



## Job Description

**JOB TITLE:** Athletic Trainer

**PAY GRADE:** CL 23

**LAST REVISED:** 06/01/07

*Class specifications are intended to present a descriptive list of the range of duties performed by employees in the class. Specifications are **not** intended to reflect all duties performed within the job. Additional or different duties from the ones set forth below may be required to address changing business needs/practices.*

### **SUMMARY DESCRIPTION**

Provides services for the prevention and care of student athlete injuries; provides athletic training support, treatment, and rehabilitation services for District sports team activities.

**REPRESENTATIVE DUTIES** - *The following duties are typical for this classification. Incumbents may not perform all of the listed duties and/or may be required to perform additional or different duties from those set forth below to address business needs and changing business practices.*

1. Identifies an athlete's pre-existing conditions and history of injury and takes measures to prevent injury by taping, bracing, wrapping, or padding athletes; inspects and palpates athletes for localized and generalized signs of injury.
2. Fabricates and applies adhesive tape, elastic wrap, and protective pads to support and protect existing or potential injuries; tapes, treats, and evaluates injuries during games; administers first aid when needed and works with physician or emergency personnel to ensure appropriate medical care to injured athletes.
3. Performs range-of-motion, muscle strength, neurological, ligament and capsular stress tests, postural tests, and tests for specific pathologies; determines nature of injury or condition and refers to medical specialist when appropriate.
4. Monitors environmental conditions including temperature, humidity, air quality, and lighting at athletic facilities and advises coaches to modify or cancel practices if environmental conditions are unsafe.
5. Monitors athletic equipment and fields to ensure safe playing conditions; monitors practices to ensure appropriate and safe training and conditioning of athletes; communicates with coaches regarding status of injured athletes, rehabilitation progress, or predisposition to injury.
6. Maintains current knowledge regarding prevention of athletic injuries, evaluation techniques and skills, and rehabilitation, treatment, and reconditioning protocols.
7. Ensures appropriate use of medication by athletes; counsels athletes in alcohol and drug abuse, tobacco use, sexually transmitted diseases, diet, nutrition, and body weight management; makes appropriate medical referrals; takes measures to prevent the transmission of communicable disease.
8. Develops emergency plans and ensures appropriate emergency equipment is available; assesses emergency situations involving respiratory or cardiac arrest, external and internal bleeding, spinal cord injuries, musculoskeletal injuries, medical emergencies, and environmental emergencies; conducts primary injury survey including recognition of vital signs, assessment of the unconscious athlete, musculoskeletal and neurological assessment; contacts appropriate medical personnel for care and transport of injured athlete.
9. Administers appropriate first aid including CPR, head and neck stabilization, controlling of external

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bleeding, managing of internal bleeding, treating of shock, monitoring of concussions, immobilization of suspected fractures and dislocations, and treatment of hyperthermia; cleans and bandages wounds; complies with OSHA regulations regarding exposure to blood and bodily fluids; works with team physician to design and implement rehabilitation, treatment, and reconditioning programs.

10. Instructs and supervises athletes in the use of rehabilitation equipment and the performance of rehabilitation exercises; administers and supervises the use of therapeutic equipment; assists physician in determining when an athlete can return to full sports participation using established criteria.
11. Maintains daily treatment records; completes injury reports or accident reports; ensures that each athlete has an appropriate pre-participation physical evaluation and is cleared to participate; ensures each athlete has completed an emergency card, risk acknowledgement form, and other documentation prior to participation; takes inventory of athletic training supplies and orders supplies when necessary.
12. Recruits and counsels athletic training students; instructs athletic training students in the fundamentals of sports medicine including taping, anatomy, first aid, modality application, evaluation, and rehabilitation; evaluates competency of athletic training students and may supervise the performance of certain tasks.
13. Acts as host athletic trainer for all teams competing at District sites by providing water and ice for injuries; provides athletic trainer support for football games at home and away; acts as liaison to visiting teams' athletic trainers to ensure access to team physician or other necessary services.
14. Performs related duties as required.

**QUALIFICATIONS** - *The following generally describes the knowledge and ability required to enter the job and/or be learned within a short period of time in order to successfully perform the assigned duties.*

**Knowledge of:**

Human anatomy and physiology.

Evaluation procedures for sports-related injuries.

Risks, physical requirements, and rules of specific sports as they apply to those factors.

Intrinsic and extrinsic factors related to sports injuries.

Rehabilitation protocols and techniques.

Therapeutic modalities.

Emergency care and first aid procedures and techniques.

Criteria for return to full participation of injured athletes.

Differential uses of various tapes and elastic wraps and taping techniques.

Techniques of fabrication and utilization of protective devices.

Protocols for appropriate coverage of athletic competitions with regard to medical care and liability mitigation.

Products in common use in sports medicine.

Basic budgeting and inventory techniques.

Kinesiology.

Bio-mechanics.

Nutrition.

Diseases.

Pharmacology.

Record keeping practices and techniques.

Training methods and techniques.

Personal computer operation.

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### **Ability to:**

Utilize proper and appropriate taping/bandaging techniques.  
Provide first aid to respond and injuries and other emergencies.  
Manage District training rooms and supervise student athletic trainers.  
Deal effectively with the public and staff.  
Follow oral and written directions.  
Take accurate inventory of supplies and keep accurate records.  
Work under pressure from deadlines, timetables, etc.  
Work independently and collaboratively.  
Solve problems.  
Operate a personal computer to utilize general software packages/ applications, to access District host computer student and/or other databases and network utilities, and to send and receive email.  
Communicate clearly and concisely, both orally and in writing.  
Establish and maintain effective working relationships with those contacted in the course of work.

**Education and Experience Guidelines** - *Any combination of education and experience that would likely provide the required knowledge and abilities is qualifying. Examples of ways to obtain the knowledge and abilities would be:*

### **Education/Training:**

Bachelor's degree from an accredited college or university with major course work in physical education, sports medicine, physiology, anatomy or a related field.

### **Experience:**

Two years experience working in athletic programs.

### **License or Certificate:**

Possession of a valid California driver's license.  
Possession of a valid First Aid and CPR certificate.  
Possession of a National Athletic Trainer's Association Certificate.  
Possession of, or ability to obtain, a Bloodborne Pathogens Exposure Control Program Certificate.

**PHYSICAL DEMANDS AND WORKING ENVIRONMENT** - *The conditions herein 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 job functions.*

**Environment:** Work is performed in indoor and outdoor environments; travel from site to site; frequently works around athletic playing fields; exposure to all types of weather and temperature conditions, blood borne pathogens, and bodily fluids. Positions may be required to work evenings, nights, and weekends.

**Physical:** Primary functions require sufficient physical ability and mobility to work with athletes on playing fields or in training facilities; to stand or sit for prolonged periods of time; to occasionally stoop, bend, kneel, crouch, reach, and twist; to lift, carry, push, and/or pull moderate to heavy amounts of weight; to operate athletic training equipment requiring repetitive hand movement and fine coordination; and to verbally communicate to exchange information.

**Vision:** See in the normal visual range with or without correction.

**Hearing:** Hear in the normal audio range with or without correction.



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*Johnson & Associates*  
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