

LOS ALAMITOS UNIFIED SCHOOL
DISTRICT
Office of the Personnel Commission

CLASS TITLE: Athletic Trainer

BASIC FUNCTION:

Under general supervision of the Athletic Director, administers preventive and rehabilitative treatment to students and athletes engaged in various high school sports in accordance with specific instruction from coaching staff, team physician, and/or consulting physician; fits uniforms and protective equipment; and performs related work as required.

REPRESENTATIVE DUTIES:

1. Evaluate student-athletes' injuries and provide participation clearances when necessary and warranted.
2. Care for athletic injuries, using physical therapy equipment and techniques.
3. Perform emergency first aid techniques and CPR/AED procedures when warranted.
4. Conduct an initial assessment of an athlete's injury or illness to provide emergency or continued care and to determine whether they should be referred to physicians for definitive diagnosis and treatment. Acts as a liaison between student-athletes, coaches, parents, nurse's office, physicians, specialists, and the District.
5. Assess and report the progress of recovering athletes to coaches or physicians.
6. Perform general administrative care and rehabilitation devices for student-athletes.
7. Conduct assessments, management, treatment, rehabilitation, and reconditioning of the student-athletes whose conditions are within the professional preparation and education of a certified athletic trainer.
8. Appropriately uses such modalities as mechanical stimulation, heat, cold, light, air, water, electricity, sound, massage and the use of therapeutic exercises, reconditioning exercise, and fitness programs.
9. Develop and implement injury prevention programs; prescribe routine/corrective exercises to strengthen muscles.
10. Advise athletes on the proper use of equipment and administer daily treatment of student-athletes.
11. Travel with select sports teams for medical coverage and student care.
12. Provide athletic training services for all home athletic contests and away competitions as necessary.
13. Counsel student-athletes on all injuries, health, safety, and nutrition topics.

14. Supervise Sports Medicine Students in the CTE Pathway at Los Alamitos High School as needed.
15. Willingness to supervise Athletic Trainer Interns from local universities.
16. Maintain confidential, accurate, and timely records of injuries, treatments, and rehabs per HIPAA.
17. Provide the Athletics Office with an annual budget for supplies and equipment and maintain an up-to-date inventory for the Athletic Training Room.
18. Perform other job-related duties as assigned.

KNOWLEDGE AND ABILITIES:

KNOWLEDGE OF:

Basic principles of anatomy, kinesiology, physiology, nutrition, diet, and first aid;
Symptoms and treatment of athletic injuries;
Physical fitness, hygiene, and safety procedures related to athletic programs;
Safety and protective equipment used in sports;
Disinfectant techniques
Taping, bandaging, and therapeutic techniques;
Record keeping techniques;
General principles of training and providing work direction;
Strong understanding of current health, safety, and environmental regulations, including OSHA standards and school district-specific safety protocols.

ABILITY TO:

Administer advanced first aid and therapeutic techniques;
Operate a variety of therapeutic equipment and machines;
Understand and carry out technical and other directions issued by physicians;
Maintain accurate records;
Direct and review the work of others;
Operate a vehicle observing legal and defensive driving practices;
Understand and carry out oral and written instructions;
Establish and maintain effective relationships with those contacted in the course of work;
Relate to other people beyond giving and receiving instructions.
Communicate effectively both orally and writing.
Work effectively within a team, coordinating with colleagues, stakeholders, and external partners to complete tasks, achieve goals, and resolve issues in a collaborative and efficient manner.
Demonstrate a commitment to Los Alamitos Unified School District's mission, vision, and priority goals.

EDUCATION AND EXPERIENCE:

A Bachelor's degree from an accredited four-year institution in Athletic Training.

LICENSES AND OTHER REQUIREMENTS:

Possess a valid California Driver's License and valid CPR/First Aid/AED certifications. Must be in good standing with NATABOC and maintain First Aid/CPR/AED.

PHYSICAL DEMANDS AND WORKING CONDITIONS:

Indoor and outdoor environment; lift, carry, push, pull or move up to 100 lbs.; stand, walk, sit, kneel, squat, crawl, stoop, bend, climb; use repetitive twisting/pressure involving wrists/hands; work with arms above shoulder level; repetitive use of hand, arm, shoulder; talk and hear normal conversation; exposed to temperature changes; work in damp or wet areas; frequently have hands in water; close/distance vision and depth perception; may be exposed to airborne particles, dust strong odors, fumes, chemicals, toxic materials; work around moving vehicles; exposed to minor contagious diseases; have direct contact with students, district staff, site administrators, general public; work independently; work alone; work in confined places; work in high places; work with tight deadlines; work with sharp objects, tools.

SALARY RANGE: 102

ADOPTED BY PERSONNEL COMMISSION: January 8, 2025

ADOPTED BY BOARD OF EDUCATION: January 14, 2025