COURT PREPARATION CHECKLIST

TASK	COMPLETED
1) Review Local Court Rules	
a. Find the local court rules for the county where the case will be heard. The local court rules give you important information, such as what you must give the court and the other party before the hearing. Most local court rules can be	
found on-line. The easiest way to find local court rules is to google the county name where the case is being heard and "local court rules." For example, if you live in Contra Costa, google "Contra Costa superior court local court rules."	
 You can also contact the court to see whether the court provides copies of local court rules for people who do not have attorneys. 	
c. Review the local court rules for Family Law Matters. These rules sometimes refer to other local rules, such as Civil Matter rules, that might have to be reviewed.	
 d. Make a chart of what rules apply to your case and any court deadlines you must meet. <u>Link to Sample Local Court</u> <u>Rules Chart.</u> 	
2) Make Arrangements with the Court Before the Hearing Date	
a. Decide if you want an in-person or remote hearing.	
 If you want a remote hearing, you have to fill out and file a form. 	
 b. Contact the court to see if a court reporter is available. NOTE: If you have a fee waiver the court must provide a court reporter if you request one. You can use form FW-020. 	
 c. Arrange for someone to take notes during the hearing, if possible. 	
d. Address language barrier issues:	
Do you or your witness need an interpreter?	
If so, has an interpreter been arranged with the court?	
Gathering and Organizing Exhibits (Documents)	
 a. Think about what exhibits or documents support your case. Examples of exhibits or documents that might support a case 	

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	are photographs of injuries or damaged property, text	
	messages, social media posts, and doctor records.	
b.	After you gather all the exhibits or documents, put them in an	
	order that makes sense to you. This could be in chronological	
	order, the order you plan to present them or talk about them	
	in court, or by which your witness will speak about the	
	evidence.	
C.	Create an exhibit list for yourself. This list will be different	
	from the exhibit list you create for the court.	
	1. Link to Sample Exhibit List	
d.	Review the local court rules (and the chart you created in	
	Step 1) to see how many copies of exhibits are required.	
	Generally, you will need at least 3 copies of the exhibits (one	
	for yourself, one for the court, and one for the other party).	
e.	Review the local court rules or ask the court if the exhibits	
	need to be marked before the hearing. "Marking" exhibits	
	means writing on the exhibit (or placing a white sticker in the	
	corner and writing on the sticker) with numbers or letters to	
	identify the exhibit.	
	1. If so, see how the court wants the exhibits marked by	
	referring to the local court rules or asking the court these	_
	questions:	
	- Should you mark exhibits to identify Plaintiff's (also	
	called Petitioner's) exhibits, Defendant's (also called	
	Respondent's) exhibits?	
	- Should you use letters, numbers, or both to mark the	
	exhibits?	
	- Also find out where you should mark the exhibit (such	
	as lower right-hand corner or bottom of page.)	
f.	Put the exhibits in binders. Refer to the local court rules to	
	find out how many binders you need to create. Generally,	
	you need to create at least 3 binders: one for yourself, one	
	for the court, and one for the other party. NOTE : If the	
	hearing is being held remotely, you will have to create a pdf	
	version of your trial binder.	
a.	Create an Exhibit List for the Trial Binder. Link to Sample	
ا ع.	Exhibit List for Trial Binder.	
	Make sure the Exhibits are in the same order for each	
	binder.	
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2. Include the Exhibit List in the binders. The Exhibit List	
should be placed in the front of the binder.	
h. Practice what you will say about each exhibit or document.	
This is called an "offer of proof."	
1. You should be able to answer the five "W" questions for	
each exhibit: who, what, where, when, and why.	
i. Practice admitting or placing the exhibit into evidence: "I'd	
like exhibit to be placed into evidence."	
3) Witness Preparation	
a. If the hearing is being held in-person, ask your witnesses if	
they need help with transportation or directions to	
courthouse.	
b. If the hearing is being held remotely, your witnesses if they	
have a computer or phone that they can use for the hearing	
and if they have internet access. If a witness does not have	
a computer or phone or does not have internet, brainstorm	
other places the witness could go to use a computer.	
c. Make reminder calls to witnesses. ("Will you be able to come	
to the hearing? You are very important.")	
 d. Remind witnesses that they may have to wait outside the 	
courtroom (if the case is being heard in-person) or in a	
"virtual waiting room" (if the case is being heard remotely).	
e. Remind witnesses that they may be waiting for a long time	
before they talk to the judge.	
f. Prepare a 1-3 sentence statement about what each witness	
will testify about. You can use this to explain why the judge	
should hear from the witness.	
 For example: "My neighbor is going to testify that on 	
December 25, 2021, she heard arguing, and the sounds	
of something hard hitting the wall between our	
apartments, several times. She will talk about a written	
complaint she made about it on December 27, 2021	
which I will ask be part of the evidence in this case."	
g. Write out the questions you want to ask each witness, or a	
list of things you want to have the witness tell the judge.	
h. Write out questions you want to ask the other party , and the	
other party's witnesses.	
A witness can only testify to what they have "personal	
knowledge" of - what they saw, heard, felt, touched, or	
smelled.	

4) Preparation	
 a. The court experience might trigger post-traumatic stress. Think about ways you might deal with this stress. 	
 For example, you might decide to hold a rock or other 	
item to help keep you calm or take a deep breath and	
pause if you find yourself feeling overwhelmed or	
stressed.	
2. You may ask the judge for a moment to re-center yours	
if you are struggling due to PTSD in court. For example	
"You honor, may I just have a moment before continuing	
b. You can also attend other court hearings to see what it may	/ 🗆
be like. If you want to see a court hearing, you can call the	
courthouse to find out when and where they take place	
c. Create a timeline for the major events in the case. (For	
example, in a restraining order case, you can list out – with	
dates if possible – incidents of abuse.)	
d. Practice, practice, practice! Practice what you want to tell t	he 🗆
judge and the questions you want to ask witnesses.	
5) Safety Plan	
a. Contact your local domestic violence agency for help with	
safety planning before, during and after the hearing.	
You can ask the court to excuse you first and keep the	
opposing party for a few minutes to give you time to	
leave. You can also ask a deputy or marshal to escort y	ou
out of the courthouse.	
6) Other Potential Action Steps	
a. Request a Statement of Decision.	
 Judges usually do not have to explain why they make a 	n
order. If you want the judge to explain their decision, wri	ite
a request for a statement of decision.	
 Link to a sample statement of decision that yo 	<u>ou</u>
can use to ask the court for a statement of	
decision in their case.	
 Link to a webinar you can view about 	
statements of decision.	