CCSU STUDENT HEALTH SERVICES

Welcome Varsity Athlete,

As your health and safety are of the utmost importance you must receive medical clearance from our office, CCSU’s Student Health Services at the Student Wellness Center, prior to participating in our varsity athletic program. Our medical clearance process requires you to complete the following five steps:

1. Completion of the Connecticut State University Student Health Services’ Form (Grey)
2. Completion of the CCSU Varsity Athletics: Supplemental Student Health Services’ Form (Blue)
3. Submission of results of testing for sickle cell trait or a signed waiver opting out of the testing (Pink)
4. Email medical forms and all required documentation to sws@ccsu.edu as a PDF attachment only.
5. An appointment with CCSU Student Health Services for University Clearance after your Sports Physical and medical clearance with your physician.

Detailed Instructions for Each of These Steps Are Below:

Step 1: Completion of the Connecticut State University Student Health Services’ Form (Grey)

All students are required to submit a completed Connecticut State University Student Health Services Form prior to matriculating.

On page one you are required to enter the dates of immunization against measles, mumps, rubella (MMR) and varicella (chicken pox) or provide proof of immunity (please attach lab test results if submitting proof of immunity versus actual vaccine dates).

Please note, that all student-athletes must have up-to-date immunizations against tetanus (within the last ten years and preferably the last seven), meningitis (must be a quadrivalent vaccine such as Menactra), and hepatitis B (vaccination against hepatitis A is also recommended). In addition, it is strongly recommended that you consider a Meno B series and annual flu vaccine.

On the first page is a required Tuberculosis (TB) Risk Assessment. Please make sure to answer all questions in section 6. If you answer yes to any question in section 6 you must go to section 6A for further evaluation.

On page two please provide your past medical and surgical history, along with an accurate and complete list of your medications and allergies.

Step 2: Completion of the CCSU Varsity Athletics: Supplemental Student Health Services’ Form (Blue)

Your sport pre-participation physical exam must be conducted by your primary care provider (PCP) please secure an appointment with their office as soon as possible. Please note that as per NCAA requirements this exam must be done within the last 6 months of the final clearance of your sport by CCSU Student Health Services.

Pages one and two are a health questionnaire that you must complete prior to your sport pre-participation physical examination (PPE) with your PCP. You may need assistance from your parent(s)/guardian(s) to complete this form, as an accurately completed history form is essential to this process.
Page three is the physical examination form, **to be completed by your PCP**. Please note that we will not accept any other forms or copies of records in lieu of these forms. If any form is incomplete or we have questions, we will call you.

You can avoid delays in being medically cleared to participate in your sport by completing all necessary medical assessments at home and submitting documents to Student Health Services in a timely fashion.

- Your PCP may recommend further testing/labs for any conditions found at the time of your PPE exam. **Please make arrangements to have the recommended testing/labs done at home before your anticipated date of arrival.** Since many times insurances will not cover out of state providers/and or services, it is important to have all testing done prior to your arrival at CCSU.

- If in the past, you have had any diagnostic tests i.e. cardiac, respiratory, or any other medical workups, then results must be submitted with your forms. **Failure to submit these results will delay your medical clearance to participate in your sport.**

**Step 3: Submission of results of testing for sickle cell trait or a signed waiver opting out of the testing (Pink)**

The NCAA requires that prior to participation in any intercollegiate athletic event (including strength and conditioning sessions, practices, competitions, or try-outs), each new, first-time student athlete must either show proof of a prior test for sickle cell trait, be tested for sickle cell trait, or sign a waiver releasing CCSU of liability if they decline to be tested. CCSU strongly urges you to know your sickle cell trait status. Most states started screening all newborns by 1990. Please contact your primary care provider to get a copy of your newborn screen or to have them order a new sickle cell screening test.

