

ATHLETIC TRAINER

JOB SUMMARY

Under the supervision of the Assistant Principal and guidance and direction from the Athletic Director, the Athletic Trainer provides assistance to student athletes in the prevention, evaluation, care and rehabilitation of athletic injuries.

REPRESENTATIVE DUTIES

The position description describes the general nature of work performed.

ESSENTIAL FUNCTIONS

The Athletic Trainer may perform any combination of the following:

- Attend team practices and home and offsite sporting events to provide treatment services.
- Evaluate student injuries, determine and perform appropriate treatment methods.
- Identify, evaluate and provide immediate first aid in response to athletic injuries and medical emergencies. Contact emergency medical services, parents, district administration as necessary.
- Develop and implement individualized rehabilitation programs for injured students.
- Assist students with specialized therapeutic exercises; perform demonstrations and guide students in proper exercise techniques.
- Perform a variety of taping, strapping and bandaging to prevent or reduce the chance of injury, or to aid in the injury rehabilitation process.
- Counsel and advise student athletes on exercises to strengthen, stretch, and develop muscles and body structure.
- Apply treatments to relieve soreness, strains, and bruises.
- Operate a variety of first aid, therapeutic and adaptive equipment, use ultrasound and muscle stimulation and devices; maintain equipment in proper working condition, make minor repairs or refer for service as needed.
- Implement physician instructions related to physical therapy and consult with medical personnel in determining appropriate course of treatment for injured students. Assist in determining if rehabilitated students are ready for return to athletic activities.
- Assist in the administration of medical clearance procedures.
- Collaborate with the athletic department at the start of each season to assist with the athlete medical clearance process.
- Communicate with students, parents, district personnel and outside agencies to exchange information, coordinate activities and resolve issues or concerns related to assignment.
- Attend coaches and parent meetings for meet & greet/sharing of general information as needed.
- Inspect and ensure safety of athletic equipment, uniforms, and facilities; identify and provide recommendations for resolving hazards that could cause injuries.
- Plan, organize, and coordinate the transportation and care of athletic safety equipment, supplies and materials for off-campus events.
- Assist in ordering, storing, issuing and maintaining inventory of supplies, protective equipment and equipment used in first aid and treatment of athletic injuries.
- Maintain records related to student injuries, treatments, and progress; prepare student injury reports.
- Maintain work environment in a clean, safe and orderly condition.

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- Attend a variety of in-services and other training functions as directed or approved.
- May oversee and provide direction to students in an Athletic Trainer program.

JOB REQUIREMENTS: MINIMUM QUALIFICATIONS

KNOWLEDGE OF:

- Principles, practices, procedures, techniques and equipment used in the prevention, treatment and rehabilitation of athletic injuries.
- Symptoms of various athletic injuries and appropriate methods of treatment.
- Medical practices, procedures and terminology related to athletic training.
- General human anatomy and physiology including skeletal, muscular and nerve systems.
- Application of a variety of first aid, therapeutic and adaptive equipment and procedures.
- Safety guidelines and regulations in athletic and therapeutic activities.
- Individualized rehabilitation and reconditioning techniques and procedures for injured students.
- First aid, CPR and other medical emergency procedures.
- Record-keeping and report preparation techniques.

ABILITY TO:

- Use first aid, therapeutic and adaptive equipment and techniques in the prevention, treatment and rehabilitation of athletic injuries.
- Identify symptoms of various athletic injuries and appropriate methods of treatment.
- Develop and implement individualized rehabilitation, therapeutic and reconditioning programs for injured students.
- Identify, evaluate and provide immediate first aid in response to athletic injuries.
- Attend athletic practices and events as assigned; consult with Assistant Principal and Athletic Director to determine priorities.
- Establish and maintain cooperative and effective working relationships with others.
- Respect the privacy and confidentiality of information.
- Communicate effectively in oral and written form.
- Maintain records and produce reports related to student athletic injuries and treatment.

EDUCATION AND EXPERIENCE

A bachelor's degree in athletic training, kinesiology, sports science, physical therapy or closely related major and one year of experience providing first aid, preventative and rehabilitative treatment to athletes.

DISTINGUISHING CHARACTERISTICS

The Athletic Trainer provides preventative services, emergency care, therapeutic intervention and rehabilitation of injuries to student athletes. Positions in this classification do not have a set work schedule; work hours will vary depending on athletic events with a substantial amount in the afternoon and evening. Weekend work may be necessary. Weekly work schedules will be developed as soon as possible after team practice and event schedules are finalized.

Differentiation between Athletic Trainer and positions above and below are distinguished as follows:

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The **District Nurse** serves in an advisory/supervisory capacity in all matters relating to district health programs. The assignment requires a valid California Registered Nurse License as well as a California School Nurse Services Credential.

The **Student Health Care Specialist** provides specialized health care services and procedures to support students' medical and health needs. The assignment requires a valid California nursing license (LVN or RN).

REQUIRED TESTING

Pre-employment testing and assessment is required to demonstrate the minimum qualifications for the position.

CERTIFICATES

Valid National Athletic Trainers Association certification.
Valid First Aid and Adult CPR certification from an accredited organization.
Valid California driver license.

CONTINUING EDUCATION/TRAINING

Participation in ongoing job-related training as assigned.

CLEARANCES

California Department of Justice (DOJ) and Federal Bureau of Investigation (FBI) background (fingerprint) clearance; pre-employment physical examination including tuberculosis (TB) and drug screen clearances.

WORKING ENVIRONMENT

The usual and customary methods of performing the job functions require the physical demands outlined below. All requirements are subject to possible modification to reasonably accommodate individuals with a disability.

Physical Demands: Frequency Definitions Based on an 8-Hour Day:

Never = 0%

Seldom = 1-10% (<45 minutes)

Occasionally = 11-33% (up to 3 hours)

Frequently = 34-66% (up to 6 hours)

Continuously = 67-100% (more than 6 hours)

Seldom	Climbing/balancing; lift students weighing more than 100 lbs. at waist height and carrying up to 30 feet, with assistance and devices provided; pushing/pulling.
Occasionally	Lifting up to 50 lbs. and carrying up to 20 feet (equipment and supplies); handling/simple grasping; reach at, above, and below shoulder; twisting back, neck flexion/rotation.

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Occasionally/Frequently Sitting; standing; walking; fingering/fine manipulation; kneeling; squatting/crouching; stooping/bending.

AUDITORY OR VISUAL REQUIREMENTS

Auditory ability is required to communicate with students, staff, parents, and to respond to telephone calls, safety bells and emergencies. Vision ability is required to monitor students and to see near, distant, color, depth and peripherally.

ENVIRONMENTAL CONDITIONS

Potential exposure to bodily fluids and blood borne pathogens. Possible exposure to adverse weather conditions.