
To: South Winneshiek High School Parents
From: Heather Lange, LAT, ATC
CC: Kris Einck, Bruce Gullickson, Alex Smith

South Winneshiek High School and WMC Rehabilitation and Sports Medicine Center would like to welcome you to the upcoming 2021-22 sports season. My name is Heather Lange and this is my eighth year as the athletic trainer at South Winneshiek. I want to make you aware of the procedures that you should -be familiar with as parents/guardians of a student athlete.

Contact Information

Please don't hesitate to contact me with questions or concerns. My email is langeh@winmedical.org or my phone number is 319-213-3931. Please be considerate of the time you are calling/texting if not an emergency.

What is an Athletic Trainer?

Athletic trainers are health care professionals who collaborate with physicians to provide preventative services, emergency care, clinical diagnosis, and therapeutic intervention.

Reporting Injuries

Please make me aware of injuries so I can provide your son/daughter with appropriate medical care in a timely manner. I have the resources available to get your athlete the quickest care, not only thru WMC but other medical providers. If you choose to send to another medical provider I will need written clearance from the doctor/PA/ARNP/chiropractor to return to play. No exceptions!! Parent's notes and calls are not acceptable.

Concussions

If an athlete is suspected to have a head injury they will be removed immediately from participation and will be observed for signs/symptoms or behaviors consistent with a concussion. They will NOT be allowed to return to play the same day concussion like symptoms occur.

If a concussion is diagnosed by a licensed medical provider, return to play will be determined when the athlete is asymptomatic for 24 hours, passed post injury ImPact test, and the five step exercise progression. (See attached form)

NO EXCEPTIONS FOR ANY ATHLETE!!!!

It is the goal of South Winneshiek High school to always do what is in the best interest of the student-athletes. Feel free to contact us with any questions or concerns.