**Step 4: SUBMITTING YOUR MEDICAL FORMS and all pertinent health information.**

A. When all of your forms (Grey, Blue, & Pink) are complete, please save them in ONE PDF file with your name and sport (example: JohnSmith_MSoccer.pdf or JaneSmith_WSoccer )

B. Be Advised that CCSU Student Health Services will only accept your medical documents in a PDF format.

C. Please e-mail medical forms and all pertinent health information to sws@ccsu.edu as a PDF attachment only.

D. Please retain a copy of all forms for your own records

**DO NOT** email, fax, mail or give medical health forms to coaches to submit for you. Your coaches should not request or be provided with copies of any of your personal medical health forms. It is your responsibility to submit these medical forms directly to CCSU Student Health Services.

We are very happy you are joining us at Central Connecticut State University. All of us in Student Health Services are here to help you succeed in your academic and athletic career at CCSU. Please contact us at 860-832-1925 if you have questions or require special considerations.

Wishing you a healthy, successful, and safe varsity season.

Dr. Marisol Ostrov, APRN, Ed.D.  
Central Connecticut State University  
Student Health Services
Connecticut State University Student Health Services Form Instructions

Important: Prior to submitting your information, please make a copy for your records

Connecticut General Statute and CCSU requires the following information for all matriculated students (full and part time). Please submit this form to Student Health Services- no later than **July 15** for the Fall semester and **December 15** for the Spring semester. Failure to submit the required form will result in a health hold on your student account.

Proof of immunity to **Measles (Rubeola)**: you must provide proof of one of the following:
- Two measles or two MMR immunizations (1st dose on or after your 1st birthday; second dose at least 28 days later); OR
  - Lab results showing a positive measles titer (blood test) Please submit a copy of the lab report results with health form.

Proof of immunity to **Rubella**: you must provide proof of one of the following:
- Two rubella or two MMR immunizations (1st dose on or after your 1st birthday; second dose at least 28 days later); OR
  - Lab results showing a positive rubella titer (blood test) Please submit a copy of the lab report results with health form.

Proof of immunity to **Mumps**: you must provide proof of one of the following:
- Two mumps or two MMR immunizations (1st dose on or after your 1st birthday; second dose at least 28 days later); OR
  - Lab results showing a positive mumps titer (blood work) Please submit copy of the lab report results with health form.

Proof of immunity to **Varicella** (chicken pox): you must provide proof of one of the following:
- Two varicella immunizations (second dose at least 28 days after the first dose); OR
  - Lab results showing a positive varicella titer (blood test) Please submit copy of the lab report results with health form.

**Certification of confirmed cases of measles, mumps, rubella & varicella by a licensed health care provider may be submitted in lieu of the above.** (signed note from a medical provider).

Proof of **Meningococcal A,C, W-135 or Y** vaccination (is required for all residential students prior to room assignment. **No student may move into campus housing without proof of this vaccine.** The vaccine must have been administered within five years before enrollment.

**Hepatitis B**: The American College Health Association, the Connecticut Public Health Department, and the Centers for Disease Control recommend students be immunized against **Hepatitis B** *(while not required it is strongly recommended).*

**Tetanus**: A booster shot is recommended every ten years.

**IMMUNIZATION EXEMPTIONS**

- Students born prior to January 1, 1957 are exempt by age from the measles, mumps, and rubella requirement.
- Students born prior to January 1, 1980 are exempt by age from the varicella requirement.

Please check your Central Pipeline account no sooner than 5-7 business days after submitting the required information. Your Central Pipeline account will indicate the MISSING information under the “Registration Status” Section. If you have a health hold and nothing is indicated as to what is missing, we have not received ANY information for you.

Please make a copy for your record. Medical Records are not maintained or transferred with transcripts to other institutions by CCSU.

Please email documents to sws@ccsu.edu as a PDF attachment only.
Prior BCG does not exempt patient from this requirement.

I hereby grant permission for the Connecticut State University Health Services staff to provide me with appropriate medical and emergency treatment as determined by the Student Health Services staff. I understand that University Health Services staff may disclose my student medical records and/or information from such records to appropriate University personnel and/or Emergency personnel.

