



**The Richard Stockton College of New Jersey**

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RE: NCAA Recommendations for Testing Sickle Cell Trait

Date: 7/25/11

The NCAA is recommending that Sickle Cell Trait is tested in student athletes if their status is not known prior to their competitive seasons. Sickle Cell Trait is a genetic blood disorder that causes red blood cells to become deformed. This can cause several negative effects on student-athletes' health and performance. Most of the time sickle cell is screened at birth, but often student-athletes are unaware of their status. In order to obtain your status on sickle cell, please check with your primary care physician. If your status is unknown, then your primary care physician can order a blood test to screen for sickle cell.

Testing for Sickle Cell Trait is only a recommendation at this time; it is not mandatory. No sickle-cell athlete is ever disqualified, because simple precautions seem to suffice. Screening and simple precautions may prevent negative health effects and help athletes thrive in their sport.

If you have any questions or concerns, please feel free to contact me.

Sincerely,

Jessica P. Spencer Bond, MA, ATC