Knowing Your Sickle-Cell Trait Status

As of the 2013-14 academic year, the NCAA recommends that all student-athletes have knowledge of their sickle cell trait status. **Student-athletes must do one of the following:** 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.

**Signing of the waiver is not recommended:** rather, it is preferred that all student-athletes know their status to help ensure their health and well-being during participation in athletics. The athlete must review educational materials regarding sickle-cell trait before signing the waiver form, which can be accessed at [www.snc.edu/athletics/sportsmedicine](http://www.snc.edu/athletics/sportsmedicine).

**“How do I find my status?”**
Infants born after 1984 were tested for sickle-cell trait, and therefore, the documentation should be available from your family pediatrician. Contact your pediatrician (at birth) and get documentation that indicates what your sickle-cell trait is.

If you were born in Wisconsin or Illinois, you can contact the resources listed below for your results. If you were born in another state, you may simply do an internet search for “newborn screening + your birth state.” This search should provide you with information on who you must contact to obtain your results.

- **Contact information if born in Wisconsin:**

  The Wisconsin state statute that governs newborn screening states that these results will only be given to physicians on behalf of the student-athlete.

  Gary Hoffman  
  Wisconsin Newborn Screening Laboratory  
  465 Henry Mall  
  Madison, WI 53706  
  Phone: 608-262-4692  
  Fax: 608-262-5494

- **Contact information if born in Illinois:**

  Illinois Department of Public Health  
  Lori Bleess, phone: 217-557-7199  
  Allow one week for processing

You may also be tested by your primary care physician during your pre-participation physical exam. The student-athlete or student-athlete’s primary insurance is responsible for all testing costs. If you choose this option, be sure to attach the results of the test.