Signature of Student: ____________________________

Signature of Parent/Guardian: ____________________________

Date: ____________________________
**Connecticut State University Student Health Services Form**

**Page 2**

*PLEASE RETAIN A COPY OF THIS HEALTH FORM FOR YOUR RECORDS*  
*BOTH SIDES/PAGES OF THIS FORM MUST BE SUBMITTED*

### Student Name

### Home/Personal Email Address

### Student Cell Phone

#### Permanent Home Information

<table>
<thead>
<tr>
<th>Name</th>
<th>Relationship</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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</table>

<table>
<thead>
<tr>
<th>Home Phone</th>
<th>Cell/Work Phone</th>
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<tr>
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<table>
<thead>
<tr>
<th>Street Address</th>
<th>Home Phone</th>
<th>Cell/Work Phone</th>
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<table>
<thead>
<tr>
<th>City</th>
<th>State</th>
<th>Zip</th>
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### Notify in Case of Emergency

<table>
<thead>
<tr>
<th>Name</th>
<th>Relationship</th>
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<table>
<thead>
<tr>
<th>Home Phone</th>
<th>Cell/Work Phone</th>
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<table>
<thead>
<tr>
<th>Street Address</th>
<th>Home Phone</th>
<th>Cell/Work Phone</th>
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<tr>
<th>City</th>
<th>State</th>
<th>Zip</th>
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</table>

### Personal Physician/Healthcare Provider

<table>
<thead>
<tr>
<th>Name</th>
<th>Address</th>
<th>Telephone #</th>
<th>FAX #</th>
</tr>
</thead>
<tbody>
<tr>
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</tbody>
</table>

**Personal Medical History-** Please circle all below that apply to you.

- [ ] Check here if none apply

<table>
<thead>
<tr>
<th>Alcohol/Substance Abuse</th>
<th>Dental Problems</th>
<th>Mononucleosis</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anemia</td>
<td>Diabetes</td>
<td>Mumps</td>
</tr>
<tr>
<td>Anxiety/Depression/Mental illness</td>
<td>Gastrointestinal Conditions/IBS</td>
<td>Rheumatic Fever</td>
</tr>
<tr>
<td>Asthma</td>
<td>Gynecological Conditions</td>
<td>Seizures</td>
</tr>
<tr>
<td>Cancer</td>
<td>Hepatitis B or C Disease</td>
<td>Sickle Cell Disease</td>
</tr>
<tr>
<td>Cardiac Condition/Heart Murmur</td>
<td>High Blood Pressure</td>
<td>Thyroid Disorder</td>
</tr>
<tr>
<td>Coagulation/Bleeding Disorder</td>
<td>HIV/AIDS</td>
<td>Tuberculosis</td>
</tr>
<tr>
<td>Concussion</td>
<td>Measles</td>
<td>Other – please explain</td>
</tr>
</tbody>
</table>

**Allergies: Drugs & Other Severe Adverse Reactions** - Please complete all that apply and explain reaction.

- [ ] Check here if you have no allergies

<table>
<thead>
<tr>
<th>Medication</th>
<th>Food</th>
</tr>
</thead>
<tbody>
<tr>
<td>Insect</td>
<td>Environmental</td>
</tr>
<tr>
<td>Seasonal</td>
<td>X-ray Contrast</td>
</tr>
</tbody>
</table>

Are any life threatening?  [ ] Yes  [ ] No

Do you carry an Epi Pen?  [ ] Yes  [ ] No

### Prior Hospitalizations or Surgeries

- Please list dates and reasons.

### Medications – Frequent or regular

- Please list all prescriptions, natural and over the counter medications.

**Is there any other medical information or health concern that we should know about?** Please attach any additional information to further explain your condition(s) or concern(s).

