

C.O.P.E. - Challenge Course Application 2018

Leadership, Self-esteem, Decision Making, Communication, Trust, Teamwork, and Problem Solving

Today's Date _____

Troop: _____ Crew: _____ Post: _____ District: _____ Council: _____

Other: _____

Number of youth participating: _____ + Number of adults participating: _____ = Total #: _____

Dates Requested: 1st Choice: _____ 2nd Choice: _____

Turn in COPE requests at least one month prior to requested dates. Minimum group size: 10 participants.

Check Type of program desired:

- Full COPE program
- Initiative games
- Low course
- High course

** To include High Course activities in your program, participants must be 13 years of age or older.

** Youths under the age of 13 may participate in a program that includes Initiative games and Low course activities at the discretion of the Director.

FEE

\$50.00 deposit is required to confirm your application. Full payment must be paid at the Council Service Center one week in advance of scheduled arrival.

Registered Longhorn Council Scout/Scouter \$45.00

Registered O/C Scout/Scouter..... \$55.00

Other Non-profits..... \$55.00

Weekday.....\$100.00 (course price only)

Weekend COPE, Food & Lodging for Scout units LHC: \$95.00 O/C \$105

Other Organizations: call the camping registrar at 817-231-8537

Deposit Enclosed

COPE T-Shirt Order, \$15 per shirt (indicate sizes): _____ S _____ M _____ L _____ XL _____ 2X _____ 3X

Refunds: Requested 72 hours prior to scheduled arrival, 75% of fees paid will be refunded. If requested less than 72 hours prior through 9 PM of arrival day, 50% of fees paid will be refunded. No refunds after 9 PM of arrival day. Refunds paid upon receipt of written request. Certain weather conditions require the COPE facility to be closed (i.e., lightning, freezing rain/ice/snow, high winds). COPE Director will make the determination & advise group leader of available options.

LEADER'S INFORMATION

Leaders Name: _____ cell# _____

Address: _____ City _____ ST _____ ZIP _____

Email Addresses (day): _____ (evening): _____

COPE Facilitator/Staff Interest

The following persons in our group are interested in learning more about COPE Training and joining our COPE staff:

- | | | | | | |
|------------|--------------|--------------|------------------------------------|--------------------------------------|--------------------------------------|
| Name _____ | Phone: _____ | Email: _____ | <input type="checkbox"/> Adult 21+ | <input type="checkbox"/> Adult 18-20 | <input type="checkbox"/> Youth 16-17 |
| Name _____ | Phone: _____ | Email: _____ | <input type="checkbox"/> Adult 21+ | <input type="checkbox"/> Adult 18-20 | <input type="checkbox"/> Youth 16-17 |
| Name _____ | Phone: _____ | Email: _____ | <input type="checkbox"/> Adult 21+ | <input type="checkbox"/> Adult 18-20 | <input type="checkbox"/> Youth 16-17 |

Mail or fax to: Longhorn Council COPE
PO Box 54190
850 Cannon Drive
Hurst, TX 76054

Fax: 817-231-8600
Office: 817-231-8537
Email: camping@longhorn.org

C.O.P.E. Course General Information

C.O.P.E. stands for **Challenging Outdoor Personnel Experience**. It is made up of Group Initiative games-Low Course (below 6') and High Course (6' to 40' above the ground). Some activities involve group problem solving with your friends, while others test your individual skills. Participants climb, rappel, swing, balance, jump and think of solutions to various scenarios. Most of all COPE means FUN!!!

General Information:

The program will be conducted at the Sid Richardson Ranch facility, located near the Lakeview Conference Center. The program is conducted by a Certified COPE Director (National Camp School Accredited) and other qualified facilitators. Scheduling is by prior registration basis through the Council Service Center. Units may schedule a COPE program for a given weekend from the list of available dates. Cost of the program for Scouting organizations is \$45.00 per person (\$55 Out of Council), and includes a COPE bandanna. You can also request the Lakeview package. It includes COPE bandanna, food, and lodging. The cost is \$95.00 per person for Scouting organizations.

Age Requirement:

13 years of age for the High Course. 12 and under for the Initiative games and Low course at the discretion of the Director.

Group Size:

Minimum participants required: 10

Maximum participants: depends of availability of COPE instructors. The more participants you have, the more critical it is to schedule well in advance so that the COPE staff will have sufficient notice and be available for the course.

Adult Supervision:

Adult leaders are not required to attend the COPE activities, however, their attendance is required for supervision when COPE activities are not in session.

COPE Preparation Checklist:

- COPE Reservation form turned in.
- Deposit turned in. COPE T-shirt request turned in.
- Weekend Camping reservation made with registrar.
- Reservation confirmed; COPE staffing confirmed
- Full payment must be paid at the Council Service Center one week in advance of scheduled arrival.
- BSA Medical forms completed as necessary (talk to your COPE Director).
- Group leader has all Health Forms as required.
- COPE T-shirt Order. \$15 per shirt. Sizes sent.
- 2 Rosters

Clothing:

Wear long durable, non-restrictive trousers and sturdy, lightweight, jogging, tennis, or hiking footwear, no open toed shoes and shoestrings must be tied.

