

CPR & Emergency Cardiovascular Care

General Information

Q: What is the CPR & First Aid in Youth Sports Training Kit?

A: The easy-to-use CPR & First Aid in Youth Sports Training Kit contains everything needed for a facilitator to teach the lifesaving skills of child and adult CPR, how to use an AED, and how to help during sports-related emergencies. Training 10 to 20 people at once in CPR and sports injury-related first aid can be completed in less than an hour.

Q: What content is taught in the CPR & First Aid in Youth Sports Training Kit?

A: The CPR & First Aid in Youth Sports Training Kit teaches:

CPR-related topics including:

- Hands-Only CPR and AED for Teens and Adults
- Adult CPR with Breaths
- Choking in Adults
- Child CPR and AED
- Choking in Children

First aid-related topics including:

- Dehydration
- Heat Cramps, Heat Exhaustion, and Heat Stroke
- Overuse Injuries
- Bone Break
- Concussion

Q: Who is the target audience for this course?

A: This kit is for people who do not need a course completion card for a job or other requirements. CPR & First Aid in Youth Sports is intended for youth sports coaches, parents, and athletes.

Q: What are some of the product benefits of the CPR & First Aid in Youth Sports Training Kit?

A: Benefits include:

- Provides both lifesaving skills of CPR and first aid
- Everything needed to train 10 to 20 people at once
- Can be facilitated by anyone, anytime, anywhere
- First aid topics are specifically for sports-related injuries
- Training developed from the latest science and research from the AHA
- Taught with the AHA's research proven practice-while-watching technique

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Q: Is there a written exam that must be completed for CPR & First Aid in Youth Sports Training Kit?

A: No, a written exam is not required to complete the course. However, there is an optional pre- and post-test included in the course materials for those that wish to measure knowledge gained by course participants.

Q: Does successful completion of CPR & First Aid in Youth Sports training result in an AHA course completion card?

A: No. However, an optional certificate of participation is available to print from www.heart.org/cprinyouthsportstoolkit.

Q: Does the course offer continuing education (CE/CME) credits?

A: No, the course does not offer continuing education credits.

Q: Is the CPR & First Aid in Youth Sports Training Kit available in other languages?

A: The CPR & First Aid in Youth Sports Training Kit materials are available in Spanish. Streaming video and student materials are in Spanish and English materials are available to download at www.heart.org/cprinyouthsportstoolkit.

Q: Are the CPR & First Aid in Youth Sports Training Kit DVD and streaming video closed captioned for the hearing impaired?

A: Yes, the DVD and streaming video are closed captioned.

Q: Approximately how long does the CPR & First Aid in Youth Sports Training Kit take to complete?

A: The modular format allows students to learn multiple skills together or separately. The full kit, including all optional modules, takes about one hour.

Following are the approximate completion times for each module:

- Hands-Only CPR and AED for Teens and Adults (required): 23 minutes
- Adult CPR With Breaths (optional): 6 minutes
- Choking in Adults (optional): 5 minutes
- Child CPR and AED (optional): 7 minutes
- Choking in Children (optional): 4 minutes
- First Aid (optional): 13 minutes
 - Total: 58 minutes

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Kit Materials

Q: What is included in the CPR & First Aid in Youth Sports Training Kit?

A: Each kit contains:

- 1 wheeled carry bag
- 10 Mini Anne® Plus inflatable manikins
- 10 kneel mats
- 10 individual carry bags
- 1 DVD (containing 5 practice-while-watching videos)
- 1 hand pump for manikin inflation
- 2 mesh collection and storage bags
- 10 replacement airways
- 50 manikin wipes
- 10 replacement face masks
- 10 AED training simulators
- 1 facilitator binder that contains the following:
 - Facilitator Guide – 32 pages
 - Lesson Plans – 7 pages (English)
 - Pre- and post-test - 2 pages each (English & Spanish)
 - Answer Keys – 2 pages each (English & Spanish)
 - Access codes for online Facilitator Guide, streaming video, and additional educational materials

Q: How many times can you use the course once purchased?

A: The kit is reusable and can be used to train hundreds of people.

Q: Can the CPR & First Aid in Youth Sports DVD or eBook be purchased separate from the kit?

A: No, the DVD and eBook cannot be purchased separate from the kit.

Q: Can the CPR & First Aid in Youth Sports DVD be used without the included manikin?

A: Skills are taught with the AHA's research-proven practice-while-watching technique, which allows for practice on a manikin while observing a demonstration of the skills in the video. The best training results will come from using the DVD and manikin together.

Q: How is the CPR & First Aid in Youth Sports Training Kit packaged?

A: The all-in-one CPR in Schools Training Kit comes in a canvas, zippered bag, and is shipped in a cardboard box (dimensions = 33" x 19" x 13;" 59 lbs.). The actual kit is 35 lbs.

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Facilitating CPR & First Aid in Youth Sports Training

Q: Is an AHA Instructor or Facilitator needed to conduct training using the CPR & First Aid in Youth Sports Training Kit?

A: No, an AHA Instructor is not needed for this course. However, the course requires a facilitator. The CPR & First Aid in Youth Sports Training Kit can be facilitated by anyone, anytime, and anywhere. Facilitators can be anyone who wishes to help pass on lifesaving CPR and first aid skills. As a facilitator-led program, the CPR & First Aid in Youth Sports Training Kit extends the availability of and access to training, so that more people can learn CPR and first aid to use their skills to act quickly in an emergency.

Q: Can AHA Instructors count training toward Instructor renewal requirements?

A: Yes, a roster must be completed and turned into the Training Center with which Instructor is aligned.

Q: How many pages is the Facilitator Guide?

A: The Facilitator Guide is 32 pages, including 7 pages of Lesson Plans.

Q: Can the Facilitator Guide, Lesson Plans, and pre-and post-test be printed?

A: Yes, they can all be printed. There are two ways to print: 1) PDF download at www.heart.org/cprinyouthsportstoolkit. 2) PRINT option available from the eBook

- 1) PDF download – Navigate to www.heart.org/cprinyouthsportstoolkit and download the PDF.

Note: No changes can be made to the materials without written permission from the AHA.

- 2) Print from eBook – Open eBook in browser (Google Chrome for best user experience). Navigate to the section of the content desired to print. Click on PRINT icon located in top right of the screen. A new window will open with the print content. Right click on the window and select the print option.

Note: The number of pages printed will vary by browser, as you are printing the webpage version.

Q: How long do we have access to the streaming video?

A: Streaming video access is available if the product is still available for purchase in the eBook store.

Purchasing Materials

Q: Where/how can I purchase CPR & First Aid in Youth Sports Training Kits?

A: CPR & First Aid in Youth Sports Training Kits can be purchased through [School Health](#).

Q: What will the kit cost?

A: The retail cost of the CPR & First Aid in Youth Sports Training Kit is \$699.

Q: Is there a bulk discount?

A: Please contact your AHA sales representative for more information.

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Product Issues

Q: Who should I contact if I receive a defective product?

A: For questions regarding defective products:

- Customer Service: 877-LAERDAL (523-7325)
- (800) 227-1143 (Customer Service Fax)
- CustomerService@Laerdal.com
- Hours of Operation: Monday - Friday 8A.M. - 8P.M., Saturday 10A.M. - 6P.M. Eastern

Q: Who should I contact if I would like to return the product?

A: School Health- <https://www.schoolhealth.com/returns-claims/>

If there are any problems with your order, please call School Health's Customer Service Department at 866-323-5465, Monday through Friday, 7am - 5pm CST. You may also contact them via at customerservice@schoolhealth.com.