**Current Height**: [ ] **Current Weight**: [ ] **Last Blood Pressure (if known)**:

**not required**

**Did you make a copy for your records?**

---

**Central Connecticut State**

**University Student Health Services**

**1615 Stanley Street**

**New Britain, CT 06050**
INFORMATION FROM STUDENT HEALTH SERVICES
Central Pipeline Account Information

Please check the status of your required health information online:

1. Navigate to the CCSU home page at www.ccsu.edu. Point to CentralPipeline, then click on CentralPipeline for Students.

2. From the CentralPipeline home page, click on the WebCentral-Banner Web Tab and log in with your BlueNet account username and password.

3. From the Registration/Records tab, click on the Check Your Registration Status link. Current information regarding your required documentation is found here. Note: DO NOT CLICK ON “VIEW HOLDS”

4. Select Term (current semester)

If you are not complete you will see a message that says “Your medical records are not complete”. Missing information will be listed in red.

Once your documentation has been submitted to CCSU Student Health Services, please allow 5-7 business days for processing.

Please keep a copy of your documentation, including fax confirmations for your record.

General information about CCSU Student Health Services can be found at http://web.ccsu.edu/healthservices/index.asp

If you have any questions or concerns please contact us at sws@ccsu.edu

Thank you.
Part 1: Health Questionnaire

(Please make sure page two of the CSU Student Health form is complete with your current medical history, medications with dosages, and allergies with reactions.)

Please explain all “Yes” responses on page 3. Circle questions you don’t know the answers to.

<table>
<thead>
<tr>
<th></th>
<th>Yes</th>
<th>No</th>
<th></th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>1) Have you ever been denied or restricted your participation in sports for a medical reason or injury?</td>
<td></td>
<td></td>
<td>2) Have you ever passed out or nearly passed out DURING or AFTER exercise?</td>
<td></td>
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</tr>
<tr>
<td>3) Have you ever had discomfort, pain, tightness, or pressure in your chest during exercise?</td>
<td></td>
<td></td>
<td>4) Does your heart ever race or skip beats (irregular beats) during exercise?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5) Has a doctor ever told you that you have any heart problems or a heart murmur?</td>
<td></td>
<td></td>
<td>6) Have you ever had Kawasaki disease, myocarditis, or an infection in your heart?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>7) Has any family member or relative died unexpectedly or of a heart problem before age 50?</td>
<td></td>
<td></td>
<td>8) Has anyone in your family had unexplained fainting, unexplained seizures, near drowning, or been diagnosed with a chronic or congenital disease?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>9) Do you get tired or out of breath more quickly than you would expect given your fitness level?</td>
<td></td>
<td></td>
<td>10) Do you have high blood pressure?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>11) Do you have high cholesterol?</td>
<td></td>
<td></td>
<td>12) Have you ever had an unexplained seizure?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>13) Have you ever had an injury to a bone, muscle, ligament, or tendon that caused you to miss a practice or a game?</td>
<td></td>
<td></td>
<td>14) Have you ever had any broken or fractured bones or dislocated joints?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>15) Have you ever had an injury that required X-rays, MRI, CT scan, injections, therapy, a brace, a cast, or crutches?</td>
<td></td>
<td></td>
<td>16) Have you ever had a stress fracture?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>17) Have you ever been told that you have or have you had an x-ray for neck instability or atlantoaxial instability?</td>
<td></td>
<td></td>
<td>18) Do you regularly use a brace, orthotics, or other assistive device?</td>
<td></td>
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</tr>
<tr>
<td>19) Do you have a bone, muscle, or joint injury that bothers you?</td>
<td></td>
<td></td>
<td>20) Do any of your joints become painful, swollen, feel warm, or look red?</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Instructions (read carefully):
1. You should complete Part 1: Health Questionnaire prior to your pre-participation physical examination (PPE)*.
2. Your PCP must review and sign Part 1 at the time of your examination.
3. Your PCP must then complete Part 2: The Physical Examination, attach any necessary information, and sign on page three.
4. All three pages and the CSU Student Health form along with any additional information, consult letters, lab and/or radiology reports must be emailed in PDF format to Student Health Services, Central Connecticut State University: sws@ccsu.edu.

* NCAA requires pre-participation physical exam be completed within 6 months of the first practice.
### Part 1: Health Questionnaire (Continued)

**Health Questionnaire:** Please explain all “Yes” responses below. Circle questions you don’t know the answers to.

<table>
<thead>
<tr>
<th>Q.</th>
<th>Question</th>
<th>Yes</th>
<th>No</th>
<th>Question</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>21</td>
<td>Do you have any history of juvenile arthritis or connective tissue disease?</td>
<td></td>
<td></td>
<td>22) Do you cough, wheeze, or have difficulty breathing during or after exercise?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>23</td>
<td>Have you ever used an inhaler or taken asthma medicine?</td>
<td></td>
<td></td>
<td>24) Were you born without or are you missing a kidney, an eye, a testicle (males), your spleen, or any other organ?</td>
<td></td>
<td></td>
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<tr>
<td>25</td>
<td>Do you have groin pain or a painful bulge or hernia in the groin area?</td>
<td></td>
<td></td>
<td>26) Have you had infectious mononucleosis (mono)? (please indicate date on page 3)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>27</td>
<td>Do you have any rashes, pressure sores, or other skin problems?</td>
<td></td>
<td></td>
<td>28) Have you had a herpes or MRSA skin infection?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>29</td>
<td>Have you ever had a head injury or concussion?</td>
<td></td>
<td></td>
<td>30) Have you ever had a hit or blow to the head that caused confusion, prolonged headache, or memory problems?</td>
<td></td>
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</tr>
<tr>
<td>31</td>
<td>Do you have a history of seizure disorder?</td>
<td></td>
<td></td>
<td>32) Do you have headaches with exercise?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>33</td>
<td>Have you ever had numbness, tingling, or weakness in your arms or legs after being hit or falling?</td>
<td></td>
<td></td>
<td>34) Have you ever been unable to move your arms or legs after being hit or falling?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>35</td>
<td>Have you ever become ill while exercising in the heat?</td>
<td></td>
<td></td>
<td>36) Do you get frequent muscle cramps when exercising?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>37</td>
<td>Do you or someone in your family have sickle cell trait or disease?</td>
<td></td>
<td></td>
<td>38) Have you had any problems with your eyes or vision?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>39</td>
<td>Have you had any eye injuries?</td>
<td></td>
<td></td>
<td>40) Do you wear glasses or contact lenses?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>41</td>
<td>Do you wear protective eyewear, such as goggles or a face shield?</td>
<td></td>
<td></td>
<td>42) Do you worry about your weight?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>43</td>
<td>Are you trying to or has anyone recommended that you gain or lose weight?</td>
<td></td>
<td></td>
<td>44) Are you on a special diet or do you avoid certain types of foods?</td>
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</tr>
<tr>
<td>45</td>
<td>Have you ever had an eating disorder?</td>
<td></td>
<td></td>
<td>46) Do you have any concerns that you would like to discuss with a doctor?</td>
<td></td>
<td></td>
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<tr>
<td>47</td>
<td>Questions 45 – 47: FEMALES ONLY</td>
<td></td>
<td></td>
<td>47) Have you ever had a menstrual period?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>48</td>
<td>How old were you when you had your first menstrual period?</td>
<td></td>
<td></td>
<td>49) How many periods have you had in the last 12 months?</td>
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</tbody>
</table>

Please explain all “Yes” responses here. Please include dates and any tests or medical specialist visits that may be related. Please attach additional sheets if needed.

__________________________________________________________________________

__________________________________________________________________________

I hereby state that, to the best of my knowledge, my answers to the above questions are complete and correct.

**Signature of athlete:** ____________________________________________      **Date:** ________________

**Signature of parent/guardian:** ____________________________________________      **Date:** ________________

(If athlete is under 18)

*To the examining healthcare provider:* Please consider further evaluation for any positive responses to questions 2-9. At the very least we may request an EKG or clear explanation as to why no further screening or diagnostic tests are warranted.

