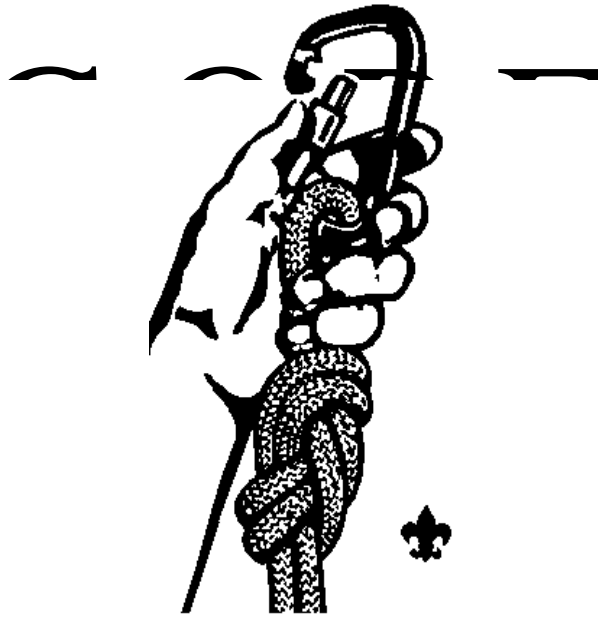


BASHORE SCOUT RESERVATION PROJECT



CLIP INTO
ADVENTURE

UNIT GUIDE

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The Program

Introduction to Project COPE

Project C.O.P.E. (Challenging Outdoor Personal Experience) is an exciting outdoor program that uses group initiative games, trust events, low-course events, and high-course events to enhance leadership and teamwork. Participants climb, swing, balance, jump, rappel, and devise solutions to a variety of problems. This is the perfect opportunity to get troop Junior Leaders together and develop great troop teamwork. Project COPE is an activity that attracts and holds the interest of older boys in Scouting. It is perfect for Venture Crews and Explorer Posts. It offers a set of stimulating activities designed to meet the needs of today's younger people seeking greater challenges to their physical and mental abilities.

Goals Of Project COPE

The Project COPE program is designed to enhance the Scouting experience and to promote Scouting values and objectives among its participants with fun and challenging activities. The events and activities of Project COPE are not designed to be competitive or a race against time, but rather are intended to encourage participants to do their best. While each Project COPE program is unique and each person experiences it differently, the Project COPE program emphasizes eight major goals:

Communication

Project COPE encourages real learning of critical listening and discussion skills important for any group attempting to accomplish difficult tasks.

Planning

Project COPE participants are encouraged to consider and/or develop goals for each activity and options for achieving those goals, utilizing the group's strengths to devise and carry out a course of action. Nontraditional solutions that are outside the box may be appropriate.

Teamwork

Teamwork is the key that allows a group to meet a COPE challenge successfully. The COPE experience makes it clear that each individual can accomplish more as a member of a team than by going it alone.

Trust

Participants completing difficult tasks on a COPE course develop trust in COPE staff members, the safety of the course, each other, and themselves.

Leadership

Leadership is given and assumed naturally, and it can be expressed in many ways. Team members attempting to solve problems on a COPE course have many opportunities to develop and exercise leadership skills.

Decision Making

Project COPE requires groups to make decisions by developing one or more solutions to a problem, considering the available resources and alternatives, and evaluating the probable results.

Problem Solving

Project COPE challenges groups and individuals to develop solutions to interesting problems. Participants can then test their solutions and evaluate the results.

Self-Esteem

Meeting the challenges of a COPE course allows individuals and groups to develop self esteem and encourages them to adopt challenging, attainable goals.

Project COPE at Bashore Scout Reservation

The Project COPE program at BSR was established for use as a summer camp program, as well as an off-season resource for Units. The COPE course consists of twelve “high” elements, ten “low” elements, and numerous activities, allowing for a large variety of programs to meet the needs of the unit.

