

DEPARTMENT OF EDUCATION  
BOARD OF EDUCATION SUPPORT SERVICES PERSONNEL

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Class Specification for the Class:

ATHLETIC HEALTH CARE TRAINER  
(ATHLETIC HLTH CARE TRNR)

**CLASS DISTINGUISHERS:**

**Complexity:** This class reflects responsibility for developing and implementing the activities of an athletic health care program in a public high school in accordance with established departmental guidelines, policies and procedures. The athletic health care program involves all phases of health care in the athletic environment (i.e. injury prevention; recognition, treatment, evaluation and referral of athletic injuries; rehabilitation, follow-up evaluation and reconditioning; and education and counseling). Positions in this class are also responsible for organizing and supervising the school's athletic training facility.

**Guidelines Available:** Positions in this class are guided by departmental policies and procedures which include an Athletic Health Care Trainer Manual; State and federal laws, regulations and standards which govern athletic training activities such as scope of practice and occupational safety and health; and the National Athletic Trainers Association Board of Certification's (NATABOC) Standards of Professional Practice.

**Nature of Supervision Received:** Positions in this class perform work independently under the general supervision of a non-technical supervisor (e.g. school principal). Initiative in seeking technical consultation from other health care professionals (e.g. physicians, physical therapists, etc.) rests with the incumbent of a position in this class.

**Full Performance Knowledge and Abilities:** *(Knowledge and abilities required for full performance in this class.)*

**Knowledge of:** Applicable departmental policies and procedures; State and federal safety and sanitation regulations and standards for health care facilities, therapeutic modalities, devices and equipment; human anatomy, neuroanatomy, physiology, and kinesiology; principles of personal hygiene, nutrition and first aid and emergency care treatment of injuries and illnesses, including emergency cardiac care (ECC); principles, practices and current techniques associated with sports medicine; organization and implementation of an athletic health care program; components of a comprehensive athletic injury/illness prevention program; principles, practices and current techniques of athletic rehabilitation and treatment including the use of appropriate

therapeutic modalities, equipment and appliances; basic legal concepts as they apply to the athletic health care trainer and his/her performance; and report writing.

**Ability to:** Develop and implement an athletic health care program; formulate operating procedures; independently apply principles, practices and techniques associated with sports medicine and athletic rehabilitation and treatment; develop and modify therapeutic treatment plans; instruct student-athletes and others in adhering to therapeutic treatment plans; prepares clear and comprehensive written reports, correspondence, policies and procedures; and communicate effectively, orally with students, coaches, parents, physicians, etc., to provide instruction and/or information related to athletic health care.

**Examples of Duties:** *(Positions may not be assigned all of the duties listed, nor do the examples necessarily include all the duties that may be assigned. The omission of specific statements does not preclude management from assigning such duties if such duties are a logical assignment for the position. The classification of a position should not be based solely on the examples of duties performed.)*

1. Develops and implements standard operating procedures for the school's athletic health care program and training facility in accordance with departmental guidelines. Procedures include coverage during practice and games; use of therapeutic modalities and rehabilitation protocols; injury procedures; emergency situation plans; and record keeping requirements.
2. Conducts pre-participation evaluations to screen for injury/illness risk factors associated with participation in competitive athletics.
3. Works with coaches to develop and implement effective training and conditioning programs for student athletes.
4. Advises the athletic director and/or coaches on the appropriate selection and proper fitting of protective equipment.
5. Monitors athletic activities and events for potential safety hazards and/or conditions and calls them to the attention of proper school officials.
6. Advises the athletic director or coaches to restrict, alter or cancel athletic activities if the safety and health of students are threatened.
7. Applies protective or injury-preventive devices, such as, tape, bandages or braces.

8. Conducts initial evaluation following acute injury. Examines athlete's status with regard to history, mechanism, observation, palpation, range of motion, muscular strength, functional joint stability, and neurological status. Analyzes athlete's condition and makes decision on the management of the acute injury.
9. Provides appropriate first aid and emergency cardiac care (including CPR); and/or refers the student athlete to a physician.
10. In the absence of a physician, determines whether the injured athlete may resume participation in athletic activities.
11. Provides pertinent information to physicians or other allied health care professionals.
12. Following physician's evaluation and diagnosis of an injury, develops and supervises an appropriate, safe and effective rehabilitation program for the injured athlete including the use of a variety of therapeutic modalities (e.g. electric stimulation, ultrasound, diathermy, traction, intermittent compression, joint mobilization, etc.). Modifies the program within the framework of the healing process and/or in accordance/cooperation with a physician's instructions.
13. Designs, constructs and fits orthotic devices.
14. Supervises the operation of therapeutic devices and equipment.
15. Monitors athlete's appropriate reintegration into program activities.
16. Serves as a resource person and provides technical assistance to coaches, teachers and other personnel regarding the health care of students and student athletes.
17. Determines need for supplies and equipment, repair and maintenance services, etc. Consults specific catalogs and manuals to obtain desired information, prepare and submit purchase orders.
18. May supervise assistants, volunteers and student athletic trainers (UH student interns) in the performance of athletic training activities.
19. Organizes and implements in-service educational programs for coaches and other school personnel.
20. Counsels and advises coaches, student athletes and parents on matters regarding rehabilitation and treatment of specific injuries.

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PART I

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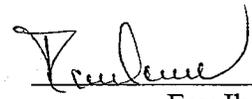
21. May conduct classes on athletic training and sports medicine topics as requested.
22. Disseminates pertinent information to student athletes, parents, coaches and other target groups.

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This is an amendment to the class specification and a change in title for the class, Athletic Health Care Specialist that was approved on March 16, 2005. The amended title is Athletic Health Care Trainer.

DATE APPROVED: SEP 21 2007

EFFECTIVE DATE: August 1, 2007

  
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Fay Ikei  
Acting Assistant Superintendent  
Office of Human Resources