complete this form]**

## Facts about Sickle Cell Trait:

- Sickle cell trait is an inherited condition of the oxygen-carrying protein, hemoglobin, in the red blood cells.
- Although sickle cell trait is most predominant in African-Americans, and those of Mediterranean, Middle Eastern, Indian, Caribbean, and South and Central American ancestry, persons of all races and ancestry may test positive for sickle cell trait.
- Sickle cell trait is generally benign, and almost all of the 3 million Americans with sickle cell trait live healthy normal lives. However, during maximal exercise the oxygen levels in muscles can decrease sufficiently to cause some of the red cells to change from the normal disk shape to a crescent or sickle shape. These sickled red blood cells can block blood vessels in muscles, kidneys, and other organs resulting in severe damage to the involved tissues and even death

## Did you know?

- People who inherit one sickle cell gene and one normal gene have the sickle cell “trait.” People with sickle cell trait usually do not have any of the symptoms of the disease. But, it is possible for a person with sickle cell trait to have complications of the disease under extreme conditions, such as:
  - High altitude (flying, mountain climbing, visiting cities with a high altitude)
  - Increased pressure (scuba diving)
  - Low oxygen (mountain climbing or exercising extremely hard)
  - Dehydration (too little water in the body)
- In addition, people with sickle cell trait can potentially pass the disease on to their children.
- As a varsity athlete, it is important to know whether or not you have sickle cell trait. To obtain

## Sickle Cell verification:

- Check with your family physician to see if you have already received this test. **Most students were tested at birth**; however this varies from state to state.
- Sickle cell trait is diagnosed with a simple blood test. Contact your family physician to arrange for an appointment.
- Local services with Quest Diagnostics or other lab can provide sickle cell testing, but a prescription from a physician may be required (utilize this link if needed: <https://www.accessalabs.com/Sickle-Cell-Test>)

## Compliance:

- **This is mandatory to participate in any Thiel College varsity sport.**
- **Failure to submit proof of a Sickle Cell Trait Test RESULTS (not receipt) inhibits the ability to participate in Thiel varsity athletics scrimmages and games. The receipt allows practice participation, but no further competition.**

Student Name	Student Sport	Date Tested	Test Results (+ or -)

**\*\*\*A copy of the test results must be attached or uploaded to front rush. It may be on your birth immunization records.\*\*\***