



# RIALTO UNIFIED SCHOOL DISTRICT CLASSIFIED

## ATHLETIC TRAINER

### DEFINITION:

Under the direction of an assigned Administrator or Supervisor, assist in the conditioning and physical fitness of athletes; assist in the prevention, reduction, and treatment of injuries; store, issue, repair, and maintain athletic and physical education equipment, materials, and supplies; perform other job-related duties as assigned and/or as required.

### ESSENTIAL DUTIES:

- Perform a variety of taping, strapping, and bandaging to prevent or reduce the chance of injury or to aid in injury rehabilitation.
- Counsel and advise athletes on routine or corrective exercises to strengthen, stretch, and develop muscles and body structure.
- May rub, massage, and apply other treatments to relieve soreness, strains, and bruises.
- Render First Aid and/or CPR; clean, disinfect cuts and abrasions, and, as appropriate, may apply heat, cold and/or other physical modalities to promote healing.
- Review and evaluate injuries to determine if medical care is required.
- Advise athletes on personal hygiene and care of the body.
- Prepare, issue, control, and continuously inventory athletic and physical education equipment, materials, and supplies.
- Recommend, prepare, and order protective equipment and supplies following consultation with coaches and the Athletic Director.
- Assist in arranging physical examinations for athletic clearances; assist in the completion of insurance forms for injured athletes.
- Plan, organize, and coordinate the transportation and care of athletic equipment, supplies, and materials for off-campus athletic events.
- Perform other job-related duties as assigned and/or as required.

### KNOWLEDGE AND ABILITIES:

#### 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 pertaining to the prevention, reduction, and treatment of injuries.
- Equipment, supplies, and materials commonly used in competitive sports programs.
- Safe and effective working conditions.

#### ABILITY TO:

- Skillfully tape, strap, 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.
- Understand and follow oral and written directions.
- Establish and maintain cooperative working relationships.

## **EDUCATION AND EXPERIENCE**

### EDUCATION:

Verification of a High School diploma, a GED certificate, or a higher degree; supplemental coursework with an emphasis in athletic training, physical therapy, or similar fields is required.

### EXPERIENCE:

One year of full-time experience involved with athletic training, physical therapy, or a closely related field. Recent job-related experience within the last five years is required.

## **LICENSES, CERTIFICATIONS, AND OTHER REQUIREMENTS:**

- Verification of a valid California Motor Vehicle Operator's license.
- Insurability by the District's liability insurance carrier may be required.
- Verification of a current First Aid certificate and a current CPR certificate issued by the American Red Cross or the American Heart Association is required at time of employment and must be kept current as a condition of continued employment.

## **PREFERRED QUALIFICATIONS:**

An Associate's degree or its equivalent is preferred, but not required.

## **WORKING CONDITIONS:**

### ENVIRONMENT:

Indoor and outdoor, various sports-oriented locations, including sports fields, gyms, and locker rooms.

### PHYSICAL ELEMENTS:

The physical requirements indicated below are example of the physical aspects that persons within the position classification must perform in carrying out essential job functions:

- Will occasionally exert 40 to 60 pounds of force to lift, carry, push, pull, or otherwise move objects.
- Will involve walking or standing for extended periods of time; may ascend and descend ladders, stairs, and ramps.
- Must possess the ability to hear and perceive the nature of sound.
- Must possess visual acuity and depth perception.
- Must possess the manual dexterity to operate equipment and to use basic hand tools and to work with various materials and objects.

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

POTENTIAL HAZARDS:

Possible exposure to bodily fluids and communicable diseases. Possible exposure to severe weather or loud noises. May be exposed to hot, cold, rainy, and windy conditions caused by weather.

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