I have reviewed above Medical History and Health Questionnaire at the time of my examination of the patient named above:

**Healthcare Provider Signature:** ____________________________________________      **Date:** ________________

END PART 1

2
**Part 2: Physical Examination** (To be completed by Health Care Provider)

<table>
<thead>
<tr>
<th>Name</th>
<th>Date of Birth:</th>
<th>Gender:</th>
</tr>
</thead>
</table>

Date of Exam: ____________  *(NCAA requires pre-participation physical exam be completed within 6 months of the first practice)*

**Note to examining Healthcare Provider:** CCSU Student Health Services adheres to the concept of targeted cardiovascular screening for our intercollegiate athletes. Please complete the section below in detail and consider EKG, echocardiogram, and/or referral to cardiology for abnormal cardiac history or exam or for a patient with two or more Marfan stigmata. We do not emphasize the section for the musculoskeletal exam as all athletes will receive a comprehensive musculoskeletal evaluation on campus. Please add any parts of the exam you believe are indicated.

### EXAMINATION

<table>
<thead>
<tr>
<th>Height:</th>
<th>Weight:</th>
<th>BMI:</th>
<th>BP:</th>
<th>Left: / Right: /</th>
<th>Pulse:</th>
</tr>
</thead>
</table>

Vision Right: 20/_______ Left: 20/_______ OU: 20/_______ Corrected? □ Y □ N  Peak Flow or attach PFTs (if history of asthma):

**MEDICAL** *(Please note “NE” if area not examined)*

- General Appearance:
- Marfan stigmata (kyphoscoliosis, high-arched palate, pectus excavatum, arachnodactyly arm span > height, hyperlaxity, myopia, MVP, aortic insufficiency)?
- Eyes/ears/nose/throat:
- Lymph nodes:
- Heart: *(please auscultate sitting, supine, and with squat or valsalva)*
  - Sitting:  
  - Supine:  
  - Valsalva/Squat:  
  - PMI:  
- Pulses- include simultaneous femoral and radial pulses:
- Lungs:
- Abdomen:
- Genitourinary (males only):
- Skin:
- Neurologic:

**MUSCULOSKELETAL** *(only perform as indicated by history and Part 1 above)*

- Neck:
- Back:
- Upper Extremities:
- Lower Extremities:

Healthcare Provider notes with explanations and recommendations

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I have examined the above-named student-athlete and completed the pre-participation physical evaluation. The athlete does not present apparent clinical contraindications to practice and participate in the sport(s) as outlined above. If conditions arise after the athlete has been cleared for participation, clearance may be rescinded until the problem is resolved or clarified.

**Reminders:** Please attach copies of EKGs, other testing, or pertinent consult notes. If none were indicated, please give detailed explanation below or attach copy of pertinent office notes. Although all athletes will have baseline neurocognitive testing (ImPact) on campus, please consider cognitive evaluation or baseline neuropsychiatric testing if a history of significant or multiple concussions.

- □ Cleared for all sports without restriction
- □ Not cleared

Signature of Healthcare Provider: ___________________________ Date: ____________

Name of Healthcare Provider (print): ____________________________

Address: ______________________________________ Phone: __________ Fax: __________
Central Connecticut State University
Intercollegiate Athletics
Sports Medicine
Sickle Cell Trait Policy

IMPORTANT NOTICE TO STUDENT-ATHLETES REGARDING SICKLE CELL TRAIT TESTING

Dear Parents and CCSU Incoming Athlete,

As of August 1, 2010, the NCAA requires that prior to participation in any intercollegiate athletic event (including strength and conditioning sessions, practices, competitions, or try-outs) each new, first-time student athlete will be educated about sickle cell trait and must either show proof of a prior test for sickle cell trait, be tested for sickle cell trait, or sign a waiver releasing CCSU of liability if they decline to be tested.

