

C.O.P.E. Instructor Training Course

The Project C.O.P.E. program is designed to enhance the Scouting experience and to promote Scouting values and objectives among its participants with fun and challenging activities. This training will provide the opportunity to become a certified BSA C.O.P.E. instructor. Attendance for the full weekend is required to complete the course. Registration will be limited to 12 participants.



May 1-3, 2009
 7:00 pm Friday, May 1 to
 4:30 pm Sunday, May 3.
Camp Pigott
 Cost: \$20 per person
 Lodging and meals provided

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 TRUSTWORTHY LOYAL HELPFUL FRIENDLY COURTEOUS KIND

words to live by

Goals of Project C.O.P.E.

Project C.O.P.E. is an acronym for *Challenging Outdoor Personal Experience*. It is designed to enhance the Scouting experience and to promote Scouting values and objectives among its participants with fun physical and mental challenges.

Eight major goals are commonly associated with Project COPE activities:

1. Communication
2. Planning
3. Teamwork
4. Trust
5. Leadership
6. Decision Making
7. Problem Solving
8. Self-Esteem

What is a C.O.P.E. Instructor?

This course is for volunteers who will be active with council sponsored C.O.P.E. activities. You will learn how to assist the director in supervising and administering the C.O.P.E. activities.

Instructors of BSA C.O.P.E. activities are capable, safety-conscious teachers. They must exercise good judgement and dependability, and relate well to youth and to adults. C.O.P.E. Instructors must be at least 18 years old and be currently registered with the Boy Scouts of America.

The C.O.P.E. Instructor certification earned by successful completion of this three-day training is good for two years.

Course Prerequisites

To be eligible to take this course, you must:

- Be at least 18 years old.
- Be currently registered with the Boy Scouts of America as an adult leader or youth Venturer.
- Have a current BSA Personal Health and Medical Record - Class 1&2 or Class 3. (Class 3 required for those age 40 and up.) This does require a physical exam and doctor's signature!

Certification in CPR and First Aid is recommended but not required.

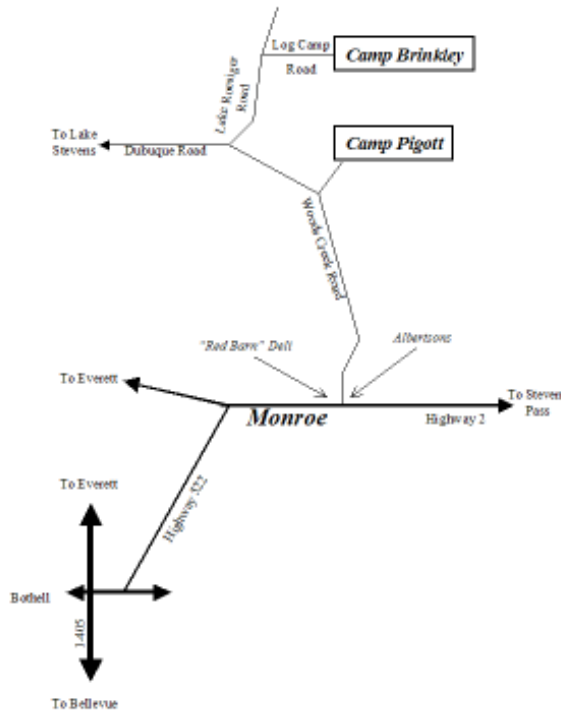
What to Bring

- Personal Health and Medical Record form (see above; blank forms are available at www.seattlebsa.org or at the Council office)
- Bedding or sleeping bag for overnight stay in a cabin
- Clothing for all possible weather, rain or shine.
- Sturdy shoes or boots
- Flashlight
- Toiletries (showers are available)
- Paper and pencil or pen
- Optional: personal climbing harness and helmet, belaying gloves. (These are available for use at the camp, but if you have your own you're welcome to bring them.)



Directions to Camp Pigott

From Seattle or Bellevue: Take I-405 North to Hwy 522. Follow 522 to Monroe. Off the exit ramp turn left onto US Hwy 2. Turn left on Woods Creek Road at the Shell gasoline station and "Red Barn" deli. As you proceed, keep right at the fork to Yeager Road, then go straight at the stop sign to rejoin Woods Creek Road. Continue on Woods Creek Road approximately 10 miles to the Camp Pigott entrance. Turn right and follow the signs to the parking lot on the right.



Questions?

If you have questions about registration, payment, or camp facilities, contact the Camping Department at campingdept@seattlebsa.org or at (206) 725-0361. For questions about Project C.O.P.E. or about the course, contact the course director, Alan Baker, at arcbaker@comcast.net.

**C.O.P.E. Instructor Training – Registration Form
May 1-3, 2009**

Please clip and send to: Camping Dept., Chief Seattle Council, BSA, PO Box 440408, Seattle, WA 98114

Name _____ Troop/Team/Crew # _____ Phone # _____

Address _____

City _____ State _____ Zip _____

Enclosed is the \$20.00 per person fee.

Signup deadline April 24, 2009
1-6710-060-21

