

things to discuss with a medic buddy before an action

self

- * **general mood**
- * **risks** – which zone, front or back of the demo – willingness to risk arrest – legal issues (citizenship, parole, prior arrests, age especially if < 18) – willingness to risk physical harm
- * **limits** – physical – emotional – mental – other
- * **stress response** – triggers – things to be aware of – things to avoid – how you respond to stress – what your buddy should do if you are stressing or otherwise in a bad way
- * **self care** – physical conditions – trans, menstruating, asthma, allergies, diabetes, hypoglycemia, pregnancy, etc.
- * **hopes/goals/intentions**

experience

- * **skills and experience** – areas of strength and weakness – previous experience with demos, being a street medic, chaotic situations, whatever else seems relevant

plan

- * **roles** – primary treater – decision maker in times of crisis – radio person – crowd control – team's eyes – other
- * **communications** – who carries radio or cell phone – bond about rad team name
- * **meeting plan if separated**
- * **philosophy** – treat cops, counter-demonstrators, etc – level of participation in political action (chanting, etc.)
- * **debriefing and feedback** – when – where – how to make sure it happens