



Challenging Outdoor Personal Experience (C.O.P.E.) Level 1 Instructor Course March 15 – 17, 2019

<u>Course Times:</u>	Friday:	7:00pm – 10:00pm
	Saturday:	8:00am – 10:00pm
	Sunday:	8:00am – 1:00pm

Location: Tanah Keeta Scout Reservation, 8501 SE Boy Scout Road, Tequesta, FL.
We will meet in the Handicrafts Lodge for most classroom sessions and the C.O.P.E. course for practical training.

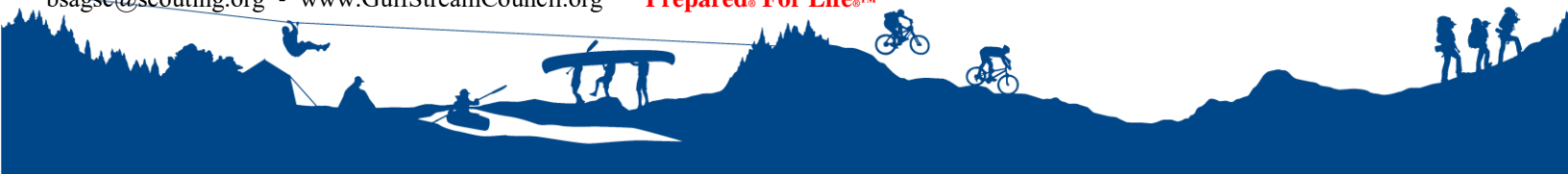
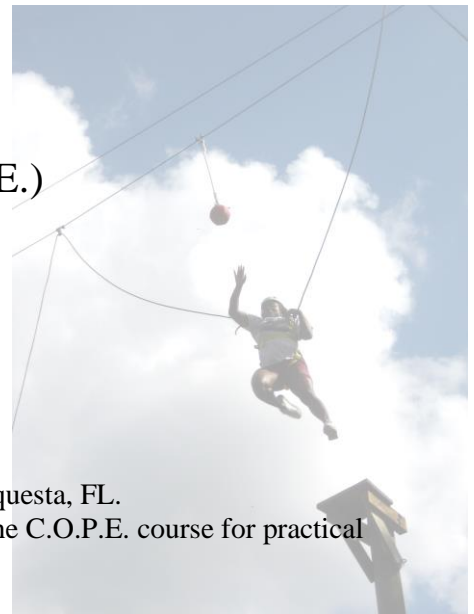
Description: C.O.P.E. is an outdoor program designed to promote effective teamwork and develop leadership skills. It comprises a series of outdoor challenges, beginning with basic group initiative games and progressing to more complicated low-course and high-course activities. Some of these events involve a group effort, whereas others test individual skills and agility. Participants climb, swing, balance, jump, and rappel as well as think through solutions to a variety of challenges.

This course will provide leaders with the skills necessary to facilitate groups through the C.O.P.E. program at Tanah Keeta Scout Reservation. These skills include pre-use inspections & reporting, safety measures & accident prevention, life safety systems, warm-ups & initiative games, trust activities, low & high course activities, managing fear, sequencing & processing, and more. This course serves as initial training for new C.O.P.E. Level 1 instructors as well as retraining for existing C.O.P.E. Level 1 instructors whose cards have expired.

Fee: The fee for this course is \$20.00 for Gulf Stream Council members and \$40.00 for out-of-council volunteers. The fee covers food and other administrative costs related to the course. Class size is limited to 12.

Physical Requirements: This training course involves participation in a wide variety of physical and mental challenges that are comparable to activities with which you may be more familiar. Much of the time, you will be engaged in activity of “moderate exertion,” which is comparable to normal walking, golfing on foot, raking leaves, calisthenics, or slow dancing. For short periods of time, you will be engaged in activity of “vigorous exertion,” which is comparable to fast walking, slow jogging, heavy gardening, or shoveling snow. With provided safety equipment, participants must be willing to climb and work at heights up to 40 feet.

If any of the above activities are difficult for you, discuss your participation in the activity with your physician. If these are activities in which you regularly engage without difficulty, you should be fit for participation in the program.



Following are specific medical conditions about which participants should always seek advice of a physician before participating in the training:

- Pregnancy (climbing harness can injure uterus)
- Kidney or liver transplant (climbing harness can injure transplanted organs)
- Healing fracture or joint injury (should be cleared by treating physician)
- Recent surgery (should be cleared by treating physician)
- Down syndrome (should have x-ray check for neck instability, as per recommendation of Special Olympics)

If you or your physician has any questions about the physical requirements of the activity, feel free to contact the local council at 561-694-8585.

Pre-requisites:

- Participants must be at least 16 years old by the first day of class. Upon completion of the course, anyone under 18 will be considered a Level 1 C.O.P.E. Instructor-in-Training.
- Participants must be registered with the Boy Scouts of America or Learning for Life.
- Participants must have completed Youth Protection Training within the last two years.
- Participants must supply a copy of Parts A & B of a BSA Health and Medical Record.
- Download the *Belay-On!* manual to a smartphone or tablet and bring it with you.
- There is a lot of material to cover in a short time. Before you arrive please read the following from *Belay-On!*: Chapters 1-2 and 4 -7.

Lodging: Participants may commute or stay at camp. If you wish to stay at camp, a campsite will be reserved. Campers are responsible for bringing their own tents, bedding and personal hygiene supplies. Whether you commute or stay at camp, all participants are expected to be on time for class.

What to bring: Participants should bring a pen or pencil for taking notes, water bottle or other refillable container for water and rain gear. Clothing should be comfortable, suitable for working outside and allow for a full range of motion. Close toed shoes such as sneakers or light hikers are required. Remember to dress for the expected weather. Consider hats, sunglasses, sunscreen and bug spray.

Meals: Participants should have eaten before the beginning of class on Friday. A light breakfast along with lunch will be offered on Saturday, but dinner will be on your own. A light breakfast will also be provided on Sunday. As the training should be complete by 1:00pm Sunday, no lunch will be offered. Participants are invited to bring snacks if they wish.

Registration: https://www.gulfstreamcouncil.org/COPE_L1

Contacts:

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