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SEARCH AND RESCUE, DISASTER RESPONSE, ARES/RACES/MRC
 PERSONAL/EXECUTIVE PROTECTION, CRISIS RESPONSE, DISASTER RESPONSE
POST-MISSION SELF EVALUATION/ASSESSMENT
 Version: 2023-07-10

	Mission Element	Soft / Hard Evaluation	Ask Yourself?
<input type="checkbox"/>	Health/Food	Hard	In managing my hydration / snacks / food management between the call out and my arrival, do I need to update my go-kits or other departure elements before the next mission?
<input type="checkbox"/>	Health/Food	Hard	Did I bring enough vitamins, medicines to handle the mission timeline and scope?
<input type="checkbox"/>	Health/Food	Hard	Anything I need to discuss with my medical practitioner during my next visit?
<input type="checkbox"/>	Health/Food	Soft	How did I emotionally feel before/after I got the call out? Was I excited about the mission?
<input type="checkbox"/>	Health/Food	Hard	Was onsite food / relief options adequate to support my part of the mission? Were they able to support my dietary needs / allergies? Do I need to update my go-kit to compensate?
<input type="checkbox"/>	Health	Soft	How did I emotionally feel after I got home? "Just tired" or was there something about the mission that "really affected me"? (kids, human remains, connection to own family situation, etc.)
<input type="checkbox"/>	Vehicle	Hard	Outside of getting to the ICP / staging area, did my vehicle, in its current capability, add value to the mission or enhance my services to the team/mission?
<input type="checkbox"/>	Vehicle	Hard	Were any electrical / mechanical problems with the vehicle that I need to address before my next call out?
<input type="checkbox"/>	Vehicle	Hard	Is there anything I should consider or budget towards changing, to make my vehicle more valuable on future missions or make my ability to serve less stressful or better?
<input type="checkbox"/>	Radio Comms/GPS	Hard	Were my radios, accessories (mic, charges, antennas) ready to "walk out the door"?

<input type="checkbox"/>	Radio Comms/GPS	Hard	Was the CHIRP or CPS programming up-to-date to be fully interoperable to the other team or agencies communications setup? Or did I have to do a ton of manual programming
<input type="checkbox"/>	Radio Comms/GPS	Hard	Did the order and labelling of my channels, zones, contacts help or hinder my ability to quickly integrate into the operations? Do I need to consider a day-to-day configuration and a simpler mission configuration? (e.g. less channels, different labels)
<input type="checkbox"/>	Radio Comms/GPS	Hard	If I used APRS, was the settings and reporting correct upon arrived (SSID, DMR)?
<input type="checkbox"/>	Radio Comms/GPS	Hard	Were the batteries (including extra batteries) on the Radio and/or GPS full charged when I arrived? Do I need (better) in-vehicle/in-the-field charging capabilities?
<input type="checkbox"/>	Radio Comms/GPS	Hard	Was the waypoint distribution process to the ICP easy, do I need to adjust anything with my GPS setup?
<input type="checkbox"/>	Clothing	Hard	Wow I was hot? Wow I was sooo cold? Do I need to seasonally adjust my go-bag, 12, 36, 72-hour bag contents?
<input type="checkbox"/>	Clothing	Hard	Did any of my clothes get damaged / stained?
<input type="checkbox"/>	Clothing	Hard	Did any of my packs, harness get damaged?
<input type="checkbox"/>	Clothing	Hard	Did I have the right items and capacity of required/needed uniform items?
<input type="checkbox"/>	Clothing	Hard	Was there something I experienced or saw from another team member that I should adjust my clothing for my next mission?
<input type="checkbox"/>	Team	Soft	Now that I am home, now that I have had time to think about it, I need to write a note to _____ to ask for forgiveness of how I treated them?
<input type="checkbox"/>	Team	Soft / Hard	Is there anyone on the team, our partners, or others that I really should write a note of thanks to them or their leadership before I forget?
<input type="checkbox"/>	Team	Soft / Hard	That was odd, I really need to ask our team's senior leadership about how I should handle XYZ in the future
<input type="checkbox"/>	Team	Soft / Hard	Was there something I experienced or saw from another team member that I should adjust my role in the team for my next mission?
<input type="checkbox"/>	Timing	Soft	Was the call out timing just not good for my life right now? Do I need to step away from call outs?
<input type="checkbox"/>	Timing	Hard	Are there things I should adjust to make the timing between Page Out to getting Go-Kits to Onsite at ICP/Staging Area better? Should I get my family/friend to time me with a stop watch?
<input type="checkbox"/>	Family	Soft	This mission impacted my family emotionally (positive or negative) and I need to make sure I set aside some time to address these emotions
<input type="checkbox"/>	Family	Hard	This call out was important to me but it impacted my family, what adjustments / discussions do I need to make to reduce this impact in the future?
<input type="checkbox"/>	Family	Hard	Are there things I learned on this mission or otherwise that I can do to help my family feel involved in my passion? Can they be a member also? Can I help them become a trained member? Can I get their help in "get mom/dad ready to go" when I get the call out?

