

## ATHLETIC TRAINER

**DISTINGUISHING FEATURES OF THE CLASS:** This is a responsible professional position involving planning and implementation of an athletic training program for student athletes. The athletic training program must provide care and treatment of athletic injuries, as well as training regarding prevention of athletic injuries, in accordance with Section 8532 of New York State Education Law. Duties include the management of athletic injuries/illnesses, including preconditioning, conditioning and reconditioning through use of appropriate preventative and supportive devices, under the supervision of a physician. Responsibilities also include providing instruction and advice to athletes, parents, medical personnel and communities in the area of care and prevention of athletic injuries. Work is performed under general supervision of a licensed physician and the school district Athletic Director, with considerable leeway allowed for exercise of independent judgment in carrying out the details of the work. Supervision may be exercised over paid or volunteer student assistants. Does related work as required.

**TYPICAL WORK ACTIVITIES:** The typical work activities listed below, while providing representative examples of the variety of work assignments in the title, do not describe any individual position. Incumbents in this title may perform some or all of the following, as well as other related activities not described.

Plans and implements an athletic training program, working closely with school district athletic director to integrate the training program into the overall athletic program of the school district;

Provides training, instruction, and strategies relative to minimizing injuries, such as conditioning programs, judicious equipment selection, athletic activity safety checks and determination of physical fitness for participation in intended activities;

Provides for the care, prevention and treatment of athletic injuries and/or improves physical fitness of athletes for participation in various sports programs;

Develops and maintains athletic training program budget;

Maintains detailed records on student athletes including sports physicals, incident report forms, injuries, and treatments;

Provides student athletes, parents, coaches and school staff with information regarding sound health habits and injury care and prevention practices;

Provides athletic training services for all home athletic contests and varsity football games; away contests determined by the Athletic Director;

Conducts initial evaluation following any injury and makes decisions regarding management of the injury;

Provides first aid, CPR, and coordinates emergency transportation, as necessary;

Determines if student athletes need joint or muscular support and performs the taping of ankles, wrists, fingers or wrapping of muscles such as hamstrings, quadriceps, etc., to enable student athletes return to functional athletic performance;

Administers the N.Y.S. Concussion Management 5 Step Protocol;

Applies appropriate physical therapy, as allowed by law, and/or conditioning for the rehabilitation of an athletic injury;

Refers student athletes and/or families to appropriate physicians, as required;

Acts as liaison between family physicians and specialists, the school district, athletes and their parents;

Monitors the healing progress of injuries, reintegrates student athletes into activities as appropriate;

Informs coaches and/or athletic director about whether an injured athlete may resume participation in athletic activities, and provides lists of athletes medically eligible to compete, as requested;

Operates a personal computer, peripheral equipment, calculator and other related office equipment in performing work assignments;

Assists the athletic director, as requested;

May attend training events and/or conferences as required to maintain proficiency.

**FULL PERFORMANCE KNOWLEDGES, SKILLS, ABILITIES AND PERSONAL CHARACTERISTICS:** Thorough knowledge of principles and practices of sports medicine; thorough knowledge of Advanced First Aid, CPR and emergency management procedures; good knowledge of Federal, State and local laws, rules, and regulations related to athletic training; good knowledge of the operation and maintenance of equipment utilized in athletic training; working knowledge of anatomy and medical terminology; ability to evaluate, plan and coordinate appropriate care for injuries; ability to maintain accurate records and prepare reports; ability to establish and maintain effective working relationships; ability to communicate effectively, both orally and in writing; initiative and resourcefulness; tact and courtesy; integrity; dependability; good judgment.

**MINIMUM QUALIFICATIONS:** Either:

- A. Possession of a Bachelor's degree in athletic training; **OR**
- B. Possession of a Bachelor's degree from a program accredited by the National Athletic Trainers' Association (NATA), the Commission on Accreditation of Allied Health Programs (CAAHEP) or the Commission on Accreditation of Athletic Training Education (CAATE); **OR**
- C. Possession of a Bachelor's degree completed **before July 1, 2022**, which included or was supplemented by successful completion of the following:
  - 1. Twelve (12) credit hours in professional athletic training, which may include:
    - a. kinesiology/biomechanics;
    - b. exercise physiology;
    - c. infection control;
    - d. professionalism and ethics; and
    - e. prevention and care of athletic injuries (i.e. preconditioning, conditioning,

reconditioning, recognition, assessment, therapeutic modalities, therapeutic exercise, first aid and cardiopulmonary resuscitation).

2. Nine (9) credit hours in the human biological and physical sciences and social and behavioral sciences, which may include:
  - a. principles of human anatomy and physiology;
  - b. neuroscience;
  - c. nutrition;
  - d. pharmacology;
  - e. psychology and sports psychology; and
  - f. counseling, education and communication skills.
3. 1,500 clock hours of clinical or work experience in the practice of athletic training\* supervised by a NYS Certified Athletic Trainer or a NATABOC certified Athletic Trainer (ATC).

\*Section 8352 of New York State Education Law defines the practice of the profession of athletic training as: “the application of principles, methods and procedures for managing athletic injuries/illnesses, which shall include the preconditioning, conditioning and reconditioning of an individual who has suffered an athletic injury through the use of appropriate preventative and supportive device, under the supervision of a physician. Athletic training includes instructions to coaches, athletes, parents, medical personnel and communities in the area of prevention of athletic injuries. The scope of work described herein shall not be construed as authorizing the reconditioning of neurologic injuries, conditions or disease.”

**Note:** Your degree or college credits must have been awarded or earned by a college or university accredited by a regional, national, or specialized agency recognized as an accrediting agency by the U.S. Department of Education/U.S. Secretary of Education. If your degree was awarded by an educational institution outside the United States and its territories, you must provide independent verification of equivalency. A list of acceptable companies who provide this service can be found on the Internet at <http://www.cs.ny.gov/jobseeker/degrees.cfm>. You must pay the required evaluation fee.

### **Special Requirements:**

1. Incumbent must possess certification as an Athletic Trainer (ATC) in accordance with Article 162 of the New York State Education Law at the time of appointment and maintain certification throughout employment in this title.
2. Current certification in CPR for Professional Rescuer/AED; or EMT certification.
3. Incumbent must possess current certification in Concussion Management at the time of appointment and maintain certification throughout employment in this title.

ULSTER COUNTY  
0588 ATHL TRAIN  
Classification: Competitive  
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