

OFFICIAL SPORTS MEDICINE PROVIDER

St. Thomas Academy
Athletic Department

Cole Hartwigsen, MS, LAT, ATC, CSCS

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Or chartwigsen@cadets.com

Pre-Season Informational Letter

Our 2020-2021 sports seasons are starting, and it's time for the athletic staff to prepare for a safe and successful season. As the school's Licensed Athletic Trainer, it is important for me to communicate with all coaches, student-athletes and parents in order to provide quality services for St. Thomas Academy athletics through Twin Cities Orthopedics. I hope this informational letter will contribute to providing student-athletes here at St. Thomas Academy with a positive athletic experience.

Twin Cities Orthopedics is taking every possible measure to ensure the safety of St. Thomas Academy student-athletes, using recommendations from the Minnesota Department of Health (MDH) and the Center for Disease Control (CDC) along with guidelines set by the school and/or district.

This information letter will walk you through the services that are available to you. Please feel free to reach out with any questions.

Sports Medicine, Physical Therapy and Rehabilitation Services

About Twin Cities Orthopedics

Twin Cities Orthopedics (TCO) is committed to providing world-class service. TCO's dedicated teams of independent physicians, specialty providers and care coordinators serve patients in clinic locations, walk-in orthopedic urgent care locations, and numerous other therapy and specialty care settings across Minnesota and western Wisconsin. Regardless of the location, TCO delivers an exceptional patient experience, backed by decades of trusted orthopedic and sports medicine care.

To learn more, visit TCOmn.com.

TCO's programs include:

- Orthopedic Urgent Care clinics, open **7 days a week from 8am – 8pm**

TCO Blaine
TCO Burnsville

TCO Eagan – Viking Lakes
TCO Edina – Crosstown

TCO Maple Grove
TCO Minnetonka

TCO Waconia
TCO Woodbury

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– **Specialty Programs offered through Twin Cities Orthopedics (at various locations):**

Sports Injury Prevention	Biometric Training/Testing	Running Program
Functional Movement Screening (FMS)	Nutrition Services	Concussion/Vestibular
Athletic Competition Enhancement (ACE)	Sports Chiropractic Services	Soccer
Golf Medicine	Sports Massage	TRAC
Throwing/Baseball	Sports Psychology	

- **Training HAUS Powered by TCO**

Training HAUS, with a flagship location in Eagan, is an elite athletic performance and recovery philosophy that is unparalleled in the Twin Cities. Utilizing innovative, science-based methods, our industry-leading team of experts work together to form a personalized approach for the athlete. Collectively, we establish a foundation for athletic performance that promises to challenge, inspire and produce real results. Sports performance services are available at the Training HAUS flagship location in Eagan, TCO Sports Performance facilities or at your school, field or facility.

To learn more, visit [TrainingHAUS.com](https://www.traininghaus.com).

Primary TCO Clinic Location

As your Licensed Athletic Trainer, I will be utilizing the following TCO clinic, and therapy and performance space as the primary location I refer to in order to provide St. Thomas Academy student-athletes with a complete injury care and management program.

TCO Eagan – Clinic
560 S Maple St, #200 | Waconia, MN
952-442-2163

A wide range of health plans are accepted, and self-referrals are welcome. Please contact your insurance carrier directly for coverage details.

St. Thomas Academy
Cole Hartwigsen, MS, ATC, CSCS
Email: nicholashartwigsen@TCOmn.com | Phone Number: 952-221-4744

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St. Thomas Academy

Cole Hartwigsen, Athletic Trainer

952-221-4744 | nicholashartwigsen@TCOmn.com

Hours and Sideline Coverage

Although I do not attend all events, all the student-athletes at all levels of play are welcome to seek out my care in the Athletic Training Room.