<input type="checkbox"/>	Packs/Suitcase	Hard	Man, my pack is heavy? Man, my pack is so disorganized? Man, my pack is missing so much stuff? - I really need to regroup my pack? Should I split it up? Do I need a pack per mission type?
<input type="checkbox"/>	Packs/Suitcase	Hard	It took me a long time to find what I needed in my pack, how I can repack to prioritize finding critical items fast, vs. just getting everything to fit?
<input type="checkbox"/>	Packs/Suitcase	Hard	Should I reduce the variety in my pack as I have too much "prepared for anything" that my pack isn't effective for the main missions I am going on?
<input type="checkbox"/>	Packs/Suitcase	Hard	I've been on several missions and I need to do an inventory and restock quite of number of things. Do I have an updated inventory of what should be in each bag/kit?
<input type="checkbox"/>	Packs/Suitcase	Hard	My go book was a little out of date, I should take some time and get it fully up-to-date with the latest documents? ("go book" is a simple folder or notebook with all your credentials, licenses, copies of task books, training, etc.)
<input type="checkbox"/>	Equipment	Hard	Well, "that didn't go well", "glad I had a backup". I should set a recurring date on my calendar and really inventory all my equipment and make sure it is in working order
<input type="checkbox"/>	Equipment	Hard	My equipment is technically or functionally not compatible with my team, partner agency or clients. I need to step back and may sure inoperability is evaluated for all my gear.
<input type="checkbox"/>	Equipment	Hard	I spent too much time getting my gear setup, I need to go back to really learn that ___(piece of gear)___ and train with it more or read the manual or simplify my use of it
<input type="checkbox"/>	Equipment	Hard	Well that was cool when I bought it, but I am using about 10% of it and that other 90% is just getting in the way. I need to look to downgrade that item so I am not wasting time on useless features
<input type="checkbox"/>	Attitude	Soft	Where did my attitude go off the rails? When I got the call out? When I arrived and I/they were disorganized? When I found I was "working with HIM again"? "Not that client"? He / She is clueless? Time for me to look in the mirror on the root cause of MY attitude, I'm I truly doing this as a servant? Check-ReCheck.
<input type="checkbox"/>	Attitude	Soft	I really didn't appreciate the attitude of _____, who should I call to get some wise counsel before I have another opportunity to work with this person again.
<input type="checkbox"/>	Call Out	Soft / Hard	I missed the call out notice, I didn't hear my phone, I didn't prioritize the text, the message went to my spam folder. How should I adjust?
<input type="checkbox"/>	Call Out	Soft / Hard	My roommate, relatives, dogs, dog sitter, boss, spouse, kids, _____ didn't understand the call out process and impact. Prep each of them or a prep communications to reduce future confusion.

<input type="checkbox"/>	During the Mission	Soft	I missed my _____, it was so hard emotionally and not having access to talk / see _____ really impacted my ability to give 100% to my mission. I need to contact my primary POC for call out and get their suggestion on taking physical breaks to refill the emotional tank during the mission
<input type="checkbox"/>	During the Mission	Hard	I missed my _____, I really need put on my schedule during my next call out, set times to follow up with my _____
<input type="checkbox"/>	Return Home	Soft	Besides my own physical or emotional needs, who do I need to focus on first?
<input type="checkbox"/>	Return Home	Hard	Do I have any medical issues and missed medical appointments that I need to take care of?
<input type="checkbox"/>	Return Home	Soft / Hard	Do I need to pause the ability for me to be called out again for a period of time?
<input type="checkbox"/>	Return Home	Soft / Hard	It was pain in butt to put everything back together at the end of the mission at the ICP / Staging Area....I should table top a mission in my yard / driveway to look for improvements.
<input type="checkbox"/>	Training	Hard	Any emotional, technical, communications training I should get a refresher on so I don't impact the team negatively on future missions?
<input type="checkbox"/>	Training	Hard	Any emotional, technical, communications training I should add to my "Resume Bucket List"
<input type="checkbox"/>	Training	Hard	What's a PL Tone? What's is PAR? Was there terminology or elements I ran into that threw me off? Were they specific to this mission, location, client or was it something broad
<input type="checkbox"/>	If "The Ball Came to me what would I do?" Elements	Soft	Wow, I think I handled that well, maybe I should write up my lessons learned in a blog or for the next newsletter or for the next face-to-face training.

<input type="checkbox"/> "If the ball came to me what would I do?" Elements. (this is old baseball concept that you rehearse in your mind different scenarios before they happen so you are prepared how you think you will respond) - Human Remains, little girl that looks just like your little girl, blood, grandma with your mom's same name, someone charges you, principal got punched, etc.)	Soft	Wow, I thought I could handle anything, but THAT freaked me out, messed me up, caused this or that reaction, not good. I really need to step back and talk to some more people I trust about options on dealing with what just happened, should it happen again, or re-evaluating the limits of my emotional "tank".
<input type="checkbox"/> Contract, Mutual Aid Agreements, Team Documentation	Hard	Does any of my contract language, personal or team mutual aid agreements or team documentation in need of some updates based what I/we learn from this latest mission?