Patrol Name: _____
Psychological First Aid Sequential Rollout Plan - 2021/2022

Questions to consider when starting:

- What does my patrol already do that promotes psychological resilience and safety?
- Who supports patrollers after a critical incident? Is there a critical incident post-plan in place? Do all patrollers know about it?
- What resources are available to patrollers after a critical incident? Do all patrollers know about these resources?
- What is your patrol's culture around critical incidents? Does everyone just go back to work like nothing happened? Do you debrief and if so how? Do you drink beer in the PR or a local pub after?
- Do you check-in on each other after a critical incident?
- How much time do you spend together as a patrol during the off season?
- Who on your patrol will be an advocate for this type of initiative? Who will be a hindrance?
- Will your mountain's management support this type of initiative?
- What is the relationship between paid and volunteer patrollers like at your mountain? Will the paid staff see value in this work?

September 2021 -

- **Inward Facing:**
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- **Outward Facing:**
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October 2021 -

- **Inward Facing:**
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- **Outward Facing:**
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    -
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November 2021 -

- **Inward Facing:**
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- **Outward Facing:**
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    -
    -

December 2021 -

- **Inward Facing:**
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    -
    -

- **Outward Facing:**
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    -
    -

January 2022 -

- **Inward Facing:**
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    -
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- **Outward Facing:**
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    -
    -

February 2022 -

- **Inward Facing:**
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    -
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- **Outward Facing:**
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    -
    -

March 2022 -

- **Inward Facing:**
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- **Outward Facing:**
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    -
    -

April 2022 -

- **Inward Facing:**
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- **Outward Facing:**
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