

## **Escondido Union High School District Job Description**

**Job Title:** Athletic Trainer  
**Employee Unit:** Classified Bargaining Unit  
**Job Family:** Instructional Support & Related Classes  
**FLSA Status:** Nonexempt  
**Salary Level:** 35  
**Approved By:** Board of Education  
**Approved Date:** 12/07/2010

### **CERTIFICATES, LICENSES, REGISTRATIONS**

Certification by National Athletic Trainers Association; current CPR and First Aid certifications; valid California Driver's License.

### **NATURE OF WORK**

Evaluates physical condition and advises and treats student athletes to maintain maximum physical fitness for participation in athletic competition by performing the following duties.

**ESSENTIAL DUTIES AND RESPONSIBILITIES** include the following. Other duties may be assigned.

Maintains files and records for student athletes. This function may involve technological support.

Prescribes routine and corrective exercises to strengthen muscles.

Assists in educating student athletes in nutrition, health, and weight management.

Provides treatment to relieve soreness, strains, and bruises.

Assists and provides "hands on" experience and supervision for student athletic trainers.

Renders first aid to injured players such as giving artificial respiration, cleaning and bandaging wounds, and applying heat and cold to promote healing.

Calls Physician for injured persons as required.

Wraps ankles, fingers, or wrists of athletes in synthetic skin, protecting gauze, and adhesive tape to support muscles and ligaments.

Treats chronic minor injuries and related disabilities to maintain athletes' performance.

Gives treatments as prescribed by health service.

May relieve or assist site nurse in student health office.

## **SUPERVISORY RESPONSIBILITIES**

Athletic trainers may have students who are enrolled in classes learning the basics of athletic training assigned to their supervision during after school athletic practices and events.

## **QUALIFICATIONS**

To perform this job successfully, an individual must be able to perform each essential duty satisfactorily. The requirements listed below are representative of the knowledge, skill, and/or ability required. Reasonable accommodations may be made to enable individuals with disabilities to perform the essential functions.

## **EDUCATION and/or EXPERIENCE**

Bachelor's degree (B. A.) from four-year college or university; National Athletic Trainers Association certification required.

## **KNOWLEDGE OF:**

Word processing and excel software; and the ability to learn and use specialized software; modern training techniques and practices, equipment and supplies used by athletes, general safety issues, and CIF requirements.

## **ABILITY TO:**

Read, analyze, and understand scientific and technical journals related to sports medicine; legal documents, physician and physical therapist orders; respond to common inquiries or complaints from students, parents, coaches and other employees; explain doctor's orders to students, parents and coaches; be flexible and work under time constraints; assess injuries, define problems, collect data, establish facts, and draw valid conclusions; interpret an extensive variety of technical instructions in mathematical or diagram form and deal with several abstract and concrete variables.

Ability to calculate figures and amounts such as proportions, percentages, area, circumference, and volume; apply concepts of basic algebra and geometry.

## **PHYSICAL DEMANDS**

The physical demands described here 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 functions.

While performing the duties of this job, the employee is regularly required to stand; walk; use hands to finger, handle, or feel; talk or hear; and taste or smell. The employee frequently is required to reach with hands and arms. The employee is occasionally required to sit; climb or balance; and stoop, kneel, crouch, or crawl. The employee must regularly lift and/or move up to 50 pounds and occasionally lift and/or move up to 100 pounds. Specific vision abilities required by this job include close vision, distance vision, color vision, peripheral vision, depth perception, and ability to adjust focus.

## **WORK ENVIRONMENT**

The work environment characteristics described here are representative of those an employee encounters while performing the essential functions of this job. Reasonable accommodations may be made to enable individuals with disabilities to perform the essential functions.

While performing the duties of this job, the employee is regularly exposed to wet and/or humid conditions, fumes or airborne particles, toxic or caustic chemicals, and outside weather conditions. The employee is occasionally exposed to moving mechanical parts; high, precarious

places; extreme cold; and extreme heat. The noise level in the work environment is usually loud.

**COMMENTS**

Athletic trainers are required to attend all athletic practices, all home athletic events, and all home and away football games. Must demonstrate professionalism, flexibility, diplomacy and patience in frequent interaction with physicians, physical therapists, teachers, administrators, students, parents and coaches.