

COPE courses are tailored to the needs of the group or organization and will include warm-ups, trust development exercises, team building with challenges on the low and high ropes course.

Participants include any young man or woman who is 13 years or older and is a registered member of a youth organization, as well as all registered adult leaders and unregistered adults who accompany a group.

Participants can also be employees of a Corporation.



COPE is an exciting outdoor activity designed to meet the needs of today's youth who are seeking greater physical and mental challenges.

COPE

Challenging Outdoor Personal Experience



A Low and High Ropes course which is designed to foster teamwork and personal growth in youth and adult groups.



Are you up to the Challenge?

COPE provides an opportunity for every participant to achieve success as an individual and a member of a team. The activities are not designed to be competitive or a race against time. The course is designed to build more self-confidence in a shorter length of time than anything most people have experienced.

Groups Develop

- Teamwork
- Problem solving ability
- Decision making skills
- Goal setting skills
- Leadership skills
- Trust
- Communication skills
- Confidence
- Self-esteem

No matter whether you are 13 or 40 or older – the high course is a great age-leveler. A COPE course can create gut level fear and thus you may learn the meaning of 'Courage – being scared to death but moving forward anyways.

Participants belay their fellow team members as they climb to breath-taking heights and negotiate the unique and exciting challenges of the high elements. Elements such as the Power Pole, Zip Line, Cat Walk and Pirates Walk.

Safety is managed by a director and staff who are knowledgeable, personally skilled in the activities, effective teachers and who are consistently vigilant to safety procedures and participants needs.

WHAT WE DO

Challenge course staff members guide participants of all sizes, shapes, and physical abilities through initiative problems and low and high ropes course challenges to help individual and groups develop team work and trust which ultimately reaches the goal that each has set for themselves and their team.

Contact Us

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www.longhorncouncil.org/unit-resources/cope-challenge-course-programs/