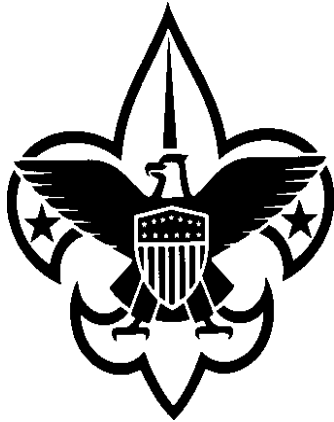


COPE stands for Challenging Outdoor Personal Experience. It comprises group initiative games, Low Course, and High Course activities. Some of the activities involve a group challenge while others test individual skills and agility. Participants climb, jump, balance, swing, and find many solutions to a variety of activities. Group activities are ideal for emphasizing the patrol method and developing leadership skills. The activities are not designed to be competitive or a race against time, more important goals are stressed.



THE GOALS/OBJECTIVES OF PROJECT COPE

- Trust
- Teamwork
- Leadership
- Communications
- Problem Solving
- Decision Making
- Self-Esteem

WHAT IS A COPE COURSE?

A COPE course consists of a number of elements, that is, events which the group encounters. Each event is designed to challenge the group in a different way, but all are designed to improve one or more of the Project COPE goals. An example of one event would be The "Wall," a 12.5' wall that the entire group of eight to twelve must get over (There are some restrictions, limited only to the imagination of the Instructor and the safety precautions of the individual event).

There are two classifications of elements, Low Course and High Course. Low Course elements are those elements that range in height from ground level to 12.5' in the air. These elements typically do not require the use of a safety line of any type but do however require the assistance of the group to "spot" the individual(s) on the element.

High Course elements range in height from ground level to 6'+ (typically around 25-30' on Mountaineer Area Council's course). These elements require the use of not only "spotting" but safety ("belay") lines as well.

HOW LONG DOES IT TAKE?

The Low Course is designed for team development. A minimum of four (4) hours is needed before you will see much change in a group, but we have found that around six (6) hours works best.

The High Course is more complex. You can expect about 30 to 45 minutes per person in your group.

WHO PARTICIPATES IN PROJECT COPE?

The COPE Course is a great tool for improving employee morale, communication, and teamwork. It is ideal for school, professional, and executive groups, as well as clubs, small and large businesses, and government agencies. Participants must be at least 13 years old by January 1 of the year of participation.

Each group that uses the course has a custom program designed to address their specific needs. Two instructors are assigned to each group. These instructors will contact or meet with a group representative before you even arrive at the course to discuss your groups needs, wishes, concerns, and questions.

HOW MUCH DOES IT COST?

COPE programs are customized to your groups needs. Therefore the cost for the activities will vary depending upon the equipment use, facility needs, program choices, etc. Call or e-mail for a quote for your group. We can guarantee that this will be the best training dollars you will ever spend.

WHAT DO I NEED?

Basically all you need is yourself. All equipment is provided by the COPE Program. We suggest that you wear comfortable "long" pants, a t-shirt, and a good pair of athletic shoes (no high-tops).

Each participant should be in good physical condition.

To schedule your group, or if you have questions, please contact:

Mountaineer Area Council,
BSA
Project COPE
1105 Charles Avenue
Morgantown, WV 26505

Phone: (304) 366-3940
Fax: (304) 366-3944

Check out our homepage:

<http://www.literati.com/cope>

e-mail use at:

COPE@literati.com

SOME NOTABLE GROUPS THAT USE OUR COURSE

Federal Bureau of Investigation

Lakeview Resort and Conference Center

WVU College of Business and Economics

WVU Hockey Team



ACTIVITIES THE COPE PROGRAM OFFERS

Project COPE
Ropes Course
(Low and High Elements)

Rock Climbing and Rappelling

MOUNTAINEER AREA COUNCIL, BSA PROJECT COPE



"Clip Into Adventure"

Challenging
Outdoor
Personal
Experience