Dear Student-Athlete, Parent and/or Guardian,

Effective August 2012, all NCAA Division II member institutions will require student-athletes to be screened for Sickle Cell Trait (SCT) or show proof of a prior test with its’ corresponding results. Documentation of testing results will be a pre-requisite to any and all activity (team weight lifting, conditioning, try-outs, practices or games) and will be included in the pre-participation paperwork. Sickle Cell Trait has been identified as a cause for recent student-athlete deaths at the high school and collegiate level. With overwhelming approval by the Management Council at the 2012 NCAA Convention, SCT screening has now become a mandatory portion of the pre-participation medical exam.

**Sickle Cell Trait Information**

Sickle Cell Trait is the inheritance of one gene for normal hemoglobin (A) and one gene for sickle hemoglobin (S), giving the genotype AS. Having the sickle cell trait does not mean one has the sickle cell disease. The presence of healthy round red blood cells provides the muscles with the oxygen necessary for athletic performance. During periods of intense exercise the sickle cell trait can change the shape of the red blood cells from round to quarter-moon. When this occurs, these sickled red blood cells can accumulate in the bloodstream. The accumulation of these cells can cause ischemic (cell death) rhabdomyolysis, the rapid breakdown of muscle cells. Heat, dehydration, altitude, asthma, and other medical conditions may increase the risk. Sickle cell trait (AS) is NOT sickle cell anemia (SS), in which two abnormal genes are inherited. Sickle cell anemia causes major anemia and many clinical problems, whereas sickle cell trait causes no anemia and few clinical problems. Sickle cell trait will not turn into the disease. However, it is possible to have symptoms of the disease under extreme conditions of physical stress or low oxygen levels. In some cases, athletes with the trait have expressed significant distress, collapsed, and as mentioned previously—have died during rigorous exercise.

Sickle Cell Trait has been found across all ethnicities and among athletes at all levels, including high school, collegiate, Olympic, and professional. Sickle cell trait is not a barrier to outstanding athletic performance. It is generally benign and consistent with a long, healthy life. Most athletes complete their careers without any complications. Recognition of the athlete’s positive SCT status must be followed with targeted education and tailored precautions because deaths have been tied to lapses in education and inadequate precautions.

**How to complete SCT testing**

**Option #1:** Contact your family physician and request to have a Hemoglobin Solubility Test completed.

1. If your physician says you do not need it due to your heritage, please inform them that you are an NCAA collegiate athlete and it is mandatory for you to have the testing completed in order to participate in collegiate sports.
2. Complete test and get your results
3. Send results in to QU Sports Medicine via fax (704-295-184) or email (Outraining@queens.edu)
   i. Include on your results the following information
      1. Queens Student ID # and sport ← **Please do not forget to include this information!**
Queens University of Charlotte Sports Medicine
Sickle Cell Information Letter
(effective August 2012)

Option #2:

1. Go the Medivo website at https://sicklecelltesting.medivo.com/order/am
2. Enter appropriate demographic information
3. Search for the most convenient location for the blood draw
4. Generate test order, pay the single $32.50 fee for the SCT screening test and physician service
5. Print Quest Diagnostics test requisition form (will show after payment has been made). This form MUST accompany the student-athlete to the testing location.
6. Once results are ready, they will be posted on the Medivo website for the student-athlete to view and print
   a. Negative/Normal Result
      i. Student-athlete prints results from Medivo website and provides copy to Queens University of Charlotte Sports Medicine.
   b. Positive Result
      i. Student-athlete will receive a call directly from a Medivo physician
      ii. Student-athlete will need to go to http://confirmationtest.medivo.com/order/am to request and pay for the confirmation reflex testing ($30). This test may require an additional blood draw.
      iii. Student-athlete provides final results to Queens Sports Medicine via fax (704-295-184) or email (Qutraining@queens.edu)
         1. Include on your results the following information
            a. Queens Student ID # and sport—Please do not forget to include this information!
            iv. Student-athlete is offered counseling on the implications of sickle cell trait, including health, athletics and family planning.

This is information that the NCAA requires all Division II member institutions have on file for every student-athlete BEFORE that student-athlete is permitted to begin athletic activity of any kind for the 2012-2013 academic/athletic year.

Kind regards,

Queens University of Charlotte
Sports Medicine Staff