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**Sickle Cell Waiver:** Per NCAA rules, a prospective student-athlete that participates in a tryout must provide the institution with documented results of a sickle cell solubility test. If such documentation cannot be provided the prospective student-athlete must sign the written release declining the test below. If the prospective student-athlete is under 18 at the time he/she signs this release the prospective student-athlete's parent/legal guardian must also sign the release. The completed release should be returned to the appropriate coach who must then submit it to the Office of Compliance.

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**Facts About Sickle Cell Trait:**

- o Sickle cell trait is an inherited condition of the oxygen-carrying protein, hemoglobin, in the red blood cells.
  
- o Sickle cell trait is a common medical condition most predominate in those of African, Mediterranean, Middle Eastern, Indian, Caribbean, and South and Central American ancestry, but people of all races and background may test positive.
  
- o 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 or elsewhere in the body and/or death.
  
- o Identification of sickle cell trait is not, by itself, a limiting or disqualifying finding with regards to athletic participation.

**Sickle Cell Trait Testing Protocol:**

Since 2010, the NCAA has recommended that all NCAA Division II student-athletes have knowledge of their sickle cell trait status. New requirements have been added to the pre-participation physical in which student-athletes must prior to any physical activity either:

1. Undergo a sickle cell solubility test,
2. Provide results of prior sickle cell testing, or
3. Complete Sickle Cell Trait Testing Waiver form

**SICKLE CELL TRAIT TESTING WAIVER**

I, \_\_\_\_\_, understand and acknowledge that the NCAA and Tusculum College  
Student-Athlete Name, printed  
Athletic Department recommends that all student-athletes have knowledge of sickle cell trait status. Additionally, I have read and fully understand the aforementioned facts about sickle cell trait and sickle cell 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 other 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 Tusculum College Athletic Training staff.

I do not wish to undergo sickle cell trait testing and I voluntarily agree to release, discharge, indemnify and hold harmless Tusculum 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 recommendation of the NCAA and the Tusculum College Athletic Department.

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(s)

\_\_\_\_\_  
Parent/guardian signature (if under 18)

\_\_\_\_\_  
Date