

**PRE-COURSE WORKSHEET**  
**MOUNTAINEER AREA COUNCIL, PROJECT COPE**

Organization:  
Contact:  
Address:

Number of participants:  
Date(s) of participation:  
Time(s) of participation:

Phone-day:  
Phone-eve:  
Fax:  
e-mail:

<b>ACTIVITY (CHECK ONE)</b>	
Project COPE (low-course) -	<input type="checkbox"/>
Project COPE (high-course) -	<input type="checkbox"/>
Rock Climbing / Rappelling -	<input type="checkbox"/>

**Equipment**

All equipment will be furnished by Mountaineer Area Council, BSA. Personal climbing equipment will not be permitted on the course.

**Clothing**

All participants must wear long, non-restrictive pants. T-shirts and supportive (high top) shoes are suggested. All loose items should be tucked in. Long hair will be tucked into the shirt or pulled back into a pony tail. All jewelry will be removed.

**Health History**

The staff should know of any health problems which may arise during the use of the COPE course. This may be listed on back of this sheet or discussed in private before the participant enters the course.

**Project COPE**

A COPE Course has seven basic goals. They are: Leadership, problem solving, communication, self-esteem, trust, teamwork, and decision making. Please list in order (1-7) the needs of the group. List any other goals/objectives which you feel the group needs in the space provided to the right.

- \_\_\_\_\_ - Leadership
- \_\_\_\_\_ - Problem Solving
- \_\_\_\_\_ - Communication
- \_\_\_\_\_ - Self-Esteem
- \_\_\_\_\_ - Trust
- \_\_\_\_\_ - Teamwork
- \_\_\_\_\_ - Decision Making

**Questions?**

Questions or concerns should be directed Jeff Anderson (contact information below).

**Please mail this form to: Jeff D. Anderson, 1105 Charles Avenue, Morgantown, WV 26505.**

Course number:  
Course director:  
Phone:

Mountaineer Area Council Office: (304) 366-3940  
Council COPE Director: Jeff D. Anderson  
e-mail: COPE@literati.com Phone: (304) 291-2359