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

S cene Assessment
P reparation and Prevention
I nitial Assessment
T riage
A ssessment of Patient
T reatment
A ftercare

Basics of Scene Assessment:
  * is the scene safe? are you safe? your buddy? other people?
  * are you calm, focused, generally okay? how's your buddy?
  * what is the weather, the mood, the interaction between cops and protestors, etc.
  * what gear do police have? what are they doing with it?
  * how many patients/potential patients are there?
  * what type of injuries do you anticipate?
  * what resources are available (other medics, EMS, etc)?
  * where are possible treatment spaces?

For all people you might provide care to:
  * introduce yourself
  * get consent for every step of treatment
  * ask what you can call them
  * ask about latex allergies (or don't use latex at all)