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New Partnership Strengthens Mental Resilience for Professional Ski Patrollers

National Ski Patrol, The Cody St. John Foundation, and Responder Alliance team up for stress-resilience education, training, and scholarships for professional ski patrollers

LAKEWOOD, Colo., Nov. 4, 2025 -- With a shared commitment to strengthen the mental health and resilience of professional ski patrollers, three leaders in the outdoor recreation and safety community launched a significant initiative focused on stress awareness and resilience training. [National Ski Patrol](#) (NSP), one of the largest organizations committed to safety and rescue education; [The Cody St. John Foundation](#) (TCSJF), which provides scholarships to professional ski patrollers; and [Responder Alliance](#) (RA), a leading resource on stress-resilience education for first responders and outdoor professionals, joined forces to equip professional patrollers with tools and training to manage stress, enhance team well-being, and build resilience.

Rooted in shared purpose, this collaboration represents a powerful shift in how the ski industry supports its front-line responders. NSP will lead the partnership, guiding the program to align with patrollers' needs and to advance industry-wide resilience efforts. TCSJF will fund 10 scholarships this 2025-26 season to make specialized group training accessible to patrols. RA will deliver its proven coursework and facilitate the training sessions.

Ski patrollers serve in challenging environments where stress and trauma are part of their roles as first responders. This new partnership recognizes that the well-being of patrollers directly impacts mountain operations nationwide.

“Ski patrollers are the backbone of mountain safety, often the first on scene in high-stress and high-stakes situations. By supporting their resilience, we’re also supporting the safety culture that defines our mountains,” said Stephanie Cox, CEO of National Ski Patrol. “This new partnership helps our patrollers with skills and training that strengthen them mentally, emotionally, and as teams. It also adds a new dimension to our established NSP Wellness Task Force for our 30,000 members, both professional and volunteer, and existing resources for handling traumatic incidents.”

As part of this partnership, Responder Alliance’s training program focuses on stress awareness, team-based communication, and [evidence-based resilience strategies](#) tailored for first responders in outdoor and emergency environments, from communication with common language to support for team members. The program aligns with international standards for stress mitigation and first responder health.

“It’s powerful to see industry-leading organizations come together to support grassroots initiatives for patrols of all sizes, across the country. This new partnership brings our organizations into alignment around new industry standards, including stress mitigation training as part of risk management. Investments like this result in longer careers, safer workplaces, improved guest experiences, and increased career satisfaction. We look forward to seeing the ripple effects across the industry, as well as more opportunities to partner with NSP and The Cody St. John Foundation in the future,” said Griffin Lawrence, Director for Responder Alliance.

The partnership also honors the legacy of [Cody St. John](#), a ski patroller who died in a car accident, remembered for his professionalism, leadership, and compassion. With his namesake, the foundation provides scholarships and helps support the education, training, and well-being of ski patrollers.

“Cody joined Ski Patrol because he was called to serve others— including his fellow patrollers,” said Corinne St. John, President of The Cody St. John Foundation. “Through this partnership, we’re carrying that same spirit forward, honoring his legacy while collaborating with two incredible leaders within the industry. For nearly two decades, we’ve focused on helping patrollers strengthen their medical skills. Now, we’re equally proud to support their resilience training—a skill that allows them to keep showing up, no matter what the mountain brings.”

This initiative underscores growing awareness within the ski and outdoor recreation industry that mental resilience is as vital as technical skill. Training like this becomes essential to sustaining healthy, effective teams.

Alterra Mountain Company just announced a major commitment to stress and trauma training for its patrol teams, also partnering with Responder Alliance. Alterra is setting a powerful example of leadership and compassion for how ski areas can better support their first responders – an effort applauded by National Ski Patrol, The Cody St. John Foundation, and Responder Alliance, and reinforced by the partnership and broader reach of these three organizations.

“This is an example of how our industry can come together to support well-being,” added Cox. “When we strengthen our patrollers, we strengthen the entire mountain community.”

About National Ski Patrol

National Ski Patrol (NSP) is a federally-chartered 501(c)(3) nonprofit education and membership association. As the leading authority of on-mountain safety, NSP is dedicated to serving the outdoor recreation industry by providing education and training to emergency care and safety service providers. With more than 30,000 members across 650 patrols, and affiliated organizations in Canada, Europe, and Asia, NSP is one of the largest organizations committed to safety and rescue education for the outdoor industry. Members include ski and bike patrollers, as well as mountain and bike hosts, alumni, associates, and physician partners, working on behalf of local ski/snowboard areas and bike parks to enhance the overall experience for outdoor enthusiasts. Founded in 1938, NSP continues to advance its commitment to safety and its vision by leveraging the latest technology, innovation, and education. Visit [NSP.org](https://www.nsp.org), and follow on [Facebook](#) and [Instagram](#).

About The Cody St. John Foundation

The Cody St. John Foundation is the only nonprofit organization dedicated to supporting Professional Ski Patrollers nationwide in advancing their medical education through scholarships. Our mission is to ensure Ski Patrollers everywhere are equipped with the knowledge and skills to deliver exceptional emergency medical care on their mountains. www.codyschallenge.org

About Responder Alliance

Responder Alliance provides industry-leading stress resilience training and guidance for outdoor professionals, combining operational best practices with innovations in science. Now a voting member of the International Commission for Alpine Rescue, Responder Alliance is trusted by organizations around the world to innovate and manage the risk of burnout and traumatic stress in high-risk occupations. For more information, please visit www.responderalliance.com.

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