



# Project C.O.P.E.

## Challenging Outdoor Personal Experience High and Low Ropes Course

### WHAT IS PROJECT COPE?

Project COPE, or Challenging Outdoor Personal Experience is an activity operated for Scouts over the age of 13, comprised of group initiatives, team building, problem solving, and physical challenge. Although COPE uses some of the skills, techniques and tools of rock-climbing, it is not a climbing course. Rather, it uses climbing situations as one of several means to achieve its goals. These goals include the development of trust, communication, self-esteem, leadership, problem solving, decision making and teamwork.

### BENEFITS OF COPE

COPE challenges participants to become more aware of themselves and others, their strengths and limitations. COPE is a great mechanism for rapidly developing a strong sense of team membership. Beyond all these lofty objectives, COPE is fun! Groups who have completed our course are uniformly impressed by how much they have enjoyed the experience.

### HOW COPE IS RUN

The first half of a COPE program consists of group initiative activities and events on our “low course”. This is a series of about a dozen structures, each one of which presents a problem intended for a group solution. The climax of the low course is a group effort to scale a 12-foot wall. The second half of a complete COPE program is the “high course”. This consists of 15 elements that require participants to negotiate cables, swings and nets high in the air. An elaborate, redundant safety system protects participants at all times. The “low course” is geared toward Team Building and the High Course is geared toward Self Esteem.

### SAFE AND CERTIFIED

Course Directors are BSA trained and certified to run the program. Our instructors and staff members are locally trained. The entire COPE program, our staff, facility and policies, are inspected and certified annually.

### CHALLENGE BY CHOICE

Two overriding concerns guide the staff at all times. First of all, we strive to assure a safe experience for all participants. Just as importantly, we also work to be sure that no one is made to feel awkward or uncomfortable during a COPE experience. COPE is *Challenge By Choice*, meaning, at no time will any participant be pushed into doing something he or she chooses not to do.

### SIGNING-UP FOR COPE

COPE is for Scouts over the age of 13. The program is a three hour session for all five days of the week. A morning and an afternoon session are offered. There is an additional \$30 participant fee to aid with the cost of materials and equipment, and each participant will receive a unique COPE belt. Each participant must complete the “Element of Danger Statement” found in this guide.