Sickle Cell Trait Testing Instructions for Parents/Guardians

The NCAA has passed legislation that requires all in-coming freshmen student-athletes to obtain the results of sickle cell trait (SCT) testing prior to that athlete being cleared to participate in any type of workout, including but not limited to: physical testing, cardio workouts, strength training, agility workouts, skills practice and 'tryouts'.

All students must provide Boston College Sports Medicine with written proof of sickle cell trait testing along with results of the test. In the United States, all children are tested at birth for SCT. Results of this test should be on file at the birth hospital or perhaps with a pediatrician. Sickle cell trait testing is NOT part of the normal immunization record which you normally provide to schools and camps.

Tracking down the results of the SCT testing at birth can be very difficult, so if these results cannot be located, the student-athlete must undergo a simple blood test to obtain these results. This test can be done as part of the pre-entrance physical which is required of all students entering Boston College, but you must specifically ask your doctor to include this test. (This test is NOT part of normal blood work.)

IT SHOULD BE NOTED THAT THE RESULTS OF THE TESTING DO NOT CHANGE THE STUDENT-ATHLETE’S PLAYING STATUS. The information from the test assists Sports Medicine, Strength & Conditioning and Coaches in ensuring the safety of the student-athlete.

The results of sickle cell testing may be recorded and provided to Boston College on any of the following: a hospital form, a lab test result form or a document from a physician’s office. These testing results must be returned to Boston College along with other forms that we have provided for completion.

Mail (preferred): Boston College
Facsimile: 617-552-2392
Sports Medicine
Conte Forum – Room 124
Chestnut Hill, MA 02467

May 2015