

Job Title: Athletic Trainer

Qualifications: Athletic trainers should have a degree from a four-year college and National Athletic Trainers Association (NATA) certification. The NATA certification is achieved by two years of experience working under the supervision of NATA-approved trainers. This includes First Aid and Cardiopulmonary Resuscitation (CPR) certification. Valid driver's license. Such alternative to the above qualifications as the Superintendent may find appropriate and acceptable.

Reports to: Athletic Director and Principal/ Assistant Principal

Job Goal: To assume the responsibility and obligation of establishing and maintaining an athletic training program , in all sports

Responsibilities:

- Conduct an initial assessment of an athlete's injury or illness in order to provide emergency or continued care, and to determine whether they should be referred to a physician for definitive diagnosis and treatment
- Care for athletic injuries using physical therapy equipment, techniques, and medication
- Evaluate athletes' readiness to play, and provide participation clearances when necessary and warranted
- Apply protective or injury preventive devices such as tape, bandages, or braces to body parts such as ankles, fingers, or wrists
- Assess and report the progress of recovering athletes to coaches and physicians
- Collaborate with physicians in order to develop and implement comprehensive rehabilitation programs for athletic injuries
- Advise athletes on the proper use of equipment
- Plan and implement comprehensive athletic injury and illness prevention programs
- Develop training programs and routines designed to improve athletic performance.
- Instruct coaches, athletes, parents, medical personnel, and community members in the care and prevention of athletic injuries
- Inspect playing fields in order to locate any items that could injure players
- Conduct research and provide instruction on subject matter related to athletic training or sports medicine
- Recommend special diets in order to improve athletes' health, increase their stamina, and/or alter their weight
- Massage body parts in order to relieve soreness, strains, and bruises
- Confer with coaches in order to select protective equipment
- Accompany injured athletes to hospitals
- Perform team support duties such as running errands, maintaining equipment, and stocking supplies
- Lead stretching exercises for team members prior to games and practices
- Maintain records including injury reports, home care instructions, referrals, treatment records, rehabilitation progress notes and insurance information
- Performs other specific job-related duties as assigned

EVALUATION: Performance of this job will be evaluated on a yearly basis by Principal or designee

PHYSICAL ACTIVITY REQUIREMENTS (Frequently, Occasionally, Rarely):

PRIMARY PHYSICAL REQUIREMENTS

Lift up to 10 lbs: Frequently required
Lift up to 25 lbs: Frequently required
Lift 26 to 50 lbs: Occasionally
Lift over 50 lbs: Occasionally

CARRY up to 10 lbs: Frequently required
CARRY 11 to 25 lbs: Occasionally
CARRY 26 to 50 lbs: Occasionally
CARRY over 50 lbs: Rarely

REACH above shoulder height: Occasionally
REACH at shoulder height: Frequently required
REACH below shoulder height: Frequently required
PUSH/PULL: Occasionally

OTHER PHYSICAL CONSIDERATIONS

Twisting: Occasionally
Bending: Occasionally
Crawling: Occasionally
Squatting: Occasionally
Kneeling: Occasionally
Crouching: Rarely
Climbing: Rarely
Balancing: Rarely

WORK SURFACES: (describe)

Fields
Locker room concrete floors
Computer keyboard/screen

HAND MANIPULATION

DURING A TYPICAL DAY

HAND MANIPULATION

EMPLOYEE IS REQUIRED TO:

Consecutive hours	Total Hours
Sit: 2	5
Stand: 1	2
Walk: 1	1

Environment: Inside: 45% **Outside:** 55 %

Grasping: Occasionally
Handing: Frequently required
Torqueing: Occasionally
Fingering: Frequently required

Short Description: (Example: Work is performed inside and out of doors in an environment which includes exposure to physical elements or a number of disagreeable working conditions.)

The physical demands of the duties described here are representative of those that must be met by an employee to successfully perform the essential functions of this position. Reasonable accommodations may be made to enable individuals with disabilities to perform the essential functions.

COGNITIVE AND SENSORY REQUIREMENTS:

Talking:	Necessary for communicating with others.
Hearing:	Necessary for receiving information and instructions.
Sight:	Necessary to do job effectively and correctly.
Tasting & Smelling:	Smelling required to detect noxious fumes and odors.

SUMMARY OF OCCUPATIONAL EXPOSURES:

Bacterial and viral infections carried by children
Cleaning products, field marking and field-care products

I have reviewed this job description and am in acceptance of its parameters.

Employee

Date _____

Representative Hinsdale School District

Date _____