

Reservation Procedure
COPE: Challenging Outdoor Personal Experience

A Project COPE course provides an opportunity for each participant to achieve success as an individual and as a member of a patrol or team. The activities are not designed to be competitive or to be races against time. The more important objectives include building trust and confidence, developing leadership and problem solving skills and attaining a sense of common cooperation among team members. The course is designed to build more self-confidence in a shorter period of time than anything most people have experienced.

Camp Sequassen's COPE facility consists of a high and low course and an open area for conducting initiatives, games and trust exercises. The course is open for unit activities year round except during July and August, the resident camping season. The course may be reserved by contacting the Council Camp Registrar at 203-951-0237. Additionally, reservation forms are available at www.ctyankee.org/Camping/COPE.

A COPE experience is to be scheduled for an entire day of program. The day's schedule will include warm-up exercises, initiatives, games, trust building experiences, problem solving challenges and high course challenges (for high COPE programs, only). The COPE Director will plan and conduct an experience that will have the greatest impact on and value for the participants. Leaders looking to develop a powerful sense of teamwork among their membership should opt for an all-day low COPE experience. If the objective is to develop self-confidence and self-esteem through physical and emotional challenges, then the all-day low/high COPE experience is recommended.

Operation of the course requires a COPE Director and at least one COPE Instructor, additional instructors may be required depending on the group's size (a ratio of one instructor to six participants is required), objectives and the participants' experience, ability, and age. Units may provide their own certified COPE Instructor (who must have completed a Connecticut Yankee Council instructor course at Camp Sequassen) and discount \$80 from the cost of the program.

COPE program fees are as follows:

- An all-day team building low COPE experience is \$35 per participant. Minimum of 10 participants.
- An all-day team building/challenge on the low and high COPE courses is \$45 per participant. Minimum of 12 participants.
- The COPE reservation and fee does not include a camping reservation which must be processed separately.

The following information must be made available to the course director at the start of the program.

- Medical information form for each participant showing clearance for stressful activity.
- Parental informed consent and release form .
- Hold Harmless agreement for non-Scouting organizations.
- A two million dollar Certificate of Insurance from non-Scouting organizations listing Connecticut Yankee Council, Inc., BSA as also insured.

Participants must:

- Be 13 years of age or older.
- Wear long pants and a long sleeved shirt and soft-soled shoes.
- Carry at least one quart of drinking water.
- Remove their watch, bracelet(s) and other jewelry.

- Carry their own rescue drugs (eg., epi-pen, inhaler, etc.) if appropriate.
- Be ready for a change in attitude.

COPE: It's all about you.

A COPE reservation form (attached) must be submitted to the Camp Registrar 60 days in advance of the activity date. The Registrar will confirm the reservation once a COPE Director and Instructor have been secured.

Attachments:

- A. COPE Reservation Form
- B. Parental Informed Consent Agreement