



**FLORIDA ATLANTIC UNIVERSITY  
DEPARTMENT OF SPORTS MEDICINE  
Sickle Cell Testing and Procedures**

**Florida Atlantic University Athletics Department will be responsible for keeping current documentation of sickle cell trait testing done by FAU student-athletes for the 2010-2011 school years.**

- Student-athletes will be required to show proof of sickle cell testing done prior to competing or participating in any game, practice, or workout.
- The FAU sports medicine staff will provide testing during pre-participation physicals.
- A fee will be charged from the student health center for student-athletes who do not show up at their assigned physical date and time.
- A fee will also be assessed for student-athletes who are trying out for an athletic team and require a pre-participation physical in order to be cleared for any workout, practice, or competition.

**FAU Coaches, strength and conditioning staff, and appropriate medical personnel**

- Will be educated on SS Trait findings (positive findings)
- Must watch a video acknowledging that they have been educated on SS trait and the signs and symptoms associated with exertional sickling.
- Every Coach, Strength Coach, and Medical staff will be responsible for knowing exercise precautions for student-athletes who have tested positive for SS trait.

**Positive Findings**

- If an FAU student-athlete has a positive SS trait must meet with an FAU team physician for proper notification.
- The student-athlete will watch an educational video and sign off on receiving proper notification and education regarding the signs and symptoms associated with exertional sickling.
- Parental notification will only be done as requested by student-athlete (if over 18 years of age)
- FAU Coaches, athletic director, strength and conditioning staff, and appropriate medical personnel will be notified by Head Athletic Trainer of a positive test.

**Exercise Precautions:**

- Athletes will be monitored for any increase in heat related symptoms at all times during workouts, practice and games.
- Athletes will refrain from any repeated maximal effort conditioning or sport related activity if suffering any heat related symptoms
- Adjust work / rest cycles; longer rest periods when appropriate
- Athletes will have clear fluids (water, Gatorade) available and will be encouraged to hydrate more frequently.
- Athletes will be prohibited from a workout when ill
- Athletes will be encouraged to report any unusual symptoms such as muscle cramps, chest pain, headaches, dizziness or shortness of breath

**The FAU sports medicine staff will make every attempt to stay aware of who is SS positive and adjusting their workout when necessary to reduce the risk of potential problems before, during, and after exercise**