

# COPE

*Challenging Outdoor Personal Experience  
Cascade Pacific Council, Boy Scouts of America*

## **What to expect:**

We'll start at 9 am, unless you've confirmed a different time with us. First up will be a "get acquainted" exercise, as well as some warm-ups. We'll follow that with a brief safety talk.

Then we move into some initiative games- group challenges that require and build trust, communication, planning, teamwork, leadership, self-esteem, decision making, and problem solving. Over the course of the morning, we will gradually incorporate more of our low course elements- most of which are only a few feet high. One of the two exceptions- the wall or the trust fall- will typically be the final piece of the morning.

The participants will break for lunch while the instructors finish the course set-up for the afternoon. After lunch, we'll get everyone in helmets and harnesses, and head out for the high course. Elements of the high course include the Flying Squirrel, Confidence Pole, and Zip Line- among others. What we set up depends upon the size of the group and the size of our staff on course; we do try to honor special requests.

As we finish the day, we'll put away the harnesses and finish with a group debrief. We're done by 4 pm, unless you have confirmed a different time with us.

## **What to bring:**

Lunch & Lots of water

Medical form for each participant and adult (see other side for more details)

Final payment if you haven't already sent it in to the office (office is better)

Other paperwork if we've discussed it (e.g., Learning for Life forms, registration app and fees for unregistered youth)

A great attitude 😊

## **What to wear:**

Long pants

Sneakers

Tops appropriate for the weather. If it's cold and rainy, bring a hat and some raingear; if it's sunny bring some sunblock!

## **What NOT to wear:**

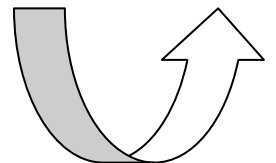
Sandals (or other open-toed shoes)

Jewelry (we'll ask the participants to remove it before we start- it's safer if it's at home)

Inappropriately revealing clothing (high cut shorts, low cut shirts, belly baring tops)-

besides the distraction of lots of skin, the participant can get abrasions in sensitive spots if proper clothing isn't worn.

**What to confirm two+ weeks in advance:** Date, number of youth and adults, and any specific goals you have for your group. Kate Benson, 503-225-5752, [kbenson@cpbsa.org](mailto:kbenson@cpbsa.org) or Susan Moran, 503-225-5739, [smoran@cpclfl.org](mailto:smoran@cpclfl.org).



Confirm this info with Kate or Susan:

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

Number of youth: \_\_\_\_\_

Number of Adults: \_\_\_\_\_

Specific goals for the group:

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What we need on the medical form (at a minimum):

Section I – Identification

Section II – Emergency medical information

Section III- Parental statement (a permission slip will cover this if necessary)

Section IV- Immunizations (put “current” if all are current- which they probably are if the individual is in school)

Section VI – Medical History