

VISTA UNIFIED SCHOOL DISTRICT

ATHLETIC TRAINER

DEFINITION

Under general supervision, to assist in the conditioning and physical fitness of athletes and in the prevention, reduction, and treatment of injuries; to store, issue, repair, and maintain athletic and physical education equipment, materials, and supplies; and to do other related work as required.

ESSENTIAL DUTIES

- Perform a variety of taping, strapping, and bandaging to prevent or reduce the chance of injury, or to aid in the injury rehabilitation process.
- Counsel and advise on routine or corrective exercises to strengthen, stretch, and develop muscles and body structure.
- Rub, massage, and apply other treatment to relieve soreness, strains, and bruises.
- Render first aid, such as cleaning and disinfecting cuts and abrasions, and as appropriate apply heat and cold to promote healing.
- Review and evaluate injuries and determine whether the injured person requires medical care, and that physician medical directions are followed.
- Advise athletes and physical education students on personal hygiene and care of the body.
- Prepare, issue, control, and continuously inventory athletic and physical education safety equipment, uniforms, materials, and supplies.
- Recommend, requisition, and order protective equipment, supplies and equipment following consultation with coaches and the athletic director.
- Assist in arranging for physical examinations and physician appointments, and in the completion of insurance forms of injured athletes.
- Plan, organize, and coordinate the transportation and care of athletic safety equipment, uniforms, 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 prevention, reduction, and treatment of injuries;
Equipment, supplies, and materials commonly used in competitive sports programs;
Safe working methods and procedures.

Ability to:

Skillfully tape, strap, brace, 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;

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Understand and carry out oral and written directions;
Establish and maintain cooperative working relationships.

PHYSICAL DEMANDS

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

- Persons performing service in this position classification will exert 40 to 60 pounds of force frequently to lift, carry, push, pull, or otherwise move objects.
- This type of work may involve ascending and descending ladders, and stairs.
- Perceiving the nature of sound, near and far vision, depth perception, providing oral information, and possessing the manual dexterity to operate equipment and use hand tools and to handle and work with various materials and objects are important aspects of this job.
- Exposure to hot, cold, wet, humid, or windy conditions caused by weather may occasionally be experienced.
- Must have a full range of motion in the upper extremities.

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

EXPERIENCE AND EDUCATION

Any combination of experience and training that would likely provide the required knowledge and skill is qualifying. A typical way to obtain the required knowledge and skill would be:

Experience:

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

Education:

Equivalent to the completion of an Associate of Arts or higher degree, with an emphasis in athletic training, physical therapy, or similar fields.

License and Certificate Requirement

- Possession of a valid California Motor Vehicle Operator's License.
- Possession of a standard first aid certificate, including CPR training.
- Possession of a valid Athletic Trainer certificate from the National Athletic Trainer Association.

Condition of Employment:

Insurability by the District's liability insurance carrier.