Therefore, Student-Athletes need to do one of the following:

1. Provide CCSU Student Health Services with documentation showing your sickle cell trait status. Many states test for this routinely at birth. Contact your primary care provider (PCP) to see if they have access to a copy of this result.

   Or

2. If no report is available, discuss with your PCP having a simple blood test for the sickle cell trait. The results need to be sent to CCSU Student Health Services.

   Or

3. Sign a waiver releasing the State of Connecticut, the University, its officers, employees and agents from any and all costs, liability, expense claims, demands or causes of action on account of any loss or personal injury that might result from your refusal to be tested. Please Note: The signing of the waiver is not recommended. It is preferred that all student-athletes know their status to help ensure their health and wellbeing during participation in athletics.

   • Prior to signing the waiver, we are advising all student-athletes to please:
     o Consult with their parent or guardian
     o View NCAA Educational Video https://www.youtube.com/watch?v=EiEpmZLLcuM
     o Read NCAA “A Fact Sheet for Student Athlete” http://www.ncaa.org/sites/default/files/NCAASickleCellTraitforSA.pdf

Please return either a copy of your lab report or a signed waiver form to CCSU Student Health Services, preferably along with your other health forms, as soon as possible.

Sincerely,

Dr. Marisol Ostrov, APRN, Ed.D.                 Kathy Pirog, ATC
Student Health Services                      Head Athletic Trainer
What is 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.
- Likely sickling settings include timed runs, all out exertion of any type for 2 – 3 continuous minutes without a rest period, intense drills and other spurts of exercise after prolonged conditioning exercises, and other extreme conditioning sessions.
- Common signs and symptoms of a sickle cell emergency include, but are not limited to: increased pain and weakness in the working muscles (especially the legs, buttocks, and/or low back); cramping type pain of muscles; soft, flaccid muscle tone; and/or immediate symptoms with no early warning signs.

For Athletes Confirmed Positive for The Sickle Cell Trait, The Following Reasonable Precautions Will Be Taken in Order to Appropriately Manage This Condition:

- The student athlete will slowly build up the intensity and duration of their training with paced progressions. This will also include longer periods for rest and recovery.
- The student athlete will participate in pre-season conditioning programs in order to prepare them for the rigors of their competitive seasons.
- The student athlete may have modified performance tests such as mile runs, serial sprints, etc.
- The student athlete will stop all activity and seek medical evaluation with the onset of symptoms such as “muscle cramping,” pain, swelling, weakness, tenderness, undue fatigue, or the inability to “catch breath.”
- The student athlete will be given the opportunity to set their own pace during conditioning drills.
- The student athlete’s participation may be altered during periods of heat stress, dehydration, asthma, illness, or activity in high altitudes.
Athlete Please Note: After reviewing the information provided regarding sickle cell trait and sickle cell testing, you are electing not to be tested for sickle cell trait or provide lab results from previous tests by signing and submitting this “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.
- Sickle cell trait is a common condition (> three million Americans)
- 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 mandates that all student-athletes have knowledge of their sickle cell trait status, show proof of a prior test or sign a testing waiver before the student-athlete participates in any intercollegiate athletics event, including strength and conditioning sessions, practices, competitions, etc.

SICKLE CELL TRAIT TESTING WAIVER

I, ______________________________, understand and acknowledge that the NCAA mandates that all student-athletes have knowledge of their sickle cell trait status. Additionally, I have read and fully understand the aforementioned facts and the University policy about sickle cell trait and sickle cell trait 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 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 Central Connecticut State University Student Health Services and Sports Medicine 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 Connecticut, the University, its officers, employees, agents and their successors and assigns from any and all costs, claims, damages or expenses, including attorneys fees, arising from any loss or personal injury that might result from my non-compliance with the mandate of the NCAA.

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

______________________________ __________________________
Athlete’s Print Name Sport

______________________________ __________________________
Parent/Guardian’s Signature (if under 18 years of age) Date

______________________________
Parent/Guardian’s Print Name