Item NOT To Bring On the Course

Jewelry of any kind and pocket items.

Health Requirements:

Class 1, 2 or 3 medical forms required depending on physical limitations or age. Health forms can be downloaded on the Forms page at: www.longhorncouncil.org.

COURSE DATES

COPE course may be reserved every weekend throughout the year except for holidays, summer camp, and a few selected weekends. *Any course scheduled for a holiday weekend will be subject to a short notice cancellation.*

COPE Program Schedule:

(May be changed to suit your needs)

FRIDAY

8 PM Briefing by COPE staff

SATURDAY

8 AM to 12 PM – COPE activities

12 PM to 1 PM – Lunch

1 PM to 6 PM - COPE activities

SUNDAY

8 AM to 2 PM COPE activities

C.O.P.E. Instructor Training

COPE Staff are adults 18 and older who enjoy helping others develop their skills in a wilderness setting. We guide Scouts, Scouters, and people of all sizes, shapes, and physical abilities through initiative problems and low and high ropes course challenges. Challenge course programming emphasizes learning by doing. Courses are designed to develop leadership, goal setting, communication, decision-making, problem solving, teamwork, confidence, trust, and self-esteem. The facilitator training course includes meals (meal charge tba). Course takes two weekends, plus another weekend as a participant in a C.O.P.E. Course group. Youth 16 and 17 years old can be trained as "Facilitators-In-Training." Trained C.O.P.E. Facilitators make \$100 for each weekend course they help facilitate.

COPE COURSE Personal and Group Contract

GREETINGS:

Everyone chooses a COPE name. You will introduce yourself by your COPE name. Staff members will introduce themselves by their COPE names.

SAFETY Points:

Pants: Loose enough to permit free movement but not baggy so as to get caught in the ropes.

Shirts: Shirts must be tucked in.

Shoes: Tennis shoes or light hiking boots. Hiking boots would be better for the low course due to the amount of time on the wire.

Hair: Arrange long hair so that it will not become entangled in the equipment.

Jewelry:

Remove all jewelry I.e. rings, watches, necklaces. (Stud type earrings ok).

Belts:

No large belt buckles or sheath items.

Food And Other Objects In Mouth

No gum, toothpicks, or other objects in mouth.

INTRODUCTION TO COPE

What Does C.O.P.E. Stand For: Challenging Outdoor Personnel Experience.

Challenge By Choice

Everything on the COPE course is challenge by choice. Life is full of choices. You choose to be here. You will continue to have choices the rest of your life. And later you will have to choice to accept the rules we have here at the **COPE Course**.

Challenge by choice means, the challenges are individual goals. You set the goals you would like to achieve. Not what others expect from you. Once you set and achieve your goals, the facilitators will try and help you exceed those goals but will not force you to do anything you don't want to.

We are here to help you break through your barriers.

Challenge by choice does not mean you can choose not to participate as a team member. You will be expected to cheer your team members on, also, spot and belay as required to insure the safety of the team.

The 7 Goals of C.O.P.E

- Trust
- Teamwork
- Problem Solving
- Leadership
- Self-Esteem
- Decision Making
- Communication
- Most of all FUN!!!!!!

The Promise Participants Must Make

You will keep our head above your feet at all times. Except for:

- Zip line
- Rappelling off wires
- No jewelry or anything else in your pockets.
- No horse play.
- Stay together when here and stay off the course when there is no facilitator present.
- You are responsible for each other's safety.
- No kidding around when spotting or belaying someone.
- We all need to know that everyone is going to take care of each other.

Can YOU make the choice to ADHERE to these SAFETY RULES!!!

The Facilitator's Promise

Now I am going to make a promise with you.

- I promise to keep you emotionally, physically, and socially safe.
- I promise to keep everything that happens here confidential unless you tell me its okay to tell someone.
- I promise each one of you will be treated as a respected individual
- You voluntarily choose how to participate in each event.
- Participating includes giving encouragement, providing safety; not just doing the event.
- You have the right to remain silent or pass during group discussions or to express your opinions, thoughts, and feeling in a non-aggressive way.
- To request and receive physical and emotional support.
- You have to right to celebrate personal and team success.
- To make mistakes.
- To just say NO.
- To not have the values of others imposed on you.
- To not be exposed to undue pressure from other team members.

THIS IS MY CONTRACT TO YOU!!!

The Team's Contract

WE would like you to Make a contract among yourselves.
CAN YOU ALL AGREE TO THESE THINGS AS A GROUP?

As a team member you agree to the following:

- We will work together.
- We will adhere to the safety and group behavior guidelines we have already gone over.
- We will be aware of each other's needs and not hurt anyone's feelings by calling them names.
- **"SHUT UP"** is not a phrase that can be used on the COPE Course!!!!
- C.O.P.E Land is a very unique place.
- "Win" and "lose" are not words we use on this course.
- Everything here is a win/win attitude.

You are a team. Each of you has weaknesses and strengths and will require all team members' physical and mental attributes to achieve your team goals.

THE THREE COPE RULES!!!!

- 1st Rule, Safety
- 2nd Rule, Safety
- 3rd Rule, The facilitator can make-up, break, or change any rule except SAFETY.