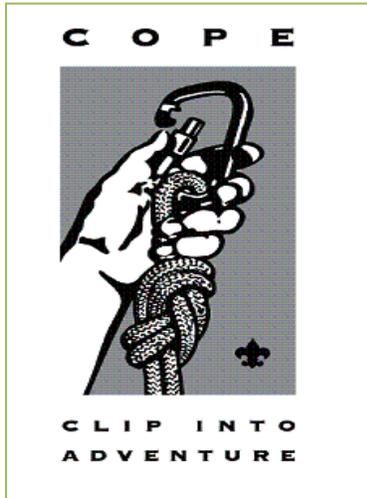


**Quapaw Area Council
Gus Blass Scout Reservation
C.O.P.E. OPPORTUNITIES**



What is C.O.P.E.?

COPE stands for **Challenging Outdoor Personal Experience** and that is exactly what it is. Over the course of a weekend the COPE Facilitators strive to give you a challenging experience that helps you grow personally, work as a team, and learn to trust others - all while having fun in the outdoors. Everybody wins in COPE. We do this through some wacky, off-the-wall initiative games, some very challenging events on our Low Course, and usually culminating with a trip through the High Course. COPE is also available in a week long format at Boy Scout Summer Camp.

Who can do COPE?

Any Scout who is 13 by January 1 of the year they are going through COPE or First Class Scout by the date of the course. Venture/Explorer Scouts are welcome too! Adults can also participate on an “as slots are available” basis.

What does it cost?

We charge **\$25** for an entire weekend packed full of fun. You take home a COPE bandana, a participation certificate, a wealth of new experience, and a new appreciation for yourself and those you go through COPE with. Troops and Crews need to reserve spaces on a particular weekend at the Scout Service Center. COPE T-shirts are available at an additional cost of \$10.

What do I need to bring?

Please bring your current medical form, the COPE Individual Hold Harmless Agreement, an open mind, a sense of humor, and the willingness to have fun. If your group plans to camp at Gus Blass Scout Reservation, you will also need to bring a short-term camping permit and food—see “Welcome Letter” below. Non-Scout groups should also provide the following forms 4-weeks prior to your particular COPE weekend: Non-Scouting release and indemnity/Hold Harmless Agreement, a letter of agreement for camp use, and a copy of the \$2,000,000 liability insurance policy.

Two Deep Leadership

All Troops/Crews or groups must provide two deep leadership. The COPE staff cannot provide leaders. Co-ed groups must have both male and female adults. You may be asked to stay on the course with your group if needed. If you plan on splitting your group make sure you have enough leaders.

When can I participate in COPE?

In addition to the week-long offerings during summer camp, there are also several opportunities during the year to participate. You may call the Scout Service Center or check the current Council calendar for scheduled COPE weekends.

WELCOME LETTER

Dear C.O.P.E. Participant:

We look forward to working with you on the upcoming C.O.P.E. weekend. Enclosed is the information that should be helpful to you. Co-ed groups must have both male and female leaders on site.

All Boy Scout Troop or Venture Crew participants need to be registered as a Scouts or Scout leader.

The fee for C.O.P.E weekend is **\$25** per participant. C.O.P.E. T-shirts are also available at an additional price of \$10.00 each. A C.O.P.E weekend is limited to the first 24 participants and is filled on a first come, first served basis. The registrar does keep a waiting list as participation often changes. As this is an intense high adventure activity, National BSA and the Council require that all participants must be at least 13 by January 1 of the year the participant is taking the course or First Class Scout by the start of the course.

You will need to arrive at the Gus Blass Scout Reservation, be settled into your camp, and be present at **Bowen Lodge by 7:30 p.m.** Friday evening with at least Class A and B Physicals for each participant. There is about a 2 ½ hour program on Friday night. This is an integral part of the program and attendance is required as all sessions in C.O.P.E. build on earlier experience and adventures.

The unit is responsible for checking in with the Ranger upon arrival and for providing their own food, camping gear, etc. There is plenty of space in the short term area for camping.

While in C.O.P.E. activities, your scout should be prepared for all kinds of weather and temperatures. Friday night activities will be primarily inside, but the rest of the weekend will be outside. Clothing should be layered for adapting to changing weather conditions. The participant should not wear nylon or other "slick" type synthetic shorts as contact with moving ropes could cause melting and burns. Good supportive footwear, such as athletic shoes or boots, is strongly suggested. Bug spray will be your friend so bring him along. Heavy attachments like knives, music players, or jewelry are not needed and will impede progress on the course.

