



Murray County Medical Center Position Description

Classification:	Athletic Trainer
Department:	Clinic
Location:	Murray County Medical Center
Reports to:	Therapy
FSLA Classification:	Hourly/Non-exempt – Temporary

Position Purpose

The Athletic Trainer provides athletic training and wellness services to school-based and community populations. This role partners with local schools to support student athletes and youth through injury prevention, safe training practices, early intervention, and injury management. The Athletic Trainer provides education and support to coaches, students, families, and community members regarding physical wellness, injury prevention, and safe participation.

The Athletic Trainer also extends services to the broader community, including geriatric populations, by developing safe and functional movement programs designed to reduce fall risk, improve mobility, and support independence. This role collaborates with healthcare providers, schools, coaches, families, community organizations, and other healthcare professionals to promote safe activity, wellness, and functional health.

Essential Duties and Responsibilities

1. School-Based Athletic Training

- Partner with local schools to provide athletic training services to student athletes and youth.
- Provide injury prevention, early intervention, evaluation, treatment, and appropriate follow-up for athletic injuries within scope of practice.
- Provide athletic training coverage for practices, competitions, and athletic events as assigned.
- Develop and promote safe training and conditioning practices.
- Assist student athletes with appropriate progression following injury and return to activity.



- Maintain appropriate documentation related to athletic injuries, treatment, and follow-up.
- Communicate with coaches, athletic directors, school personnel, parents, and healthcare providers regarding student athlete needs.

2. Injury Prevention, Education and Wellness

- Provide education to coaches, students, athletes, families, and community members regarding injury prevention and physical wellness.
- Promote safe participation, appropriate training practices, conditioning, hydration, and injury prevention.
- Provide education regarding recognition and management of common athletic injuries.
- Assist coaches and school personnel in recognizing injuries and determining when additional medical evaluation is appropriate.
- Support development and implementation of injury prevention and wellness programs.
- Serve as a resource to schools and community organizations regarding physical activity, injury prevention, and safe movement.

3. Athletic Injury Management and Rehabilitation

- Evaluate athletic injuries within scope of practice.
- Provide appropriate first aid, injury management, treatment, and rehabilitation.
- Develop and implement individualized rehabilitation programs as appropriate.
- Monitor progress and communicate changes in patient or athlete status to appropriate healthcare providers.
- Coordinate referrals and follow-up care when additional medical evaluation or treatment is indicated.
- Assist athletes with safe return-to-activity progression in collaboration with physicians and other healthcare professionals.
- Maintain accurate and timely documentation of services provided.

4. Community Wellness and Functional Movement



- Develop and provide safe, functional movement programs for community populations.
- Support geriatric populations through programs designed to reduce fall risk and improve strength, balance, mobility, and functional movement.
- Provide education regarding safe physical activity and movement.
- Develop programs that promote independence and support individuals in maintaining functional abilities.
- Adapt activities and exercises to individual abilities, limitations, and safety considerations.
- Collaborate with healthcare providers and community organizations to identify opportunities to improve community wellness and physical function.

5. Collaboration and Community Outreach

- Collaborate with physicians, physical therapists, rehabilitation staff, coaches, school personnel, patients, families, and community organizations.
- Establish and maintain positive working relationships with local schools and community partners.
- Participate in community education, wellness programs, injury prevention activities, and outreach events as assigned.
- Communicate appropriate recommendations and concerns to healthcare providers and other members of the care team.
- Assist with identifying community needs and opportunities for additional wellness and injury prevention programming.

6. Other duties assigned.

Job Activities

Major Activity	Percentage
School-Based Athletic Training	30%
Injury Prevention, Education and Wellness	20%
Athletic Injury Management and Rehabilitation	20%
Community Wellness and Functional Movement	20%
Collaboration and Community Outreach	5%



Other duties as assigned	5%
100% Total	100%

Qualifications

- Bachelor's degree in Athletic Training or related accredited educational pathway consistent with applicable licensure requirements.
- Current Athletic Trainer licensure in the State of Minnesota.
- Current certification as an Athletic Trainer through the appropriate national certifying organization.
- Current BLS certification.

Requirements

- Demonstrate excellent interpersonal, communication, organizational, and critical-thinking skills.
- Skill in organizing work, defining tasks, setting priorities, working independently, and following through on all projects and assignments with minimal direction.
- Ability to establish effective working relationships with student athletes, patients, families, coaches, school personnel, healthcare providers, and community organizations.
- Knowledge of athletic injury prevention, evaluation, treatment, rehabilitation, and safe return-to-activity practices.
- Knowledge of safe exercise, functional movement, mobility, balance, and fall-risk reduction principles.
- Ability to provide education and communicate health and wellness information effectively to individuals of varying ages and abilities.
- Ability to work effectively in school, clinical, athletic, and community environments.
- Ability to respond appropriately to athletic injuries and other situations requiring immediate attention.
- Experience working with student athletes, schools, or community wellness programs preferred.
- Experience working with geriatric populations or fall-prevention and functional movement programs preferred.
- Able to deal with constant change in healthcare, athletic environments, and community needs.



- Must be able to consult with supervisor and healthcare providers for guidance and final approval when appropriate.
- Accuracy is essential in all job duties.

Working Conditions and Physical Demands

- Work is conducted in clinical, school, athletic, and community environments.
- Requires working in stressful situations where multiple patients, athletes, activities, and deadlines may be a factor.
- Requires frequent standing, walking, bending, kneeling, squatting, reaching, and repetitive movement.
- Requires ability to respond quickly to athletic injuries and other medical concerns.
- Requires ability to demonstrate and assist with exercises, functional movements, and injury prevention activities.
- Requires ability to lift, carry, push, and pull equipment and supplies within safe lifting practices.
- May require assisting with movement, stabilization, or positioning of injured or physically limited individuals.
- May require prolonged standing during practices, competitions, athletic events, and community programs.
- Work may be performed indoors and outdoors and may involve exposure to varying weather conditions.
- Keyboarding and repetitive computer movement is required for documentation and administrative duties.
- Hearing is required for normal conversations, patient interactions, and communication during athletic activities.
- Specific vision abilities required by this job include close vision and the ability to adjust focus due to computer work, patient assessment, and monitoring athletic activity.
- May be exposed to communicable diseases, blood and body fluids, potential allergens, cleaning agents, and other healthcare-related hazards.



Equipment Operation

- This position utilizes athletic training, rehabilitation, clinical, and office equipment with extensive use of computers.
- Proficiency with specialized and standard office computer programs is required.
- Proficiency with electronic medical record systems is required.
- Proficiency with Windows operating systems is required.
- Equipment may include athletic training and rehabilitation equipment, therapeutic exercise equipment, first aid supplies, emergency response equipment, AED, vital-sign equipment, splinting and immobilization equipment, and other equipment necessary for athletic training and community wellness services.

Supervisory Responsibilities

No direct supervisor responsibilities.

Employee Signature: I have read and agree that I can perform the essential functions of this position.

Print Name

Signature

Date

Manager or HR Rep. Signature

Date

