

ATHLETIC TRAINER

DEFINITION

Under the direction of the Athletic Director, assists in the conditioning and physical fitness of athletes; assists in the prevention, reduction, and treatment of injuries; stores, issues, repairs, and maintains athletic and physical education equipment, materials and supplies; performs other related duties as assigned and/or required.

ESSENTIAL DUTIES

- x performs a variety of taping, strapping, and bandaging to prevent or reduce the chance of injury, or to aid in injury rehabilitation
- x counsels and advises athletes on routine or corrective exercises to strengthen, stretch and develop muscles and body structure
- x may rub, massage and apply other treatments to relieve soreness, strains and bruises
- x renders First Aid and/or CPR; cleans, disinfects cuts and abrasions, and as appropriate may apply heat, cold and/or other physical modalities to promote healing
- x reviews and evaluates injuries to determine if medical care is required
- x advises athletes and physical education students on personal hygiene and care of the body
- x prepares, issues, controls and continuously inventories athletic and physical education equipment, materials and supplies
- x recommends, prepares requisitions, and orders protective equipment and supplies following consultation with coaches and the athletic director
- x assists in arranging physical examinations for athletic clearances; assists in the completion of insurance forms for injured athletes
- x plans, organizes and coordinates the transportati

#### PHYSICAL DEMANDS

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

- x will occasionally exert 40 to 60 pounds of force to lift, carry, push, pull or otherwise move objects
- x will involve walking or standing for extended periods of time; may ascend and descend ladders, stairs, scaffolding and ramps
- x must possess the ability to hear and perceive the nature of sound
- x must possess visual acuity and depth perception
- x must possess the manual dexterity to operate equipment and to use hand tools and to work with various materials and objects
- x may be exposed to hot, cold, humid, rainy and windy conditions caused by weather

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

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