



**COPE
INSTRUCTORS TRAINING
May 9-11, 2014**



AT BAYPORT SCOUT RESERVATION

The COPE Instructor Training course will be held at Rivah Base located at Bayport Scout Reservation on May 9-11, 2014 from 7pm Friday until 4pm Sunday. The course will provide the opportunity for you to challenge yourself on Rivah Base's unique high ropes course and low cope course. Come learn about the many aspects of COPE, such as:

Team Work
Team Building

Program Support
Safety Aspects

Lodging will be provided in the Staff Dormitories. The cost will be \$40.00 per person and include food, a t-shirt and lodging. A copy of your medical history is required as well as hold harmless release forms. If you are under 18 the release form must be signed by your parents. Once trained, instructors will be asked to spend 2-3 weekends at Bayport Scout Reservation helping groups of older Scouts or other groups who want to use the COPE courses during the year when camp is not in use.

Youth that are 16 and 17 years old can be trained as "Instructor in Training." Venturers that are 16 years or older can complete the course as an elective for the Ranger Award. The Instructor Training Card is good for two years.

If you would like to take advantage of this challenging but awesome opportunity, fill out the registration blank below and send it to the Council Service Center along with the fee before May 7th.

If you have any questions, please contact Bill Spence, Council COPE/Climbing Chairman, (W) 757-865-7781 (H) 757-225-0846 or email: spencewt@aol.com

**COPE INSTRUCTORS TRAINING COURSE REGISTRATION FORM
May 9-11**

Name: _____ Age: _____

Address: _____ Shirt Size: _____

Phone: _____ Email: _____

District: _____ M/F _____ Unit #: _____

Experience with COPE or Climbing? _____ Yes _____ No

\$40.00 Enclosed _____ Yes _____ No (Scout Shop Code 910)

What is Project C.O.P.E. ?

C.O.P.E. is an acronym for Challenging Outdoor Personal Experience. It is a program rooted in the theory of experiential learning, or - learning by doing and experiencing concepts firsthand. The course is comprised of a series of outdoor challenges, beginning with basic group initiative games, and progressing to more complicated low course and high course activities. Some of these events involve a group effort, while others test individual skills and agility. Participants climb, swing, balance, jump, rappel and think through solutions to a variety of challenges.

The course provides an opportunity for each participant to achieve success as an individual and as a member of a group. The objectives of Project C.O.P.E. include building confidence, developing leadership skills, and attaining a sense of common cooperation among group members. The course is designed to build more self confidence in a shorter length of time than anything most people have experienced.

Who Uses C.O.P.E. ?

The National Council of the Boy Scouts of America developed Project C.O.P.E. to meet the needs of today's youth who are seeking greater challenges to their physical and mental abilities. The goals of Project C.O.P.E. are consistent with the methods of Scouting. Group activities are ideal for emphasizing the patrol method and developing leadership potential. Individual activities help promote personal growth.

An unexpected dividend has been the use of Project C.O.P.E. by youth and adults outside of Scouting. Schools, community groups, recreational groups and businesses have found it an excellent tool for developing both team effort and individual achievement.

Through the use of the C.O.P.E. program, groups have the opportunity to use an outdoor setting, in a retreat-like atmosphere, to develop leadership potential, problem solving skills, and teamwork among their members.

The Project C.O.P.E. Program

Initiative Activities are a series of adventure games, trust activities and cooperative problem solving used to teach participants to work together, through communication and trust, to achieve their goals. These activities are active and engaging and allow the participants the opportunity to have fun while trying something new. Participants learn to be at ease with reliance on others for their physical well being, and with the responsibility of providing for the safety of others.

Low Course Activities present a series of challenging low lying activities requiring spotting. These activities require group cooperation and problem solving to succeed. Individual agility and commitment are required to negotiate the events.

High Course Activities include the Climbing and Rappelling Tower as well as the Aerial Challenge course. Participants negotiate a series of log, rope and cable obstacles 35 feet off the ground. These activities require effort beyond the routine and encourage participants to pursue new experiences and exercise sound risk taking.

COPE Staff Instructor Training

The Colonial Virginia Council needs adults 18 and older who enjoy helping others develop their skill in an outdoor setting. A trained instructor cadre will help foster increased use of the Project COPE program within their units and with the camp facilities. Youth that are 16 or 17 years old can be trained as "Instructors in Training." Also Venturers that are 16 years old or older can complete the course as an elective for the Ranger Award.