

A COPE course consists of a number of elements, that is, events which the group encounters. Each event is designed to challenge the group in a different way, but all are designed to improve one or more of the Project COPE goals. An example of one event would be The "Wall," a 12.5' wall that the entire group of eight to twelve must get over (There are some restrictions, limited only to the imagination of the Instructor and the safety precautions of the individual event).

There are two classifications of elements, Low Course and High Course. Low Course elements are those elements that range in height from ground level to 12.5' in the air. These elements typically do not require the use of a safety line of any type but do however require the assistance of the group to "spot" the individual(s) on the element.

High Course elements range in height from ground level to 6'+ (typically around 25-30' on Mountaineer Area Council's course). These elements require the use of not only "spotting" but safety ("belay") lines as well.

The COPE Course is a great tool for improving employee morale, communication, and teamwork. It is ideal for school, professional, and executive groups, as well as clubs, small and large businesses, and government agencies. Participants must be at least 13 years old by January 1 of the year of participation.

Each group that uses the course has a custom program designed to address their specific needs. Two instructors are assigned to each group. These instructors will contact or meet with a group representative before you even arrive at the course to discuss your group's needs, wishes, concerns, and questions.



What you will need to bring checklist:

- () Consent form
- () Comfortable close toed shoes
- () Long Pants suggested
- () Clothes you don't mind ruining
- () Sunscreen
- () Water Bottle

Climbing gear is provided. Do not wear jewelry or sandals.

Bring good attitude and willingness to try new things.

For information about upcoming vents or available dates for your Troop:

Contact:

**Illowa C.O.P.E./
Climbing Chair:**

**Bob Morrison
bobmorrison@gmail.com**

**Illowa Council Service Center
4412 N. Brady Street
Davenport, IA 52806
(563) 388-7233 X 120
www.illowabsa.org**

Registration forms can be downloaded from the **CAMPING** page of www.illowabsa.org

PROJECT C.O.P.E.



**CLIP INTO
ADVENTURE**



**Camp Loud Thunder
Illowa Council**



What is COPE?

COPE stands for **Challenging Outdoor Personal Experience**. It comprises group initiative games, **low course** (12 feet and under), and **high course** (about 30 feet high). Some of the activities involve a group challenge while others test individual skills and agility. Participants climb, jump, balance, swing, and find many solutions to a variety of activities. Group activities are ideal for emphasizing the patrol method and developing leadership skills. The activities are not designed to be competitive or to be a race against time. More important goals such as leadership, trust, teamwork, self-esteem, problem solving, communication, and decision making are emphasized.

GOALS

Adventure programs of any kind have a greater purpose than just having fun. They are designed to present a quality educational experience for every individual within a group. There are seven major goals/objectives that are commonly associated with the adventure program known as *Project COPE*. These goals/objectives are listed below with a brief description:



Triple Wrap Prusik



OBJECTIVES

1. Leadership development
2. Problem solving
3. Communication
4. Self-esteem
5. Trust
6. Decision making
7. Teamwork
8. FUN AND EXCITEMENT



Camp Loud Thunder's Project C.O.P.E. can be experienced on two different levels: high and low. While the high course is designed to promote self-esteem and is based on achieving personal goals, the low course focuses on the foundations of team work and problem-solving within a group atmosphere.

LEADERSHIP

Leadership is sometimes appointed, elected, or just naturally given and assumed. Leadership can be exhibited by loud commands, softly spoken suggestions, shared participation, or no actions at all. A COPE Course provides numerous opportunities for leadership to be displayed and

PROBLEM SOLVING

Problem Solving is done by the group and individual participants at each element. The group or individual then has the opportunity to test its solutions and evaluate the results.

COMMUNICATION

Communication is important to any group attempting to accomplish a difficult task. A tremendous amount of communication is exhibited in many ways on a COPE Course.

SELF-ESTEEM

Self-Esteem is developed by successfully accomplishing a task as set forth by the instructor. This happens both on an individual and team basis.

TRUST

Trust in the instructors, the safety of the course, each other, and themselves must be developed to successfully solve difficult tasks. Trust will be challenged many times while during a COPE experience.

DECISION MAKING

Decision Making requires the group to develop a solution, think through the probable results, and evaluate the results in terms of the resources available and required. Several possible solutions can be evaluated until the decision is made as to which is the best solution.

TEAMWORK

Teamwork is the key to everything on a COPE Course. By using teamwork the group achieves a successful (and sometime unsuccessful) conclusion to a variety of problems. During the period in which a group is on the course, it will become abundantly clear that no individual can "do it" alone, it requires a complete group effort.