

## Citrus College

## Position Description

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|------------------------------|------------------|
| Position: Athletic Trainer I | Position Number: |
| Department/Site:             | FLSA: Non-exempt |
| Evaluated by:                | Salary Range: 35 |

### Summary

Administers preventive treatment and rehabilitation to physical education students and athletes engaged in various intercollegiate sports; assure compliance with health and safety standards; oversee the issuance, maintenance and replacement of athletic injury protective gear and equipment for the college athletic program.

### Essential Duties and Responsibilities

- Provides urgent care service for student-athlete injuries sustained during team practices and athletic events. Evaluates seriousness of injuries, and administers first aid. Refers students to a physician as needed.
- Provides protective taping, bracing and padding for athletes. Assures compliance with safety standards by properly fitting athletic equipment, knee, and ankle braces, and other protective gear.
- Monitors athletic rehabilitation programs for injured students. Provides physical therapy treatment for injuries as diagnosed or prescribed by team physicians. Operates a variety of athletic and medical equipment including a muscle stimulation unit and ultrasound machine.
- Educates and counsels athletes about their conditions including the nature of injuries and the procedures to be followed for recovery.
- Serves as a trainer at home-and-away athletic events. Provides protective equipment and performs emergency repairs at athletic. Provides protective taping and urgent care to injuries. Advises a coach on athlete readiness to resume activity.
- Prepares written procedures in collaboration with the Athletic Trainer II and team physician regarding emergency management, treatment and rehabilitation of injuries for athletes including an annual review and update of established programs as may be necessary.
- Cleans and maintains a training room in a condition suitable for patient-athlete care.
- Consults with coaches on injury prevention methods.
- Prepares and maintains records and reports including injury and accident reports, rehabilitation logs and insurance claims. Maintains and updates student files.
- May participate in selection, training and scheduling of student workers.
- Performs other duties as assigned that support the overall objective of the position.

### Qualifications

#### ▪ **Knowledge and Skills**

Requires specialized knowledge of the theories, principles, practices, and techniques of physical therapy and preventative and rehabilitative treatment used in college athletic and physical education programs.

Requires a working knowledge of the equipment, materials, and supplies used in a college athletic and physical education program.

Requires a working knowledge of human anatomy and medical terminology.

Requires knowledge of injury evaluation and treatment techniques including first aid and the proper fitting of assistance devices.

Requires skill at fitting and modifying athletic equipment.

Requires knowledge of proper methods for inventorying and storing equipment, materials, and supplies.

Requires knowledge of pertinent health and safety regulations governing rehabilitation health care.

Requires well-developed language and human relations skill to explain technical concepts to others, serve customers, and give instructions.

- **Abilities**

Requires the ability to carry out the duties of the position.

Requires the ability to perform physical therapy.

Requires the ability to deliver and administer urgent first aid, preventative, and rehabilitative treatment to physical education students and athletes.

Requires the ability to evaluate and treat a variety of injuries.

Requires the ability to apply and fit protective taping, padding, braces, and related equipment.

Requires the ability to operate a variety of equipment used for treatment.

Requires the ability to fit, maintain, and repair athletic equipment and apparatus.

Requires the ability to work effectively under extreme time constraints.

Requires the ability to work varying schedules and attend and travel to athletic events.

- **Physical Abilities**

Incumbent is required to perform work of an active nature, requiring sufficient physical stamina to carry out duties.

Requires use of well-developed hand eye coordination for precise motions and use of small instruments.

Requires ambulatory ability to lift medium-to-heavy weight materials, balance, and walk and stand for extended periods of time.

Requires hand and arm strength to perform massage and kneading movements.

Requires visual acuity to observe moving objects and recognize physical injuries.

Requires auditory ability to project voice to a small group.

- **Education and Experience**

Requires a Bachelor's degree in Physical Therapy, Physical Education, Athletic Training, Sports Medicine, or related field and one year of experience in athletic training that can include student internship.

- **Licenses and Certificates**

Requires a valid driver's license.

Requires a First Aid and CPR card.

Requires a National Athletic Trainers Association Certificate.

- **Working Conditions**

Work is performed in an indoor and outdoor environment where health and safety considerations exist from physical labor, blood borne pathogens, and equipment.