Hours

- **Fall and Winter seasons** – 2:15pm – 6:00pm
- **Spring season** – 2:15pm – 6:00pm

Coverage

- **Junior Varsity and Varsity:** Football (traveling with only varsity), Boys Basketball, Boys Hockey, and Wrestling
- **Varsity:** Boys Soccer, Baseball, Softball, Track and Field, and Boys Lacrosse

I will contact parents/guardians as needed in the event of an emergency. If you have questions, concerns or would like to discuss the plan of action for your child's injury, please contact me at:

- **Phone** –952-221-4744
- **Email** – nicholashartwigsen@TCOmn.com

Concussion Management

Primary concussion management will be provided through the site Licensed Athletic Trainer, the student-athlete will then be referred to a sports medicine trained physician **if deemed necessary**. Referrals to a Sports Concussion Specialist are available and may be made based on your symptoms. If you would prefer to work with a physician regarding a concussion, please contact your Licensed Athletic Trainer so they can assist you in seeing a physician trained to treat this type of injury.

The IMPACT concussion test is a tool we have available to our student-athletes to help us in our clinical diagnosis and return to activity decisions. This is a computer-based test that uses multiple different tasks to determine aspects such as memory recall, reaction time, etc. This test is not required for participation in athletics by the school or the Licensed Athletic Trainer but may be required per coach's discretion. If you would like your child to take a pre-injury baseline IMPACT test (should the event of a concussion occur it is beneficial to have a baseline in order to compare results rather

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than using the normative data) please contact Cole Hartwigsen, ATC, LAT, ATC, CSCS for administration of the test.

Concussion Return to Play management will be supervised by your Licensed Athletic Trainer according to the [Minnesota State High School League guidelines](#). There is a mandatory 24 hours between each of the 5 phases of supervised return to play.

Please contact your Licensed Athletic Trainer with any questions.

Physician Visits

If your child is in need of a physician visit during the year due to an injury, please contact me directly and I will assist you with identifying a **sports medicine physician**. I can also facilitate a quicker appointment through the use of our team physician and supervising clinic.

For ALL doctor visits:

According to the Minnesota State High School League Rule (Bylaw 107.00), if your child receives care from a physician for injury or illness “the attending physician must certify in writing the students readiness to return to competition.” THE ATHLETE WILL NOT BE ALLOWED TO PARTICIPATE WITHOUT A NOTE FROM A PHYSICIAN STATING SPECIFIC CLEARANCE FOR ACTIVITY.

Sideline Team



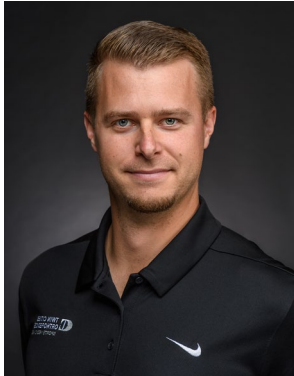
Steven W. Meisterling, MD
Team Physician | St. Thomas Academy

Orthopedic Surgery, Board Certified
Sports Medicine Fellowship
Sports Medicine Subspecialty Certification

TCO Locations | Eagan-Viking Lakes, St. Croix Falls, Stillwater, Vadnais Heights

Steven Meisterling, MD, is a board certified, fellowship-trained orthopedic surgeon who holds a subspecialty certification in sports medicine. He specializes in arthroscopy of the knee, shoulder, and elbow; joint replacement of the knee, hip, and shoulder; and elbow reconstruction.

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Cole Hartwigsen, MS, LAT, ATC, CSCS
Licensed Athletic Trainer | St. Thomas Academy

Education: Undergraduate Degree in Athletic Training from University of Wisconsin- Eau Claire

Graduate Degree in Kinesiology from the University of Illinois

Number of Years at St. Thomas Academy: 2 years

nicholashartwigsen@TCOmn.com or chartwigsen@cadets.com | 651-683-1525



Steve Rosga, PES | Training HAUS Powered by TCO
Sports Performance Coach | St. Thomas Academy

Education: University of Colorado, Boulder

Number of Years at St. Thomas Academy: 1 year

SteveRosga@TrainingHAUS.com | srosga@cadets.com

COVID-19 Safety Precautions and Expectations

With the current climate surrounding COVID-19, there are additional measures that need to be taken to ensure the safety of our staff, patients, and their families. Below are current recommendations based on current available evidence. Any TCO staff members covering events or working in an outreach setting must adhere to these guidelines.

Please stay up to date on current CDC and Minnesota Department of Health guidelines for PPE and social distancing as these may be updated at any time.

