



## Vermont Sports Medicine Center

**POSITION TITLE:** Athletic Trainer Certified

**RESPONSIBLE TO:** Clinic Director

**POSITION SUMMARY:**

1. The athletic trainer will work in the clinic as a health care team member providing direct care in collaboration with the physical therapists and within the scope of practice as identified by NATA and Professional Practice Act and Licensure within the State of Vermont
2. The Athletic Trainer will function as the Sports Medicine Case coordinator where requested, working with Physical Therapist, Physician and Coaches to coordinate return to play process post rehabilitation
3. The Athletic Trainer will serve to design and implement Strength and Conditioning programs when requested for end sage rehabilitation process, as well as non injured athletes requesting sport specific conditioning program
4. The Athletic Trainer will function as community outreach coordinator providing awareness and education to community / schools regarding Sports safety, conditioning and injury prevention, representing the Clinic in a positive and professional manner.
5. The Athletic Trainer will design and implement prevention and conditioning programs for area schools sports programs as needed, and per contract development.
6. The Athletic Trainer will work in close collaboration with current Athletic Trainers in the affiliated Sports Medicine Entities and Medical Clinics to assure alignment of rehabilitation and conditioning principles
7. The Athletic Trainer will serve as clinic team member and operational lead in the development of Strength and Conditioning guidelines, in collaboration with affiliated Sports Medicine and Orthopaedic Clinics.
8. The athletic trainer will be able to demonstrate an ability to perform the following functions regarding athletic injuries: prevention, assessment, treatment, (including first aide) and reconditioning as set forth by the NATA Board of certification.
9. The athletic trainer will demonstrate proper taping, strapping, bracing, and fitting of athletic equipment.
10. The athletic trainer will carry out all prescribed treatments and recommendations by the Physical Therapist and / or physician.
11. The athletic trainer will maintain NATA and CPR certification in accordance with those respective institutions.

12. If requested by Clinic Director, The athletic trainer will cover assigned pre-season physicals, sports games or matches working under contract terms with area high schools
13. Athletic Trainer if requested will spend time as team member in Sports Medicine / Orthopaedic Surgeon office seeing patients with practitioners.
14. The Athletic Trainer will serve to design and implement Strength and Conditioning programs when requested for end stage rehabilitation process.
15. The athletic trainer must demonstrate knowledge of the principals of growth and development over the life span and possess the ability to assess data reflective of the athletes status and interpret the appropriate information

**Experience**

One or two years in athletic training and / or clinic setting preferred. Entry level graduates with NATA certification will be considered.

**Qualifications**

Education: Minimum Bachelors degree from a NATABOC College/University, NATABOC Certification, Vermont Athletic Training Licensure or Eligible .Certified Strength and Conditioning Certification desired but not required.

**STANDARD I**

Quality and Timeliness of Work: The amount of satisfactory output.

1. Answers to pages or calls promptly.
2. Demonstrates ability to prioritize and organize time by completing work within assigned events.
3. Accepts additional responsibilities and duties as assigned.
4. Schedules athlete treatment and/or other intervention as necessary and established.
5. Promptly begins work assignments after receiving instructions in accordance with established policy.
6. Maintains awareness of current policies and procedures.
7. Maintains confidentiality of athlete injury information.
8. Attends Clinic staff meetings as established.
9. Abides by all established policy and procedures specific to both the athletic training room and the Physical Therapy Clinic
10. Functions effectively and according to policy training.
11. Communicates reports in a concise, informative manner.
12. Verifies physician order in accordance with established athletic health care policy.
13. Documents in athletic health care notebook as appropriate.
14. Maintains all athletic training documentation in concise and legible manner.
15. Maintains injury data information in proper order and reported in pre-assigned time frame.

## **STANDARD II**

Prevention of Athletic Injuries: Design and Implement Prevention programs.

1. Determination of an athlete's physical readiness to participate
2. Knowledge of normal anatomical structure and function.
3. Knowledge of physiological demand and response to exercise.
4. Knowledge of normal biomechanical demands of exercise.
5. Presentation of educational programs for the healthy and injured athletes.(i.e., alcohol and other drug abuse, performance anxiety)
6. Knowledge of nutritional demands of the athlete.
7. Knowledge of contraindications and side effects of prescription and non-prescription medications.
8. Knowledge of absorption, dissipation, and transmission of energy of varying materials.(i.e., protective padding)
9. Knowledge of legal requirements and rules of the athletic event.
10. Implementation of pre-season, in-season and post-season strength and conditioning programs.

## **STANDARD III**

Job Knowledge: Understanding of job duties, know-how in performing assigned tasks.

