

ATHLETIC TRAINER

DEFINITION

Under the direction of the Athletic Director, assists in the conditioning and physical fitness of athletes; assists in the prevention, reduction, and treatment of injuries; stores, issues, repairs, and maintains athletic and physical education equipment, materials and supplies; performs other related duties as assigned and/or required.

ESSENTIAL DUTIES

- performs a variety of taping, strapping, and bandaging to prevent or reduce the chance of injury, or to aid in injury rehabilitation
- counsels and advises athletes on routine or corrective exercises to strengthen, stretch and develop muscles and body structure
- may rub, massage and apply other treatments to relieve soreness, strains and bruises
- renders First Aid and/or CPR; cleans, disinfects cuts and abrasions, and as appropriate may apply heat, cold and/or other physical modalities to promote healing
- reviews and evaluates injuries to determine if medical care is required
- advises athletes and physical education students on personal hygiene and care of the body
- prepares, issues, controls and continuously inventories athletic and physical education equipment, materials and supplies
- recommends, prepares requisitions, and orders protective equipment and supplies following consultation with coaches and the athletic director
- assists in arranging physical examinations for athletic clearances; assists in the completion of insurance forms for injured athletes
- plans, organizes and coordinates the transportation and care of athletic equipment, supplies and materials for off-campus athletic events

QUALIFICATIONS

Knowledge of: Principles and theories of physiology and physical therapy; methods, procedures and techniques of advanced first aid, including CPR procedures; methods, practices and strategies pertaining to the conditioning and physical fitness of athletes, and in the prevent, reduction and treatment of injuries; equipment, supplies and materials commonly used in competitive sports programs; safe and effective working conditions.

Ability to: Skillfully tape, strap and bandage various body parts; perform advanced first aid functions and use good judgment pertaining to emergency situations; counsel and advise athletes concerning conditioning, hygiene and body care; effectively and efficiently perform cleaning, maintenance and sanitation tasks; communicate effectively in oral and written form; understand and follow oral and written directions; establish and maintain cooperative working relationships.

PHYSICAL DEMANDS

The physical requirements indicated below are examples of the physical aspects that persons within this position classification must perform in carrying out essential job functions:

- will occasionally exert 40 to 60 pounds of force to lift, carry, push, pull or otherwise move objects
- will involve walking or standing for extended periods of time; may ascend and descend ladders, stairs, scaffolding and ramps
- must possess the ability to hear and perceive the nature of sound
- must possess visual acuity and depth perception
- must possess the manual dexterity to operate equipment and to use hand tools and to work with various materials and objects
- may be exposed to hot, cold, humid, rainy and windy conditions caused by weather

Reasonable accommodation may be made to enable a person with a disability to perform the essential functions of the job.

EXPERIENCE AND EDUCATION

Experience: One year of full time experience involved with athletic training, physical therapy, or a closely related field.

Education: Verification of a High School diploma, a GED certificate, or a higher degree is required; supplemental coursework with an emphasis in athletic training, physical therapy, or similar fields is required; an Associate's degree or its equivalent is desirable.

Condition of Employment: Insurability by the District's liability insurance carrier.

License Requirement: Verification of a valid California Motor Vehicle Operator's license is required.

Certificate Requirement: Verification of a current First Aid certificate and a current CPR certificate issued by the American Red Cross or the American Heart Association is required at time of employment, and must be kept current as a condition of continued employment.