

# OKLAHOMA PANHANDLE STATE UNIVERSITY

## Sickle Cell Trait Waiver Form

### 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 usually benign, but during intense, sustained exercise, hypoxia (lack of oxygen) in the muscles may cause sickling of red blood cells (red blood cells changing from a normal disc shape to a crescent or "sickle" shape), which can accumulate in the bloodstream and "logjam" blood vessels, leading to collapse from the rapid breakdown of muscles starved of blood.

### Sickle Cell Trait Testing

The NCAA and Oklahoma Panhandle State University Athletic Training Department mandates that all NCAA student-athletes have knowledge of their sickle cell trait status, show proof of a prior test or sign a waiver before the student-athlete participates in any intercollegiate athletic event, including strength and conditioning sessions, practices, competitions, etc. The recommendation of Oklahoma Panhandle State University Athletic Training Department is that every student-athlete be tested or show proof of prior testing for sickle cell trait. Universal screening is required at birth, yet many student-athletes do not know their status. This testing should be obtained at home prior to the school year. Bring a copy of your test results with your sports physical. Oklahoma Panhandle State University is not responsible for sickle cell testing.

## Sickle Cell Trait Testing Waiver

I, \_\_\_\_\_ understand and acknowledge that the NCAA and Oklahoma Panhandle State University Athletic Training Department mandates 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 and sickle cell testing.

Recognizing that my true physical condition is dependent upon an accurate medical history and 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 Oklahoma Panhandle State University Athletic Training Department personnel.

I do not wish to undergo sickle cell trait testing and I voluntarily agree to release, discharge, indemnify and hold harmless the state of Oklahoma, the University, its officers, employees and agents from any 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 mandate of the NCAA and Oklahoma Panhandle State University Athletic Training 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

\_\_\_\_\_  
Parent/Guardian Signature (if under 18 years of age)

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Guardian Print Name

\_\_\_\_\_  
Date

\_\_\_\_\_  
Witness

\_\_\_\_\_  
Date