1. Works confidently in crisis or emergency situation.
2. Demonstrates knowledge of safety practices.
3. Uses assigned athletic training equipment safely and efficiently.
4. Develops treatment programs in accordance with findings of evaluations and goals established by the injury assessment, physical therapist or by the treating physician.
5. Assesses athlete's status in response to treatment and modifies programs as appropriate.
6. Applies treatment procedures and modalities in accordance with established indications and contraindications.
7. Prepares athlete for treatment and insures comfort and safety of athletes.
8. Instructs athlete in therapeutic exercise, and strength and conditioning programs.
9. Informs athlete and families of important aspects of athlete's present condition, including concussion, wound care, first aid and follow-up care.
10. Informs physician and or therapist of any necessary documentation or observable signs that need investigation.
11. Meets criteria for certification as established in the National Athletic Trainers Association with respect to CEU's.
12. Maintains statistics and injury logs as established.
13. Able to perform duties in an efficient and independent manner with minimal supervision.
14. Can master new work routines and use new equipment without the need for repetitive instruction.
15. Willing to learn from the knowledge and experience of others.
16. Willing to ask questions when not sure of the correct action to take.

#### **STANDARD IV**

Dependability: Reliability and persistence in following through with assignments on schedule and to follow policies and rules.

1. Reports for event coverage, clinic and meetings at designated time
2. Adheres to proper work schedule.
3. Gives proper notice of absences and tardiness.
4. Does not have excessive tardiness.
5. Does not have excessive absenteeism from work.
6. Is flexible in accepting temporary work and duty assignments.
7. Accepts policies and their modifications without complaints.
8. Maintains physical environment in an effective, organized manner.
9. Willing to cover sporting events after hours if needed.
10. Works effectively with team physician in sports coverage setting when appropriate.

#### **STANDARD V**

Ambition/Initiative: Willingness to put forth effort in starting an activity, contribute to new ideas or seek improvement.

1. Is willing to learn new athletic training techniques, procedures and equipment.
2. Prevents/corrects problems or unsafe conditions.
3. Assists in preparing all clinic and athletic training equipment for use.
4. Attends and participates in meetings and in services.
5. Maintains level of skill and expertise consistent with the latest theory and techniques.
6. Maintains and insures safe operation of all training equipment.
7. Recommends new equipment and supplies to ensure optimum quality of athlete's care.
8. Assumes additional responsibilities and duties as requested by the Clinic Director or other designee.
9. Is willing to teach new techniques of clinic healthcare to staff when needed.

#### **STANDARD VI**

Recognition, Evaluation, and Immediate care of Athletic Injuries:

1. Identification of underlying trauma.
2. Recognition of signs and symptoms of athletic injury and illness.
3. Recognition of systemic and local metabolic failure.
4. Recognition of pathomechanics.
5. Recognition of the psychological signs and symptoms of athletic injury and illness.
6. Recognition of the effects of improper nutritional needs of the competing athlete (i.e., fluid replacement, diabetic shock).
7. Understand the role of prescription and non-prescription medication in the immediate/emergency care of athletic injury and illness.
8. Understands the effects of stress loads on the human body (shear, tensile,

- compressive, etc.).
9. Understands and performs proper Evaluation/Assessment techniques for athletic injury.
  10. Understands and complies with all indications and contraindications for known therapeutic modalities (i.e., ice, moist heat, ultrasound, electrical stimulation, joint mobilization, etc.)

**STANDARD VII**

Rehabilitation and reconditioning of athletic injuries: Design and Implementation of program.

1. Demonstrates on going evaluation of an athlete's progress through various stages of rehabilitation.
2. Knowledge of normal anatomical structures and functions.
3. Knowledge of the various stages of injury response.
4. Knowledge of musculoskeletal, cardiovascular and psychological demands placed on the injured athlete.
5. Knowledge of the role of prescription and non-prescription medications in the rehabilitation process.
6. Knowledge of the various physiological responses to energies imposed on the body.
7. Has the ability to plan, implement, document and communicate appropriate rehabilitation strategies to the necessary parties.

**STANDARD VIII**

Health Care Administration:

1. Proper Documentation of injury status and rehabilitation.
2. Proper communication with, and referral to, the appropriate health care provider.
3. Proper maintenance and documentation of records for the administration of prescription and non-prescription medications.
4. Assist with the development and implementation of operational policies and procedures of the athletic healthcare / Sports Medicine program as requested by the Clinic Director

**STANDARD IX**

Adaptability: Efficiency under stress. Receptiveness to change/new ideas. Poise and/or courtesy in tough situations

1. Receptiveness to change
2. Demonstrates poise in stressful situations
3. Maintains efficiency under stress
4. Accepts procedural changes in a positive manner

**STANDARD X**

Professional development and responsibility:

1. Remains up to date with current evaluation skills, techniques and knowledge.
2. Remains up to date with current human anatomy, physiology, and exercises physiology research and trends.
3. Remains up to date with current biomechanical research and trends.
4. Remains up to date with current nutritional, and pharmacological research and trends.
5. Remains up to date with current physics as it relates to athletic training.
6. Continues to develop interpersonal and communication skills.
7. Remains up to date with current standards of practice.