

ATHLETIC TRAINER

DEFINITION

Under general supervision of Athletic Directors, administers preventive and rehabilitative treatment to students and athletes engaged in various high school sports in accordance with specific instruction from coaching staff, team physician, and/or consulting physician; fits uniforms and protective equipment; and performs related work as required.

LICENSE REQUIRED

Possession of a valid and appropriate California driver's license.

Possession of a valid Red Cross standard First Aid certificate.

Possession of a valid Red Cross standard Cardiopulmonary Resuscitation certificate.

EXAMPLES OF DUTIES

Maintains a high school training facility. *E*

Administers first aid to injured athletes and physical education students; tapes ankles, knees, wrists, elbows, shoulders, and ribs of athletes prior to practice or games. *E*

Attends team practices and games to perform the duties of a trainer. *E*

Advises coaching staff and student trainers on the care and prevention of athletic injuries; recommends and fits protective equipment for injury prevention and safety. *E*

Monitors safety factors on playing areas. *E*

Recommends training diets and menus. *E*

Arranges for physical examinations. *E*

Establishes and maintains records of various injuries, treatment, and recommendations. *E*

Cleans, disinfects, and maintains equipment in the training room. *E*

Inventories and orders training room supplies. *E*

Leads and instructs student trainers. *E*

Assists with budget preparation by estimating training room supplies. *E*

Performs related work as required.

MINIMUM QUALIFICATIONS

Knowledge of:

1. Basic principles of anatomy, kinesiology, physiology, nutrition, diet, and first aid;
2. Symptoms and treatment of athletic injuries;
3. Physical fitness, hygiene, and safety procedures related to athletic programs;
4. Safety and protective equipment used in sports;
5. Disinfectant techniques;
6. Taping, bandaging, and therapeutic techniques;
7. Record keeping techniques;
8. General principles of training and providing work direction; and
9. Appropriate safety precautions and procedures.

Ability to:

1. Administer advanced first aid and therapeutic techniques;
2. Operate a variety of therapeutic equipment and machines;
3. Understand and carry out technical and other directions issued by physicians;
4. Maintain accurate records;
5. Direct and review the work of others;
6. Operate a vehicle observing legal and defensive driving practices;
7. Understand and carry out oral and written instructions;
8. Establish and maintain effective relationships with those contacted in the course of work; and
9. Relate to other people beyond giving and receiving instructions.

EDUCATION

The equivalent of an AA degree with courses relating to the prevention and care of athletic injury.

EXPERIENCE

Responsible experience in working with physical education and athletic equipment.

WORKING CONDITIONS

Environment:

Athletic training room, campus, and athletic event environment; subject to driving a vehicle to a variety of locations to conduct work during day and evening hours.

Physical Abilities:

Bending at the waist to tape and lift; heavy lifting; standing and walking for extended periods of time; seeing to observe type and extent of injury; and hearing and speaking to exchange information.

Hazards:

Contact with blood and body fluids, and exposure to individuals with excessive body odor.

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