

**C.O.P.E. Instructor Course Application**  
**Erie Shores Council, Boy Scouts of America**  
**Camp Miakonda**  
**5600 W. Sylvania Avenue**  
**Toledo, Ohio 43623**

**March 19, 20 and 21, 2010 continuing March 26, 27 & 28, 2010**

Please Print

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

Phone: (DAY) \_\_\_\_\_ (NIGHT) \_\_\_\_\_

E-Mail Address: \_\_\_\_\_

No / Yes I will need a place to stay on Friday and Saturday nights.  
Send Application to address listed above.

Course Fee: waved \$0.00

Lunch: (4 days) \$0.00

This course is valued at \$150. 00 per-person. Register early as space is limited.

Camp Miakonda is a working Boy Scout camp for the Erie Shores Council. The camp will be open to Scouts during the COPE Instructor's Course. All visitors, guest and COPE Course participants need to check in at the **BSA Camp Directors Office**. If we get any emergency calls, we will know you are in camp and should be able to locate you in a reasonable amount of time. Camp Telephone: 419-882-1651.

All cars are to be parked in the main parking lot off Sylvania Avenue. Check in at Directors office and then proceed to the Ford Center. **Class start on time.**

**Class Schedule for both weekends**

**You must attend both weekends**

**Friday 6:00 p.m. to 10:15 p.m.**

**Saturday 9:00 a.m. to 5:30 p.m.**

**Sunday 9:00 a.m. to 5:30 p.m.**

In order to be a certified C.O.P.E. Instructor you must attend all scheduled classes and assist with two classes as a co-instructor on the low and high course.

**WHAT TO WEAR / BRING**

C.O.P.E. is a Rain or Shine (or snow) activity. You must wear long pants to participate on the course. In general, participants should wear old but durable long, loose fitting jeans or pants with a belt (no large buckles), T-shirt or long sleeve shirt according to the weather, and athletic shoes or lightweight boots. A hat is necessary in cool weather. Nylon jackets or other clothing with a slick shiny surface should not be worn. If a nylon jacket is worn on the course, the participant will be asked to remove it for certain events. Please have participants' dress for the weather! Layers of clothing that may be removed as the day warms work best for cool weather. Sweat suits, shorts, or elastic waist pants without a belt are NOT appropriate clothing for C.O.P.E. Expect to get dirty!

## **WHAT IS PROJECT C.O.P.E.?**

Since its founding in 1910, the Boy Scouts of America have offered its members an outdoor program stressing personal fitness. The organization is also recognized for its leadership development with youth and adults.

## **HISTORY AND BACKGROUND**

The 1979 Dalajamb International Encampment in Sweden provided a number of challenging events of great interest to Scouts from the United States. Foremost among them was the pioneering course constructed by a group of veteran Swedish Scouts. This course was laid out in a heavily wooded area and utilized terrain elevations as part of the design. Bridges were built across ravines of varying widths and depths. Zip lines were swung for traversing the ravines, and novel constructions were used for climbing.

Scouts took to this course with such enthusiasm that an effort was made to duplicate some of the features at the 1981 National Scout Jamboree at Fort A. P. Hill, Va. The Challenge Trail and the Pioneering Area became two of the jamboree's most popular offerings.

## **SUCCESSFUL EXPERIMENT**

The National Council of the Boy Scouts of America was interested in programs equal to the successful overseas and jamboree activities that could be promoted on a nationwide basis. Project C.O.P.E. was identified as having that potential because it offered older Scouts the kind of challenging and exciting program that encouraged them to return to summer camp and increased their tenure. An unexpected dividend was the use of Project C.O.P.E. by youth and adults outside of Scouting. These groups found it an excellent tool for developing both team effort and individual achievement.

Project C.O.P.E. is an acronym for Challenging Outdoor Personal Experience. It is comprised of a series of outdoor challenges; beginning with basic group initiative games (warm-up activities) 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. Most participants find that they can do much more than they initially thought they could.

Project C.O.P.E. is an exciting outdoor activity that can attract and hold older boys in Scouting. It is designed to meet the needs of today's youth who are seeking greater challenges to their physical and mental abilities. The underlying goals of a Project C.O.P.E. course are consistent with the methods of Scouting. Group activities are ideal for emphasizing the patrol method and in developing leadership. Individual activities help promote personal growth.