St. Thomas Academy Licensed Athletic Trainer: PPE

- **Masking Indoors** – N95 mask must be worn at all times
- **Masking Outdoors** – Cloth or surgical mask must be worn at all times when close contact with others is necessary. Mask may be removed when others are a safe distance. (**unless otherwise indicated by St. Thomas Academy's PPE Policy and Procedures*).
- **Gloves** – Gloves may be worn when performing evaluation and working with patients. If gloves are not being used there will be hand washing or hand sanitizing before and after each patient contact.

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- **Eye Protection** – Eye protection may be worn when interacting with patients; although, not required.

Other Athletic Training Room Considerations

- Follow social distancing guidelines
- Don't allow the athletic training room to become overcrowded
- Utilize sign-in sheets with sign in and sign out time to assist with contact tracing
- Athletes should wash/sanitize hands when entering and exiting
- All patients must wear a mask when in the athletic training room
- Eliminate use of ice baths/whirlpools for non-emergencies.

Sanitizing Procedures

- Treatment tables and equipment should be cleaned between each patient use
- Frequently touched surfaces should be cleaned regularly
- **Note:** If bottles/coolers are being used they must be thoroughly cleaned after each use. Consider single use products when available, including wipes, paper towels, etc.

COVID-19 Resources for Coaches, Student-Athletes and Families

**Please note that these are subject to change per Minnesota Department of Health and the most up to date information should be found on their website*

- **COVID-19 Sports Guidance for Youth & Adults**
<https://www.health.state.mn.us/diseases/coronavirus/sportsguide.pdf>
- **COVID-19 Prevention Guidance for Youth and Student Programs**
<https://www.health.state.mn.us/diseases/coronavirus/schools/socialdistance.pdf>
- **COVID-19 What to do if you're waiting for test results**
<https://www.health.state.mn.us/diseases/coronavirus/waiting.pdf>
- **COVID-19 MSHSL NOTICE**
<https://www.mshsl.org/sites/default/files/2020-08/mshsl-covid-final-notice.pdf>

COVID-19 Precautions and Expectations – Return to Play (RTP) / Physician Release

- **Student-Athlete: Positive COVID Test -**

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The athlete will need to be in quarantine and withheld from others for a minimum of 14 days and a minimum of 1 day asymptomatic before they are removed from isolation. At that time, the athlete should see a physician for return to activity clearance.

If the student-athlete wishes to be seen by our TCO Primary Care Physician(s) regarding return to play medical considerations; here is what the student-athletes need:

1. Copy of positive test with date of positive
 2. Follow one of the above conditions for withholding
 3. Contact Mairead Griffin, TCO Clinical Navigator, 952-456-7415 (MaireadGriffin@TCOmn.com) and she will be able to schedule the visit once these criteria are met. Patient cannot be scheduled until the withholding period is complete.
 4. Any school specific requirements for RTP clearance. At the high school level, required evaluation will be guided by the managing physician unless the school, district, or MSHSL has a higher level of precedence for required testing (e.g. labs, echo, stress test). **Note:** If the student-athlete is COVID + he/she will need a Physician Medical Clearance prior to return to play (MSHSL bylaw 107.00).
 5. A graduated return to activity is recommended by sports medicine experts due to the risk of cardiovascular or respiratory concerns after a COVID infection. The concerns relate to both asymptomatic and minimally symptomatic patients. Meet with your licensed athletic trainer to discuss progression into exertional activities.
- **Student-Athlete: Positive Close Contact Exposure-** People identified as exposed (close contact) are those who spent at least 15 minutes within 6’ of the case while the case was infectious without a mask being utilized (the infectious period starts 2 days before the case was tested, if they did not present with symptoms).

Here is what the student-athletes need:

1. Self-quarantine for 14 days (regardless of negative PCR test, if administered).
2. May have COVID test at any time. If (+) revert to COVID+ process.
3. If asymptomatic throughout quarantine period, since contact exposure, no COVID test required to RTP.

COVID-19 Testing - Contact your health care provider or visit the MN Covid-19 Response Website at:
(<https://mn.gov/covid19/for-minnesotans/if-sick/testing-locations/index.jsp>)
