

## CPR & Emergency Cardiovascular Care

**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 a variety of emergencies. The easy-to-use training kit contains everything needed to train 10 to 20 students at a time, and comes in a wheeled bag, allowing for convenient movement to and from class and easy storage. The kit is also reusable – a single kit can train hundreds of people. There is an optional interactive web-based application facilitators can use to provide students with additional hands-on CPR and AED skills practice including real-time feedback.

**Q: Who is the target audience for this course?**

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

**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, which can be anyone, to run the course. A facilitator guide can be found on the course USB drive or digitally on the course website. The facilitator guide walks the facilitator through how to run the course. The facilitator can print the facilitator guide from the USB drive.

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

A: CPR-related topics including:

- Causes of Cardiac Arrest (includes commotio cordis)
- Calling 911
- Hands-Only CPR
- Steps Leading Up to CPR
- Compressions
- Practice While Watching: Compressions
- AED
- Practice While Watching: AED
- CPR With Breaths
- Optional Practice While Watching: CPR With Breaths
- Optional Practice While Watching: Put It All Together (With Breaths)
- Practice While Watching: Put It All Together
- Child CPR and AED
- Choking

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First aid-related topics including:

- Opioid Overdose
- Drowning
- Bleeding Control
- Alcohol
- Fainting
- Seizures
- Allergic Reactions
- Asthma
- Concussion
- Diabetes
- Heat-Related Illnesses
- Spinal Injuries
- Smoking and Vaping
- Overuse Injuries
- Sprains, Strains and Fractures

**Q: Does the CPR & First Aid in Youth Sports Training Kit teach infant CPR?**

A: No. However, Infant CPR Anytime® is available at <https://cpr.heart.org/en/courses/infant-cpr-anytime-training-kits> to teach anyone who cares for an infant under 12 months old the lifesaving skills of infant CPR. AHA also [offers this infographic](#) for child and infant CPR.

**Q: How long does CPR & First Aid in Youth Sports training take to complete?**

A: The required CPR course videos take about 30 minutes to go through. The optional interactive web-based application activity takes about 30 minutes. The optional first aid content takes about 50 minutes to complete.

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

A: Yes, the kit is fully bilingual (English/Spanish) for the US market. No additional translations of the kit are planned at this time.

**Q: Does the CPR in Schools with First Aid Training Kit include the latest science?**

A: Yes, the instructional course videos included in the kit reflect science from *the 2020 American Heart Association Guidelines for Cardiopulmonary Resuscitation and Emergency Cardiovascular Care*, *the 2024 American Heart Association First Aid Guidelines*, and *the 2024 Focused Update on Special Circumstances: Resuscitation Following Drowning*.

**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.

# CPR & First Aid in Youth Sports™

## FAQS



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**Q: Will students who complete this training program receive an AHA course completion card?**

A: No, completion of this course does not result in an AHA course completion card. However, facilitators can issue certificates of participation to all who complete training by using the included template.

**Q: Where can facilitators access the certificate of participation?**

A: A facilitator can access and print the certificate of participation from the course website at [www.heart.org/LearnCPRFirstAidinYouthSports](http://www.heart.org/LearnCPRFirstAidinYouthSports).

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

A: The portable, easy-to-use kit includes:

- Online access to the course website including the course facilitator guide and streaming videos
- 3 USBs including the course videos and a printable copy of the facilitator guide
- 1 wheeled classroom carry bag
- 10 Mini Anne® Plus inflatable manikins
- 10 knee pads
- 2 hand pumps for manikin inflation
- 10 AED training simulators
- 2 mesh storage bags
- 10 replacement airways
- 10 replacement face masks
- 50 manikin wipes

**Q: Are the individual components of the CPR & First Aid in Youth Sports Training Kit sold separately?**

A: Replacement faces, lungs, and manikin alcohol wipes may be purchased separately at [www.schoolhealth.com](http://www.schoolhealth.com).

**Q: What do I do if 1 of the 10 manikins in my kit becomes punctured or torn?**

A: Replacement Mini Anne Plus manikins may be purchased separately at [www.laerdal.com/us/cprinschools](http://www.laerdal.com/us/cprinschools).

**Q: Can I return the CPR & First Aid in Youth Sports Training Kit?**

A: Because of the nature of this product, the AHA does not accept returns on this product except as covered by the limited warranty here: <https://www.laerdal.com/us/support/ordering-shipping/product-returns/>.

**Q: Can the CPR & First Aid in Youth Sports Training Kit be used by groups or organizations for community education?**

A: Yes

# CPR & First Aid in Youth Sports™ FAQS



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**Q: How many kits do I need to purchase?**

A: Each CPR & First Aid in Youth Sports Training Kit can train 10 to 20 students at once. If your class contains 30 students, you can purchase two or three kits to train your whole class at one time or you can purchase one or more kits and train students in groups.

**Q: How many times can I use the CPR & First Aid in Youth Sport Training Kit?**

A: Each kit can train hundreds of students, and each manikin can withstand 300,000 compressions per manufacturer's specifications.

**Q: Is the Mini Anne Plus manikin latex-free?**

A: Yes.

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

A: The all-in-one CPR & First Aid in Youth Sports Training Kit comes in a canvas, zippered bag measuring 790 × 300 × 450 mm (31.1 × 11.8 × 17.7 inches). The kit is shipped in a cardboard box that measures 825 × 300 × 465 mm (32.5 × 11.8 × 18.3 inches).

**Q: How do I find the course access code for the digital facilitator guide and streaming videos?**

A: Facilitators will need to access the facilitator guide on the USB inside the training kit to get the course access code for digital versions of the facilitator guide and course videos.

**Q: Where can I purchase a kit or learn more about it?**

A: The CPR & First Aid in Youth Sports Training Kit can be purchased at [shopcpr.heart.org](http://shopcpr.heart.org), by emailing [cprinyouthsports@heart.org](mailto:cprinyouthsports@heart.org), or by calling 1-866-935-5484.

**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](mailto:CustomerService@Laerdal.com)

Hours of Operation: Monday - Friday 8A.M. - 8P.M., Saturday 10A.M. - 6P.M. Eastern

**Q: Whom should I contact if I have problems with the CPR & First Aid in Youth Sports Training Kit?**

A: For problems with this product, customers should contact [cprinyouthsports@heart.org](mailto:cprinyouthsports@heart.org) or 1-866-935-5484.