

ATHLETIC TRAINER

DEFINITION

An Athletic Trainer works with the Athletics Director in the development and implementation of programs for the prevention, recognition, evaluation, care, and rehabilitation of student athletic injuries.

TYPICAL DUTIES

- Advises students and coaches on flexibility, strengthening, lifestyle wellness, and conditioning programs to help prevent injuries and optimize performance.
- Conducts systematic evidence-based assessments to evaluate athletic injuries and plan of care, provides immediate care for athletic injuries, and refers athletes to appropriate medical facilities when necessary.
- Communicates with coaches, parents, and physicians regarding student athletic injuries, treatment, and rehabilitation, and assists in determining if rehabilitated students are ready to return to athletic activities by informing the coach through written or oral communication.
- Provides athletic training coverage during school varsity and non-varsity sports practice and home contests, based on the risk of injury of the sport.
- Develops and implements concussion-management and return-to-play plans based on knowledge of best practices.
- Rehabilitates and reconditions athletic injuries, illnesses, and general medical conditions in order to achieve optimal activity level through the application of therapeutic exercise, modality devices, and manual techniques, under the direction of a referring physician.
- Assists students with the prevention of athletic injuries through the application of protective tapings, wraps, and braces.
- Maintains accurate medical records on all student injuries and treatments administered, as well as physician referrals and rehabilitation procedures.
- Develops comprehensive emergency action plans for each on-campus athletic venue or facility.
- Oversees and maintains an orderly, sanitary, and safe high school athletic training facility.
- Recommends and orders program athletic training supplies and equipment, and also inventories.
- Conducts sports medicine workshops for District coaches covering topics such as: injury prevention, recognition, treatment, and rehabilitation, basic first aid and CPR, blood borne pathogens, District sports medicine protocols, and other health-related topics.
- May provide enrichment activities for an athletic training student aide program in accordance with the schools clubs and activities guidelines.
- May promote athletic training programs within the school district and the medical community through newsletters, brochures, media, etc.
- Performs related duties as assigned.

DISTINGUISHING CHARACTERISTICS AMONG RELATED CLASSES

An Athletic Trainer works with a certificated Athletics Director and/or a consulting physician in sports medicine in the physical conditioning and instruction of student athletes by providing assistance in the prevention, recognition, evaluation, care, and rehabilitation of athletic injuries. An Athletic Trainer serves as a liaison between physicians, coaches, athletes, and parents.

An Athletics Assistant assists a coach in a seasonal sport's activity in the conditioning of athletes and coaching in the sport's fundamentals. An Athletics Assistant usually is employed less than 80 hours a pay period and may not be employed more than 799 hours a year.

SUPERVISION

General supervision is received from the school site principal. Technical supervision is received from the Athletics Director, or a medical expert or consulting physician in sports medicine. No supervision is exercised.

CLASS QUALIFICATIONS

Knowledge of:

- Basic principles of athletic training, kinesiology, physiology, nutrition, and diet
- Standard of care delivery policies and regulations consistent with the National Athletic Trainers' Association
- Preventive safety rules and applicable techniques
- Safety standards for the use of athletic equipment
- Training and physical development activities of the sport for which employed
- Standard first-aid techniques
- Symptoms and treatment of athletic injuries
- Blood Borne Pathogens Exposure Control Plan training and regulations
- Techniques and devices utilized to achieve optimal activity level
- Healthy lifestyle wellness

Ability to:

- Communicate effectively both orally and in writing
- Provide emergency care as needed
- Establish and maintain open channels of communication with coaches, parents, and physicians regarding athletic injuries, treatment, and rehabilitation
- Establish and maintain professional working relationships with the designated team physician, Medical Director, School Athletic Director, Coaches, and other designated school staff
- Advise student athletes on health-related issues, including nutrition and substance abuse
- Understand and follow directions
- Use good judgment in problem situations
- Recognize growth and development problems of individual students
- Speak clearly and loudly enough to be heard by groups and at a distance
- Work cooperatively with others and work within the scope of authority

Special Physical Requirements:

Ability to stand, sit, walk, bend, crawl, reach overhead, crouch, kneel, balance, push, pull, and safely shift up to 50 pounds when needed.

ENTRANCE QUALIFICATIONS

Education:

Bachelor's degree from an accredited college or university in athletic training, health, physical education, kinesiology, or a related field.

Experience:

One year of experience in athletic training, physical therapy, or a related field.

Special:

A valid certification as a Certified Athletic Trainer from the National Athletic Trainers' Association, Board of Certification (NATA BOC).

A valid California driver license and the availability of private transportation, or the ability to utilize an alternative method of transportation.

This class description is not a complete statement of essential functions, responsibilities, or requirements. Entrance requirements are representative of the minimum level of knowledge, skill, and/or abilities. To the extent permitted by relevant law, management retains the discretion to add or change typical duties of the position at any time, as long as such addition is reasonably related to existing duties.

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MJM