

# STUDENT-ATHLETE SICKLE CELL TRAIT TESTING INSTRUCTIONS

## STUDENT-ATHLETES:

In preparation for the upcoming school year, the UC San Diego Intercollegiate Athletics (ICA) Department is providing you information on our sickle cell trait screening requirements (or policy). This screening program is required by the NCAA and effectively assists in your health & safety while participating in UCSD Athletics activities. Please carefully read this email and follow the steps outlined to ensure you are appropriately educated and we receive your information in time for participation in Athletics this fall (you will not be able to participate without it).

### Steps for the Student-Athlete:

1. Thoroughly read the Sickle Cell Fact Sheet for Student-Athletes by clicking this link "[SCT fact sheet forSA](#)". For additional information, click on the NCAA webpage on [Sickle Cell Trait](#).
2. Watch the NCAA educational video on sickle cell trait by going to this link: <https://www.youtube.com/watch?v=EiEpmZLLcuM&feature=youtu.be>
3. Obtain a sickle cell trait screening test result (if you already turned one in to us, then you are compliant with this procedure).
  - a. If you were born in California after February 27<sup>th</sup>, 1990, you were tested for this as a newborn. You can obtain your sickle cell trait test result through the California Department of Public Health by:
    1. Filling out the form at this link: <https://www.cdph.ca.gov/Programs/CFH/DGDS/Pages/nbs/athlestraitresults.aspx> and following the directions on the form. You will need to mail or fax a signed copy of the form to CA NBS program after completing the online form.
      1. You can release your records to yourself and/or to:
        - Vanessa Yang
        - UC San Diego Athletics
        - 9500 Gilman Drive, RIMAC 4<sup>th</sup> Floor
        - La Jolla, CA 92093-0531
        - Phone = 858-822-2572
        - Fax # 858-822-1727
      2. Allow about 4 weeks for this to reach the recipient.
      3. If you release the forms to yourself, please make sure you then email or mail the results to Vanessa Yang at the above address.
    2. Similar programs exist in other states. If you were born in a state other than California, you may still be able to retrieve these results by visiting the National Newborn Screening & Genetics Resource Center at <http://genes-r-us.uthscsa.edu/resources/consumer/statemap.htm>.
  - b. If you do not qualify for the California Newborn Screening program or your state did not collect these results, you can schedule a test through your primary care physician before you come to UCSD.
4. You must turn in your sickle cell trait test results to the certified athletic trainer of your sport before your physical at UCSD (contact your head coach for the date and time of your physical). It is best to obtain and send in your test results weeks or months ahead of your arrival to UCSD. Failure to provide us with those results will delay your participation in your sport until we get the results. Results can also be emailed to [vayang@ucsd.edu](mailto:vayang@ucsd.edu); or faxed to 858-822-1727; or mailed to:
  - Vanessa Yang
  - UC San Diego Athletics
  - 9500 Gilman Drive, RIMAC 4<sup>th</sup> Floor
  - Intercollegiate Athletics, MC 0531
  - La Jolla, CA 92093-0531

Please direct questions about sickle cell trait testing to Vanessa Yang.

Sincerely,

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