Both Saturday and Sunday will be on the COPE course and are full days of high adventure. Appropriate rest and nutrition are important. We will break for lunch on Saturday and the scouts may return to their camp for lunch. On Sunday we ask that you come prepared to serve lunch on the course to your scouts. We generally finish about 3:00 P.M. or later on Sundays depending on the size of the group and the speed at which they complete the high course. Note: Even though the scouts love the "thrill" of the high course, it is the time spent before they get there that most of the learning takes place.

We look forward to seeing your unit and know that there will be a lot of learning and fun to be had by all.

YIS

Quapaw Area Council COPE/Climbing Committee

Two Deep Leadership is required.

CHALLENGE COURSE and CLIMBING/RAPPELLING HEALTH HISTORY AND CONSENT FORM ADULT OR CHILD

You are about to take part in a challenge (“ropes”) course experience and or climbing/rappelling (“activity”) offered through the _____ Council BSA (“local council”) on _____ (date).

While participating in the activity you will undertake a wide variety of physical and mental challenges that are comparable to activities with which you may be more familiar. Much of the time, you will be engaged in activity of “moderate exertion,” which is comparable to normal walking, golfing on foot, raking leaves, calisthenics, or slow dancing. For short periods of time, you will be engaged in activity of “vigorous exertion,” which is comparable to fast walking, slow jogging, heavy gardening, or shoveling snow.

If any of the above activities are difficult for you, discuss your participation in the activity with your physician. If these are activities in which you regularly engage without difficulty, you should be fit for participation in the program. Following are specific medical conditions about which participants should always seek the advice of a physician before participating in the activity:

- Pregnancy (climbing harness can injure uterus)
- Kidney or liver transplant (climbing harness can injure transplanted organ)
- Healing fracture or joint injury (should be cleared by treating physician)
- Recent surgery (should be cleared by treating physician)
- Down syndrome (should have x-ray check for neck instability, as per recommendation of the Special Olympics)

If you or your physician has any questions about the physical requirements of the activity, feel free to contact the local council.

HEALTH HISTORY

First Name: _____ Age: _____

Middle Name: _____

Last Name: _____

Telephone: _____

Home/ Work / Cell _____

Personal physician: _____

Physician Telephone: _____

In case of emergency, please contact: _____ Relation: _____

Telephone: _____ or _____

Special dietary considerations: _____

List known allergies: _____

List required medications: _____

If you are allergic to insect stings, do you have an insect sting kit (e.g., EpiPen)? _____

Do you wear contact lenses? _____

Are you pregnant? _____

Have you had or do you now have (circle if yes): Heart attack – Diabetes – Asthma-
Angina – Epilepsy - Chest pains - Drug reactions - High blood pressure - Heart murmur

If you answered “yes” to any of the above, explain and include date:

Do you have any other medical conditions that we should be aware of?

SCOUTING HOLD HARMLESS AGREEMENT

I understand that participation in the activity involves a certain degree of risk that could result in injury or death. In consideration of the benefits to be derived, after carefully considering the risk involved, and in view of the fact that the Boy Scouts of America is an organization in which membership is voluntary, I have carefully considered the risk involved and have given consent for myself (or my son or daughter) to participate in the activity and waive all claims I or we may have against the Boy Scouts of America, the local council, the activity coordinators, and all employees, volunteers, related parties, or other organizations associated with the activity.

I am not under the influence of any chemical substance, including alcohol. Understanding that any physical activity involves a risk of injury, I understand that my participation in the activity is entirely voluntary. I release the Boy Scouts of America, the local council, the activity coordinators, and all employees, volunteers, related parties, or other organizations associated with the activity from any and all claims or liability arising out of this participation. This release does not, however, apply to any harm caused by negligence or willful misconduct of the local council or its employees.

In case of emergency involving my child, I understand every effort will be made to contact me. In the event I cannot be reached, I hereby give my permission to the physician selected by the adult leader in charge to secure proper treatment, including: hospitalization, anesthesia, surgery, or injections of medication for my child.

Participant's signature _____

*Date _____

*If the participant is under age 18, his or her parent or guardian must also sign below:

Parent's or guardian's signature _____

Date _____

Please have each participant fill out a separate release form