



COLLEGIATE STRENGTH & CONDITIONING COACHES ASSOCIATION

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The following presents the current Consensus and Position Statement on Sickle Cell Trait in Athletes by The Collegiate Strength and Conditioning Coaches association (CSCCa)

The CSCCa has as its primary objective the safety and welfare of the athlete. The following position statement serves to describe our current position as it relates to the issue of sickle cell trait in athletes.

- All Strength and Conditioning Coaches on staff should be certified by a nationally accredited agency/organization/association with clearly documented competency standards, ongoing assessment, and continuing education requirements that specifically address and document the signs and symptoms of sickle trait and other related health issues that affect athlete safety.
- Strength and Conditioning Coaches should be familiar, knowledgeable, and up to date regarding the signs and symptoms of sickle trait and be able to implement their institution's documented emergency action plan (EAP) at the first sign of distress shown by an athlete with sickle cell trait or any other identified health issue.
- The CSCCa recommends at least one meeting each year between the Strength and Conditioning Staff and Sports Medicine Staff to specifically address the issues of SCT and identify those "at risk" athletes. We further advise that this meeting be used to update and educate regarding the signs and symptoms of sickle trait and other health issues, the institution's emergency action plan, and other related materials. The content of this meeting should be formally documented.
- EAPs should specifically address SCT and be posted in prominent and practical locations. Furthermore, EAPs should be practiced regularly enough to ensure that all involved personnel are able to respond promptly, appropriately, and efficiently. Again, each practice or EAP review should be formally documented.
- All Strength and Conditioning Coaches should obtain and maintain current CPR /First Aid/AED certification, to ensure their ability to respond promptly, appropriately, and efficiently to medical emergencies.
- Strength and Conditioning Staffs and Sports Medicine Staffs should work closely together to ensure both share information regarding the health, safety, and performance of the athlete to identify potential areas of concern. Athletes with SCT should be included on daily injury reports to remind all parties, including sport and position coaches.
- Strength and Conditioning Coaches should be made aware, in writing, of any athletes identified as being positive for the sickle cell trait, in addition to any other health conditions that could have an impact on the training of the athlete.

- Strength and Conditioning Coaches must know how to properly adapt the volume and intensity of their training programs to accommodate the athlete with sickle cell trait.
- Appropriate accommodations should be made for all athletes during training to ensure maximum protection and safety. These include but are not limited to:
 - Ample amounts of fluids made available during training
 - Gradual acclimatization of the athlete to training in high altitude, heat, and/or humidity
 - Gradual progression of training intensity and close monitoring of tolerance and response. Athletes who demonstrate poor tolerance or other adverse signs should be excused from training.
 - An athletic trainer should be in attendance at all conditioning-related training sessions to help monitor, identify, and lead the response to any athletes showing signs of physical distress during training. See recommended staff to athlete ratio below:

An appropriate number of strength and conditioning staff members should be in attendance at all training sessions to provide appropriate monitoring of the athletes. Incoming freshmen, Jr. College transfers, and walk-ons should not exceed a 1:10 ratio. These groups of athletes require significantly more individualized attention from the strength & conditioning staff as staff members teach the athletes the fundamentals of strength and conditioning and become familiar with their specific strengths and weaknesses. Veteran athletes should not exceed a 1:15 ratio. These ratios are necessary to optimize instruction and supervision and to maximize the health & safety of the athlete.