



# CPR & First Aid in Youth Sports Training Kit

## PRODUCT INFORMATION

### Product Overview:

The American Heart Association aims to equip youth sports coaches, parents, and athletes with the knowledge and skills needed to respond effectively in an emergency, both on and off the field. The user-friendly CPR & First Aid in Youth Sports<sup>®</sup> Training Kit is specifically designed for youth sports coaches and their communities to learn lifesaving CPR techniques, how to use an AED, and how to provide life-saving assistance during sports-related emergencies.

CPR & First Aid in Youth Sports is designed to be taught in a single session and can accommodate up to 20 participants. The training includes 16 optional first-aid topics, allowing facilitators or sports organizations to select the content that best suits their needs. New in 2024 is the interactive web-based app that adds engagement and interactivity while providing feedback to the learner on the quality of their CPR practice. The kit is available in both English and Spanish.

### CPR Course Content and First-Aid Topics:

- |  |                                |
|--|--------------------------------|
| Causes of Cardiac Arrest<br>- Includes commotio cordis | Heat-Related Illnesses         |
| Hands-Only CPR   | Spinal Injuries                |
| Steps Leading Up to CPR                                | Smoking and Vaping             |
| AED  | Overuse Injuries               |
| CPR With Breaths                                       | Sprains, Strains and Fractures |
| Child CPR and AED                                      | Opioid Overdose                |
| Choking  | Drowning                       |
|  | Bleeding Control               |
|  | Fainting                       |
|  | Seizures                       |
|  | Allergic Reactions             |
|  | Asthma                         |
|  | Concussion                     |
|  | Diabetes                       |



### Kit Contents:

- 1 wheeled classroom carry bag
- 10 Mini Anne Plus<sup>®</sup> inflatable manikins
- 10 kneel mats – upgraded, upsized
- 3 course USB drives with training videos and Facilitator Guide in English and Spanish
- 2 hand pumps for manikin inflation
- 2 mesh storage bags
- 10 replacement airways
- 50 manikin wipes
- 10 AED training simulators
- 1 information sheet with link to Facilitator Guide, streaming course videos, and additional resources in English and Spanish
- Digital completion certificate and badge

### Course Delivery:

This course is designed to be simple to use - anyone can be a facilitator, including community members, coaches, or others passionate about teaching these lifesaving skills - no instructor experience is required! Each kit is designed to be reused, with the potential to train hundreds.



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