General Information
x 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. You are born with sickle cell trait; it cannot be developed over time or contracted like a disease. Sickle cell trait is a common condition (> three million Americans)

x Although Sickle cell trait occurs most commonly in African-Americans and those of Mediterranean, Middle
Eastern, Indian, Caribbean, and South and Central American ancestry, persons of all races and ethnicities
may test positive for this condition.

x 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, leading to blood vessel and organ (kidneys,
muscles, heart) damage that can cause sudden collapse and 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 i (h)-7.998 (o)12.998 [.99

-and-safety/medical-conditions/sickle-cell-trait

Sickle Cell Trait Testing Options:
The NJCAA recommends that all student-athletes have knowledge of their sickle cell trait status. Student-
athletes must 1) show proof of a prior test with results; 2) have a blood test to check for sickle cell trait; or 3) sign
a testing waiver declining options 1 and 2. Whichever option is chosen, it must be completed before the athlete participates in any intercollegiate athletics event, including strength and conditioning sessions, practices,
competitions, etc. Athletes who are positive for thpove-72 (t)-4.008 (r)7.00a (d)-7.998 (i)5 (t)-4.008 ( )-3.99wiiiove-72 (b

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