

## COPE

What participants are saying:

- Most fun ever!
- We found new leaders.
- I didn't think I could do it, but I did!
- It was hard, but really fun!
- One of our Scouts who doesn't say much at meetings opened up and had some great ideas.
- I'm sorry we waited so long to do it.
- Thank you
- We'll be back !



**Contact:**  
**Tom Witkowski**  
419-543-6112

**Heart of Ohio Council:**  
419-207-8300 ext. 108

More information at:

[www.heartofohiocouncil.org](http://www.heartofohiocouncil.org)  
programs – Project COPE

# COPE

## HEART OF OHIO COUNCIL



Your Invitation to a  
**C**hallenging **O**utdoor  
**P**ersonal **E**xperience

## CHALLENGING OUTDOOR PERSONAL EXPERIENCE

Project COPE is a program for youth and adults comprised of group initiatives, team-building, problem-solving, and physical challenge. Although Project COPE uses some of the skills, techniques and tools of rock climbing, it is not a climbing course. The goals of COPE are the development of trust, communication, self-esteem, leadership, problem-solving, planning, decision-making, and teamwork.



### WHY PROJECT COPE?

The Project COPE course challenges participants to become more aware of themselves and others, their strengths and limitations. For groups that already know each other well, Project COPE builds on this knowledge to improve communication and leadership skills. For newer groups—even complete strangers—Project COPE is a great mechanism for rapidly developing a strong sense of team membership. Beyond all these lofty objectives, Project COPE is also FUN! Groups who have completed our course are uniformly impressed by how much they enjoyed the experience.

## CREATING TOMORROWS LEADERS

### HOW IS PROJECT COPE STRUCTURED?

The first half of a Project COPE program, which usually lasts for about one day, consists of group initiative activities and events on our “low course.” This is a series of approximately a dozen structures, each one of which presents a problem for groups or individual solution. The climax of the low course is a group effort to scale a 12-foot wall.

The second half of a complete Project COPE program is the “high course.” This consists of approximately twelve elements which require participants to negotiate cables, swings, and nets high in the air. An elaborated, redundant safety system protects participants at all times.

Some groups, with limited time and resources, may decide to participate only in the low course, or work low COPE in the morning and high COPE in the afternoon.



### WHO CAN PARTICIPATE IN PROJECT COPE?

Adults and youth may participate in Project COPE. Participants must be 12 years old by January 1<sup>st</sup> of the year they are attending COPE to participate in low course activities. Participants must be 13 years old by January 1<sup>st</sup> to participate in high course activities. Optimum group size is 8-14 participants.

As a service to the community, we also make Project COPE available to non-Scout groups whose mission is consistent or compatible with that of the Boy Scouts of America. Corporate groups, community groups, fire departments, law enforcement groups, and school groups can benefit from a Project COPE experience. For these groups, we combine the high and low course activities with effective classroom instruction.