

LOS ALAMITOS UNIFIED SCHOOL DISTRICT
Office of the Personnel Commission

CLASS TITLE: Athletic Trainer

BASIC FUNCTION:

Under general supervision of the Athletic Director, 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.

REPRESENTATIVE DUTIES:

1. Evaluate athletes' readiness to play and provide participation clearances when necessary and warranted.
2. Care for athletic injuries, using physical therapy equipment and techniques.
3. Conduct an initial assessment of an athlete's injury or illness to provide emergency or continued care and to determine whether they should be referred to physicians for definitive diagnosis and treatment.
4. Assess and report the progress of recovering athletes to coaches or physicians.
5. Perform general administrative care and devices for student-athletes.
6. Conduct assessments, management, treatment, rehabilitation, and reconditioning of the student-athletes whose conditions are within the professional preparation and education of a certified athletic trainer.
7. Appropriately uses such modalities as mechanical stimulation, heat, cold, light, air, water, electricity, sound, massage and the use of therapeutic exercises, reconditioning exercise, and fitness programs.
8. Develop and implements injury prevention programs; prescribe routine/corrective exercises to strengthen muscles.
9. Advise athletes on the proper use of equipment and administer daily treatment of student-athletes.
10. Travel with select sports teams for medical coverage and student care during Sunset League and CIF playoffs.
11. Provide athletic training services for all home athletic contests and away competitions as necessary.

12. Counsel student-athletes on all injuries, health, safety, and nutrition topics.
13. Supervise Sports Medicine Students in the CTE Pathway at Los Alamitos High School as needed.
14. Willingness to supervise Athletic Trainer Interns from local universities.
15. Maintain medical confidentiality requirements per HIPAA.

KNOWLEDGE AND ABILITIES:

KNOWLEDGE OF:

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

ABILITY TO:

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

EDUCATION AND EXPERIENCE:

A Bachelor's degree from an accredited four-year institution in Athletic Training.

LICENSES AND OTHER REQUIREMENTS:

Possess a valid California Driver's License and valid CPR/First Aid/AED certifications. Must be in good standing with NATABOC and maintain First Aid/CPR/AED.

PHYSICAL DEMANDS AND WORKING CONDITIONS:

Indoor and outdoor environment; lift, carry, push, pull or move up to 100 lbs.; stand, walk, sit, kneel, squat, crawl, stoop, bend, climb; use repetitive twisting/pressure involving wrists/hands; work with arms above shoulder level; repetitive use of hand, arm, shoulder; talk and hear normal conversation; exposed to temperature changes; work in damp or wet areas; frequently have hands in water; close/distance vision and depth perception; may be exposed to airborne particles, dust strong odors, fumes, chemicals, toxic materials; work around moving vehicles; exposed to minor contagious diseases; have direct contact with students, district staff, site administrators, general public; work independently; work alone; work in confined places; work in high places; work with tight deadlines; work with sharp objects, tools, power tools and equipment (e.g. lawnmower, edger, tractor) with noise levels up to 96.5 dB; eye and ear protection may be required.

SALARY RANGE: 102

ADOPTED BY PERSONNEL COMMISSION:

ADOPTED BY BOARD OF EDUCATION: