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Mayo Clinic Sports Medicine

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To: Lourdes High School parents  
From: Amber Johnson, ATC, LAT  
CC: Steve Strickland, Athletic Director

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I wanted to take this opportunity to introduce myself to everyone and make you aware of some of the procedures that you should be familiar with as parents of a student athlete at Lourdes High School. It is important for you to be familiar with the policies so that I can best facilitate your child's care and return to the playing field. Many of you have probably seen me throughout the last year. This is my fourth year at Lourdes High School as the full time athletic trainer.

### **Contact Information**

Please do not hesitate to contact me if you ever have questions or concerns. My cell phone or email is the easiest way to get in touch with me. If you leave me a message I will do my best to get back to you in a timely manner. Cell Phone (507) 405-0646 , Email [Johnson.amber1@mayo.edu](mailto:Johnson.amber1@mayo.edu)

### **What is Athletic Training**

Athletic trainers (ATC) are health care professionals who collaborate with physicians to provide preventative services, emergency care, clinical diagnosis, therapeutic intervention, and facilitate the rehabilitation of injuries and medical conditions.

### **Training Room Hours**

I arrive to the school by 2:30pm on school days. If I am not at a home competition, I am usually on campus until around 6:30pm, depending on practices. If there is a home event, I am on campus until after the completion of the varsity event. I will take care of athletes in this order: away games, home games, practice, then new injuries and rehabilitation.

### **Reporting Injuries**

It is very important that I am aware of injuries as soon as possible. I have resources available to get our athletes the best and quickest care. In order for me to do this, I need to be made aware of injuries. If your child comes home with an injury, please don't hesitate to call me. I am here to help get your child the best possible medical care.

### **Concussion**

**If an athlete is suspected of suffering a concussion they must be removed from practice or competition immediately and be evaluated by myself or another medical professional if I am not available.** The athlete needs to rest both cognitively and physically. They need to be cleared by a **Physician** to return to activity and complete return to play protocol with myself. The most efficient way to get things underway is making sure that you contact me so that I can guide you through the appropriate channels.

### **Returning to Play After an Injury**

**If at anytime an athlete seeks a physician, chiropractor, or other medical professionals care for an injury, they may not return to play until we have a written note from the provider.** There are absolutely no exceptions to this rule. Parent's notes or phone calls are not acceptable. If an athlete sustains a head injury, they will be removed from participation and may not return to competition the same day.