



ATHLETIC TRAINER

DEFINITION:

Under the supervision of the Athletic Director, administers preventive and rehabilitative treatment to students and athletes engaged in various high school sports and activities with specific instruction from coaching staff, team physician, and/or consulting physicians; fit uniforms and protective gear; performs related work as required.

ESSENTIAL DUTIES AND RESPONSIBILITIES include the following. Other duties may be assigned.

- Attends team practices and games to perform the duties of an athletic trainer including administering first aid and emergency care to injured athletes and students and inspecting playing facilities and equipment to ensure they are free of hazards, are sanitary, and are maintained properly.
- Advises coaching staff, student athletic trainers, athletes and parents on the care and prevention of athletic injuries.
- Educates coaching staff, parents and athletes on the importance of acclimatization, fluid/electrolyte balance, and nutrition in the prevention of illness and injuries.
- Assists coaching staff in the implementation of the conditioning programs to prevent and reduce occurrence of injury and illness.
- Organizes pre-participation physical examinations with school personnel as needed.
- Evaluates, selects, modifies, and fits prophylactic and protective equipment and other custom devices as prescribed by a physician and as needed to prevent and minimize the risk of injury or re-injury.
- Evaluates athletes who present with acute, sub-acute or chronic musculoskeletal disorders and medical conditions to determine the best plan of care.
- Performs assessment of athletes to identify impairments, functional limitations, severity of conditions, and disabilities resulting from injuries or illnesses incurred during athletic participation and determine appropriate treatment plans and when consultation with other health care providers is necessary; makes referrals as necessary.
- Works with treating physicians as appropriate.
- Communicates appropriate information (within HIPPA guidelines) to athletes, parents and coaching staff regarding the athlete's medical status, treatment plan, ability to participate, and assist in the athlete's functional recovery and return to play, deferring to medical personnel when appropriate.
- Completes and maintains athletic injury reports for every reported injury during athletic events and practices.
- Evaluates effectiveness of, select, and apply therapeutic interventions using best evidence.
- Recommends, fits and applies braces, splints and assistive devices to facilitate recovery.
- Provides educational tools necessary to facilitate optimal recovery to include instruction in self-management and prognosis.
- Ensures compliance with state and federal law and accrediting agencies' policies related to delivery of healthcare.
- Maintains the high school athletic training facility; cleans, disinfects, and maintains equipment in the athletic training facility.
- Inventories, orders, and maintains athletic training room materials and supplies and assists with athletic training budget preparation as directed.
- Maintains records and reports that comply with District policies and State and federal laws and regulations and meet legal and regulatory standards, including complete and accurate documentation, accepted abbreviations, and correct medical terminology.
- Operates a variety of office equipment, a computer and assigned software.
- Attends meetings, conferences and in-service trainings.
- Drives a vehicle to conduct work and travels to different sites as required.

QUALIFICATIONS GUIDE

Knowledge of:

- Basic principles of anatomy, kinesiology, physiology, nutrition, diet, and first aid.
- Symptoms and treatment of athletic injuries.
- Physical fitness, hygiene, and safety procedures related to athletic programs.
- Safety and protective equipment used in sports.
- Disinfectant techniques.
- Taping, bandaging and therapeutic techniques.
- General principles of training and providing work direction.
- Appropriate safety precautions and procedures.
- Individualized rehabilitation and reconditioning techniques and procedures for injured students.
- First aid and CPR techniques.
- Oral and written communication skills.
- Interpersonal skills using tact, patience and courtesy.
- Basic record-keeping and report preparation techniques.

Ability to:

- Assure student understanding of proper exercise techniques.
- Operate first aid and adaptive equipment.
- Understand and follow oral and written directions.
- Establish and maintain cooperative and effective working relationships with others.
- Communicate effectively both orally and in writing.
- Operate athletic rehabilitation and weight equipment.
- Maintain records and prepare reports.

EDUCATION/EXPERIENCE:

Any combination equivalent to: bachelor's degree in physical education, athletic training or a related field and one year of experience involving the care, management and prevention of athletic injuries.

LICENSES AND OTHER REQUIREMENTS:

- National Certification as a Certified Athletic Trainer through the National Athletic Trainers Association (NATA).
- Valid California Class C driver's license.
- Valid First Aid and CPR Certificate issued by an authorized agency.

PHYSICAL DEMANDS:

The physical demands described here are representative of those that must be met by an employee to successfully perform the essential functions of this job. Reasonable accommodations may be made to enable individuals with disabilities to perform the essential functions.

- Dexterity of hands and fingers to operate athletic equipment and tape students.
- Sitting or standing for extended periods of time.
- Bending at the waist, kneeling or crouching to assist students.
- Seeing to monitor student activities.
- Hearing and speaking to exchange information.
- Reaching overhead, above the shoulders and horizontally.
- The employee must regularly lift and/or move up to 50 pounds independently and occasionally lift and/or move more than 100 pounds with assistance.
- Walking.

WORK ENVIRONMENT:

Indoor/outdoor working environment. Variable work hours. The work environment characteristics described here are representative of those an employee encounters while performing the essential functions of this job. Reasonable accommodations may be made to enable individuals with disabilities to perform the

essential functions. Hazards include:

- **Seasonal heat and cold or adverse weather conditions.**
- **Exposure to blood-borne pathogens, chemicals, airborne communicable diseases, extreme noise levels, and dust/particulate matter.**
- **Variable working hours.**
- **Traffic hazards.**

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