A Project C.O.P.E. course provides an opportunity for every participant to achieve success as an individual and as a member of a patrol or team. The activities are not designed to be competitive or to be a race against time. More important objectives including building individual confidence and developing leadership and a sense of common cooperation among team members are emphasized. The course is designed to build more self-confidence in a shorter length of time than anything most people have experienced.

## **OBJECTIVES**

Before implementing a course, the group/supervisor should determine what it seeks to Accomplish. Seven major goals are commonly associated with Project C.O.P.E.

Activities

:

1. Development of leadership
2. Problem solving
3. Communication
4. Self-esteem
5. Trust
6. Decision-making
7. Teamwork

# COPE

## Health/Understanding Form

Participant Name: \_\_\_\_\_ Age: \_\_\_\_\_ Course Date: \_\_\_\_\_

Address: \_\_\_\_\_  
Number and Street, city zip

Home Phone: ( ) \_\_\_\_\_

### Emergency Medical Information for Participant

Check all items that apply to health history, past or present, and give explanation for all checks.

#### Allergies:

Food \_\_\_\_\_

Medicine \_\_\_\_\_

Insects \_\_\_\_\_

Other \_\_\_\_\_

Back Problems \_\_\_\_\_

Sprains \_\_\_\_\_

Surgery \_\_\_\_\_

Serious Injury \_\_\_\_\_

Ears \_\_\_\_\_

Contacts \_\_\_\_\_

Teeth \_\_\_\_\_, Dentures \_\_\_\_\_, Bridge \_\_\_\_\_

Fainting \_\_\_\_\_

Heart Condition \_\_\_\_\_, Murmur \_\_\_\_\_ Rheumatic Fever \_\_\_\_\_

Acrophobia / fear of heights \_\_\_\_\_

Claustrophobia (fear of narrow or closed spaces) \_\_\_\_\_

Last Tetanus toxoid inoculation date: \_\_\_\_\_

List any medications to be taken, and schedule for them, while at camp:

\_\_\_\_\_

List any physical or behavioral conditions that might prevent full participation in strenuous physical and mental activities: \_\_\_\_\_

\_\_\_\_\_

Health/Accident Insurance Carrier: \_\_\_\_\_ Policy Number: \_\_\_\_\_

**In case of an emergency**, please contact: Name: \_\_\_\_\_

Address: \_\_\_\_\_

Business address and phone: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Relationship: \_\_\_\_\_

If the person named above is not available, please contact:

Name: \_\_\_\_\_ Phone: \_\_\_\_\_ Relationship: \_\_\_\_\_

Name: \_\_\_\_\_ Phone: \_\_\_\_\_ Relationship: \_\_\_\_\_

Preferred Physician: \_\_\_\_\_ Phone: \_\_\_\_\_

Preferred Dentist: \_\_\_\_\_ Phone: \_\_\_\_\_

### **Emergency Medical Authorization**

I understand that every effort will be made to contact my spouse or next of kin at the above number(s). In the event that they can not be reached, I hereby give my permission to the physician selected by the adult leader in charge to secure proper treatment, including hospitalization, anesthesia, surgery, injections, or medication for me.

Date: \_\_\_\_\_ Signature: \_\_\_\_\_

### **Statement of Understanding**

I am aware in signing this statement of understanding for participation in Leadership Challenge that certain activities are physically, mentally and emotionally demanding. Physical fitness will increase my ability to participate. I shall consult with the Instructor before participation in any activity in which I feel my ability to participate may be limited or if I have questions about an activity. Some of the possible dangers that I may encounter while on the Leadership Challenge course include, but are not limited to, poison ivy, falling on the trail, cuts, bumps, bruises, insect bites, sprains, and fractures. Trained Instructors will supervise all activities to minimize risks. Leadership Challenge activities are held outside in all types of weather. I shall dress accordingly (rain gear, gloves, warm clothing). I recognize the necessity of following all safety procedures and instructions during activities on the Leadership Challenge course. I acknowledge the risks associated with this activity.

Date: \_\_\_\_\_ Signature participant: \_\_\_\_\_