

## **MIDDLE COUNTRY CENTRAL SCHOOL DISTRICT**

### **JOB DESCRIPTION**

#### **ATHLETIC TRAINER**

**Summary:** The Athletic Trainer is responsible for the care and prevention of athletic injuries for all students involved in the Interscholastic Athletic Program in the Middle Country School District. The Athletic Trainer will be directly responsible to the Director of Physical Education, Health and Athletics. This position includes the duties and responsibilities below and other functions as assigned by the Director of Physical Education, Health and Athletics.

**Qualifications:** Bachelor's Degree in related field.  
Athletic Trainer Certificate.  
Certified by the National Athletic Trainers Association Board of Certification (NATABOC)

#### **Essential Duties and Responsibilities:**

1. The trainer will be responsible for pre-game application of tape, bandages, and wraps for the prevention or recurrence of injuries as deemed appropriate by the trainer or physician.
2. The trainer will evaluate and assess injuries as they occur; and prior to, during, or following athletic practices/contests.
3. The trainer will administer first aid to injured athletes as required.
4. The trainer will follow up on serious injuries by calling home to see how the injured athlete is doing and advise the parent/guardian if necessary.
5. The trainer will follow return to play guidelines set by the physician.
6. The trainer will work cooperatively with the nursing staff of the school regarding student care, injury reporting, and clearance for participation.
7. The trainer will apply protective or injury preventive devices such as strapping or braces when necessary.
  - a. In instances when it is deemed safe, the trainer will instruct the athlete or coach how to apply straps or braces.
8. The trainer will supervise the training room including:
  - b. Rules, regulations, and procedures governing this area
  - c. Keeping the room in an orderly sanitary state
  - d. Ordering training room supplies and equipment
  - e. Maintaining records of athlete treatment
9. The trainer is responsible to complete continuing education credits (CEU's) in order to keep current with innovations in the field and maintain his/her certification with the NATABOC.

**Job Description (Continued)**  
**Athletic Trainer**

10. The trainer will set up rehabilitation schedules when possible to assist in the rehabilitation of a student athlete.
11. The trainer will provide the coaching staff with relevant information about topics related to athletic injury or safety. Some of these topics may include but are not limited to:
  - a. CPR/ AED/ First Aid
  - b. Concussions
  - c. Helmet Removal
  - d. Taping techniques
  - e. Strength and Conditioning
  - f. Nutrition
12. The trainer will become certified (at District expense) as a first aid and CPR/AED instructor to certify and re-certify coaches as per state regulations.
13. The trainer will conduct himself/herself in a professional and responsible manner at all times.
14. The trainer must be certified by the National Athletic Trainers Association Board of Certification (NATABOC).

**Schedule:** The basic workday will begin at 2:00 p.m. and last until the conclusion of all practices and/or athletic contests. The work week will be Monday through Saturday beginning in mid-August and ending in early June. Specific dates for the start and end of the year will be determined annually based on the Section XI calendar put forth determining when practices may begin in August and when the spring season playoffs will end in June. The Athletic Trainer is expected to attend practices over school vacations and holidays unless otherwise arranged with the Director of Physical Education, Health and Athletics.

**Reports to:** Director of Physical Education, Health and Athletics.  
**Prepared by:** James Donovan  
**Approved by:** Dr. Roberta Gerold, Superintendent of Schools