



Clemson University Athletic Department Sports Medicine Sickle Cell Trait Testing Policy

In accordance with recent NCAA mandates, all incoming Clemson University Student-Athletes must be tested for the sickle cell trait prior to any participation, practice, or lifting.

Although persons of any race and ancestry may test positive for sickle cell trait, it predominantly affects African-Americans. Less than 1% of white Americans carry the sickle cell trait. Within the past ten (10) years, eight (8) college football players have died from acute rhabdomyolysis, a result of carrying the sickle cell trait. Some of these players were unaware that they had the trait.

If you have been previously tested for sickle cell trait, contact your family physician, pediatrician, or Health Department to obtain copies of these results. One test per lifetime is sufficient.

If you have never had a lab screening for sickle cell trait, or are unable to obtain prior results, then you should schedule one immediately. Typically, the blood test will take 48-72 hours to be finalized and documented results provided.

Previous results OR current results MUST BE RETURNED with the Medical Health History and Insurance Forms that are submitted to CU Sports Medicine. Otherwise, the student-athlete will not be allowed to obtain a pre-participation physical exam from the CU Team Physician. He/she will be withheld from workouts, practice, and any other form of athletic participation. NO EXCEPTIONS.

If a student-athlete tests positive for sickle cell trait, the Team Physician will discuss the inherent health risks and precautions to help avoid sickle cell trait-related problems during his/her pre-participation physical exam. Positive results may also mean adjustments in the student-athlete's initial conditioning and practice schedule.

Contact us immediately if you have any questions regarding this policy.

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