

PALOMAR COMMUNITY COLLEGE DISTRICT

ATHLETIC TRAINER

*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.*

DEFINITION

To educate all student athletes engaged in intercollegiate sports and physical education in injury prevention methods and techniques; to recognize and evaluate athlete injuries/illnesses; to administer treatment, management and rehabilitation to injured athletes; and to perform a variety of tasks relative to assigned area of responsibility.

SUPERVISION RECEIVED AND EXERCISED

Receives direction from the Director Athletics.

ESSENTIAL AND MARGINAL FUNCTION STATEMENTS

Essential and other important responsibilities and duties may include, but are not limited to, the following:

Essential Functions:

1. Educate student athletes in injury prevention to prevent the use of dangerous skills and techniques; advise student athletes in the selection and use of protective devices and equipment.
2. Assist the team physician in conducting physical examinations of athletes prior to participation in intercollegiate sports; obtain athlete medical histories.
3. Design, fabricate, fit and apply appropriate taping, wrapping and protective devices to prevent injury and re-injury of student athletes; monitor environmental conditions of all student athletes; inspect equipment and playing areas for safe conditions.
4. Attend assigned sporting events and perform emergency first aid in the event of injury to players; clean, dress and bandage minor cuts, bruises, lacerations, abrasions and blisters.
5. Recognize and evaluate injuries/illnesses of student athletes; inspect injured areas; recognize severity of trauma and functional status of athletes.
6. Manage and treat injured athletes; select and administer appropriate first aid; refer athletes to appropriate medical personnel and facility.

PALOMAR COMMUNITY COLLEGE DISTRICT
Athletic Trainer (*Continued*)

7. Administer rehabilitation to injured athletes; develop criteria to restore athletes to full functional participation status; use appropriate therapeutic modalities and exercises for rehabilitation; maintain accurate records of injury, treatment and rehabilitation of all student athletes.
8. Evaluate the use of rehabilitation equipment, techniques and therapeutic modalities to determine their appropriate use and application; clean and maintain therapy modalities and training kits; maintain records to comply with mandated safety and sanitation standards.
9. Educate and counsel student athletes concerning injuries and risk of re-injuries; counsel and advise athletic staff and teams on potentially hazardous situations to ensure safe participation.
10. Serve as a facilitator and liaison between the physician and athlete and the physician and coach; work with team doctors concerning athlete injuries, treatments and rehabilitation.
11. Establish a standardized written procedure for planning, organizing and implementing health care services for student athletes.
12. Supervise and coordinate the work of student trainers.

Marginal Functions:

1. Attend educational programs and workshops as required.
2. Perform related duties and responsibilities as required.

QUALIFICATIONS

Knowledge of:

Principles and practices of anatomy and physiology.

Modern practices, techniques and protocols of preventive and rehabilitative treatment used in athletics.

Principles and practices of kinesiology/biomechanics.

Principles, methods and techniques of emergency first aid and C.P.R.

Methods and techniques of advising and counseling.

Principles and procedures of record keeping and reporting.

Methods and techniques of supervision and training.

Pertinent Federal, State and local codes, laws and regulations.

PALOMAR COMMUNITY COLLEGE DISTRICT
Athletic Trainer (*Continued*)

Ability to:

Administer a variety of preventive and rehabilitative treatments to athletes.
Operate and maintain the College training facility.
Tape, bandage and splint athletes, administer first aid and immobilize injuries.
Operate therapeutic equipment and machines.
Counsel and advise student athletes regarding injuries.
Supervise and instruct student workers and trainers.
Understand and follow technical oral and written instructions.
Maintain accurate records and prepare reports.
Establish and maintain effective working relationships with those contacted in the course of work.
Maintain physical condition appropriate to the performance of assigned duties and responsibilities.

Experience and Training Guidelines

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

Experience:

Three years of increasingly responsible experience performing physical therapy and preventive or rehabilitative treatment duties.

Training:

Equivalent to a Bachelors degree from an accredited college or university with major course work in exercise physiology, health education, physical education or a related field.

License or Certificate

Possession of, or ability to obtain, an appropriate, valid Certification as an athletic trainer.

Possession of, or ability to obtain, an appropriate, valid C.P.R. Certificate.

Possession of, or ability to obtain, an appropriate, valid driver's license.

WORKING CONDITIONS

Environmental Conditions:

Indoor and outdoor environment; exposure to heat, cold, noise, dust, fumes, gases, inclement weather conditions; work with machines; extensive contact with students.

Physical Conditions:

Essential and marginal functions may require maintaining physical condition necessary for walking or standing for prolonged periods of time; heavy, moderate or light lifting and carrying; repeated bending.