Project COPE for the Unit

Your unit can use the COPE course as a training opportunity for youth leadership, or as a age appropriate activity for your older scouts. The COPE program is set up so your unit can pick the activities that will meet your goals, be it a day of “low” team building, “high” challenges, or a mix of the two.

Who can participate in COPE?

Project COPE activities are designed for Boy Scouts ages 13 and older, Varsity Scouts, and Venturers. Youth under the age of 13 may participate in initiative games, and some “low” and “high” activities at the discretion of the Unit Leader and COPE Director. Adults may also participate in COPE activities.

All participants of Project COPE must have a copy of parts A&B of the BSA Health Form and Hold Harmless form filled out and signed prior to the event. Participants under the age of 18 will also need a parent/guardian to sign this form. Anyone without this form will be unable to participate in any COPE activities. The Hold Harmless form can be found in the appendix of this guide, or on the council website. The Medical form can be found on the website.

Signing up for a COPE Event

Currently, to sign up for a unit COPE event, your unit will need to submit a Project COPE application to the council office. Once your application has been received you will be contacted by a council representative with a quote for the event. Due to the nature of Project COPE a minimum group size of ten (10) must be met.

Additionally, if your unit does not wish to have an exclusive Project COPE experience, groups of 10 can register for one of our Open COPE dates. These dates are each set to accommodate three to four groups.

Challenge By Choice

“Challenge by choice” is a key principle of Project COPE. Each person may choose which activities to participate in without being pressured or coerced by the group and without having to justify a choice. The group must accept each individual’s choice.

However, participants will be encouraged to try each element, as far as they feel comfortable. The Challenge By Choice standard also applies to Leaders, both youth and adult.

What To Bring to Project COPE

As with many scouting activities, Project COPE is primarily an outdoor event. As such your unit should refer to weather forecasts to ensure appropriate clothing. Due to the nature of some COPE activities, some may wish to wear pants and long sleeves. However, loose or baggy clothing is not recommended, along with jewelry and other possible snag hazards. As COPE is a physical activity, ALL participants should bring a water bottle holding a minimum of 1 quart of water. You will also want to bring well fitting, sturdy, footwear. **No Open-toed shoes or Sandals will be permitted.**

All program equipment, i.e. harnesses and helmets, will be provided by the COPE staff. If you have your own equipment you may bring it, but it will need to be inspected and approved by the COPE Director before use.

If your Project COPE experience encompasses a full day, you will need to provide your own meals.

After your COPE Experience

After finishing your Project COPE program, we ask that your unit takes a moment to reflect on your experiences and as a group or individually fill out a participant evaluation form. This form can be found in the appendix.

By filling out this evaluation, you can help the COPE staff to continually improve the program. This will also give us an opportunity to see where we can grow to better serve the units of the BSA.

The Elements

High Elements

The high elements of the Project COPE program offer an opportunity for participants to experience a high perceived risk, while being in a controlled environment with little actual risk. These elements offer groups a place to push their limits, and cement the skills and techniques learned from the low elements.

The Bashore Project COPE course has the following high elements available for use;
Burma Bridge, Pirates Crossing, Multi Vine, Zip Line, Flying squirrel, Gap step, Giants ladder, Rappel, Vertical playground, Balance beam, Confidence pole, and Slack line.

Low Elements

The low elements of the Project COPE program are designed to force groups to identify problems and solutions to an assortment of task. These elements are where a large part of the learning takes place, and is highly recommended for units looking to improve group dynamics, and build leadership.

The Bashore Project COPE course has the following low elements available for use;
Whale Watch, The Wall, Islands, Mohawk Walk, Nitro Crossing, Tire on a Pole, Triangle Traverse, Water Wheel, Wild Woozy, and Trust Fall

Initiative Games

The initiative games are designed to warm up a group, both physically and mentally. Most programs will start with several of these games as a way for the COPE staff to begin to understand the groups dynamics. These games play a large role in developing the right course for each group. Initiative games can also be taken back to your unit for use at troop meetings or camping trips.