

The American Heart Association wants youth sports coaches, parents, and athletes to know how to help in an emergency – both on and off the field. The easy-to-use CPR & First Aid in Youth Sports Training Kit is designed for youth coaches to ensure they and their community know the lifesaving skills of CPR, how to use an AED, and how to help during sports-related emergencies.



WHAT IS TAUGHT

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

Sports injury-related first aid topics including:

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

HOW IT WORKS

Anyone can facilitate a CPR & First Aid in Youth Sports training session in less than one hour. During the training session, CPR and first aid skills are taught using the AHA's research-proven practice-while-watching technique. Participants will practice on a Mini Anne® Plus manikin while observing a demonstration of the skills in the video. The kit comes complete with a DVD and facilitator binder. This program is designed to be completely self-facilitated, with no additional training required for the trainer. The portable kit contains everything needed to train 10 to 20 people at once in CPR and sports injury-related first aid.

KIT CONTENTS

- 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, Lesson Plans, Pre- and Post-test, Answer Keys and access codes for online Facilitator Guide, streaming practice-while-watching training videos, and additional educational materials

COURSE DELIVERY

In addition to being taught by American Heart Association Instructors, this course can also be led by "facilitators" (such as community members, family members, friends and others) who wish to help pass on lifesaving skills. Anyone with knowledge of the subject can be a facilitator.



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