

Ropes Course (COPE) Instructor Training

Date: Saturday, February 27, 2010

Time: 9:00 AM - 4:00 PM

Location: Camp Tol-o-chee

To register, complete the following information and turn in this form to the Okefenokee Area Council office. Please wear long pants and closed-toed shoes. Bring a water bottle and lunch. There is no fee for participating in the course.

Name: _____ Address: _____

Email: _____ Phone: _____

Overview & Safety

- Instructor training process & objectives for the day
- Project COPE Purposes
- Full Value No Discount agreement
- The overriding importance of safety
- on the course
- The facilitator's role
- Event inspections
- Event enabling/disabling
- Warming up before activities
- COPE Supplies
- Documentation required
- Closing the course

The Low COPE Course

The instructor for the day selects initiative games and course events based on the needs of the participants.

- Initiative games & portable props
- Ball toss name game
- Traffic Jam
- Tangle Knot
- Blind Alphabet Recital
- Blind Square
- Hoops around the circle
- Raccoon Circles games
- A-Frame
- Trolley
- Islands
- Closeness, Trust & Spotting activities
- All Aboard

- Trust Duo
- Trust Circle
- Cookie Machine
- Problem solving activities
- Meuse
- Artesian Beams
- The Beam
- Water Wheel
- The Wall
- Spider Web
- Porthole
- Frog Jump
- Giant's Finger
- Support building activities
- Swinging Log
- Tire Traverse
- Triangle Traverse
- Wild Woosey
- Track Walk
- Trust building activities
- Blind Trust Walk
- Trust Fall

Facilitating Project COPE Groups

During the day, the instructor for the day will discuss the following topics while on the course

- The power of stories
- Processing reflections
- Reading the Group
- Building a sequence of activities toward an objective