

PROJECT COPE *at Camp Friedlander*

Project COPE at Camp Friedlander for Scouting, Non-Scouting, and Non-Profit Organizations

Welcome to the Challenging Outdoor Personal Experience (COPE) program for Dan Beard Council. This information packet will provide the basic information needed to request and prepare for a COPE or climbing event at Camp Friedlander.

COPE is an excellent program for teenage youth and adults. High COPE (sometimes referred to as the ropes course) is more of an individual challenge, like climbing. Low COPE is a great tool for team building and challenges that focus on group cooperation, planning and communication. Low COPE and combined low and high COPE events can be tailored to your unit's goals and objectives.

The minimum age to participate in COPE is 13 years old. All registered Boy Scouts are eligible to participate at the climbing tower.

Contents:

- I. Project COPE Introductions
- II. Safety Information & Requirements
- III. Contact Information
- IV. Program & Facility Reservation Form
- V. Facility Use and Hold-Harmless Agreement
- VI. Consent and Hold Harmless Form
- VII. Personal Equipment Checklist



PROJECT COPE

at Camp Friedlander

High and Low Ropes Challenge Course Sixty Foot Climbing and Rappelling Tower

Camp Friedlander, Dan Beard Scout Reservation, Loveland, Ohio



Challenging Outdoor Personal Experience

Project COPE is an activity operated for adults and youth comprised of group initiatives, team building, problem solving, and physical challenge. Although COPE uses some of the skills, techniques and tools of rock climbing, it is not a climbing course. Rather, it uses climbing situations as one of several means to achieve its goals, including the development of trust, communication, self-esteem, leadership, problem solving, decision-making and teamwork.

Benefits to Your Team

Team members are challenged to become more aware of themselves and others, and to discover their strengths and limitations. For groups that already know each other well, COPE builds on this knowledge to improve communication and leadership skills. For newer groups – even complete strangers – COPE is a great mechanism for rapidly developing a strong sense of team membership. Beyond all these lofty objectives, COPE is fun!



For newer teams – even complete strangers – COPE is a great mechanism for rapidly developing a strong sense of team membership. It is a great way to quickly embed core values and the skills necessary for success. It builds immediate relationships and instills a high level of communication both within the teams and without. Beyond all these lofty objectives, COPE is fun!

The COPE Program

The activities and challenges offered as part of the COPE program can be tailored to meet your group's needs. You can choose the type of activities that best fit your current group dynamics and your intended outcomes:

- **Teambuilding and initiative games** – The trail to forming an effective team starts with getting to know your group members. What makes them tick? How do they work with others? How do they react to challenges, frustrations, and successes? A series of fun and extremely participatory games will quickly help team members learn more about each other as they prepare for the future challenges on the course.
- **Low COPE** – A series of physical obstacles are placed through the woods of Camp Friedlander. Your team's mission, should they choose to accept it, is to work as a team to overcome these challenges. None of the obstacles can be completed by one person alone, so each team member must evaluate the strengths and weaknesses of the others in order to succeed.
- **High COPE** – After accomplishing the Low COPE course, it's time to utilize the new trust and team dynamic on the high ropes course. This consists of 10 elements that require participants to negotiate cables, swings and nets high above the ground. A simple and effective safety system protects participants at all times.



The Climbing and Rappelling Tower

Adjacent to the COPE course stands our 60' climbing and rappelling tower. Designed for novices and veterans alike, it has a two-lane, 50' climbing wall, and multiple portals for rappelling. Participants can rappel from our 30', 50', and free rappel stations. An experience on the tower can either be part of COPE experience or a stand-alone event.



DAN BEARD COUNCIL
BOY SCOUTS OF AMERICA

PROJECT COPE

at Camp Friedlander

Safety and Operations

Project COPE is a program of the Dan Beard Council, Boy Scouts of America, and is run by trained volunteers and staff. Our instructors and staff members are locally trained, and the course is overseen by a nationally-trained director. The entire COPE program, facilities, policies, and operations are inspected and certified annually.

Two overriding concerns guide the staff at all times. First, we strive to assure a safe experience for all participants. Just as importantly, we also work to be sure that no one is made to feel awkward or uncomfortable during a COPE experience. COPE is *Challenge by Choice*® - at no time will participants be pushed to do something they choose not to.

Program Requirements

To ensure that we offer the highest quality experience possible, a few requirements must be met by your group to participate in Project COPE:

- Groups may have a minimum of eight individuals – any less and the experience would not be beneficial.
- A maximum group size of 36 for the COPE course is set to make sure everyone has a chance to participate.
- Although both youth and adults can benefit from the COPE experience, we discourage mixed adult and youth groups. The difference in age levels and maturity can adversely affect the team dynamics. However, it may be possible to run separate adult and youth groups simultaneously.
- Youth participants must be at least 13-years-old and demonstrate adequate maturity.
- If your group has any youth members, there must be a minimum of two adult leaders, with at least one adult leader to every ten youth participating.
- The group leader must complete and submit the “Facility Use and Hold-Harmless Agreement” prior to the group’s arrival.
- A certificate of insurance from the organization must be submitted prior to arrival. This is not required for Dan Beard Council Scouting units.
- Each participant must complete the “Consent and Hold Harmless” forms, which can be submitted upon arrival.
- Each participant must arrive with appropriate clothing and gear as listed in the “Personal Equipment Checklist.”
- Reservations for COPE and climbing programs must be made at least 30 days prior to the requested date in order for our staff to be secured.
- Payment must be made upon making a reservation unless otherwise arranged.

Facility Rental and Programs

Your group is encouraged to stay at Camp Friedlander overnight or for the weekend to complete the immersion in the outdoor experience. Several options exist, including tent camping, cabin rental, and dormitory-style housing to accommodate large groups. Meal service and additional programming such as shooting sports, boating, hiking, and meeting rooms are also available. We work with each group individually to meet their housing needs and intended outcomes.

Weekend package programs are also available to make for a hassle-free retreat, conference, or outing. The many programs available at the Dan Beard Scout Reservation can be combined to offer a unforgettable and diverse experience. Please ask us about the options available for your group!



PROJECT COPE *at Camp Friedlander*

Contact Information:

For questions, concerns, or more information please contact **Michael Stamat II, Camp Experience Director** at the Dan Beard Council Scout Achievement Center. He will respond quickly and work with you one-on-one to reserve your COPE or climbing experience:

Dan Beard Council

10078 Reading Rd.

Cincinnati, OH 45241

Phone: (513) 518-3217

Fax: (513) 577-7738

Email: michael.stamat@scouting.org

Scheduling an Event:

We require a minimum 30-day notice before booking. Scheduling is subject to the availability of dates and instructors. The minimum number of participants for a COPE event is eight.

For COPE or climbing program related questions, please contact:

Herb Packard, COPE & Climbing Program Manager at eaglescout@embarqmail.com.

The required paperwork and payment are due at the time of the reservation. In addition, each participant must bring the two-page Consent Form and Hold Harmless Agreement, found in this packet, to the event.

COPE and Climbing Participation Paperwork

Each organization must have proof of insurance. Scouts and registered leaders are insured through their Council. Many non-Scout organizations, such as church youth groups, carry insurance. Non-Scout organizations must show proof of group Insurance, a minimum of \$2 million is required.



DAN BEARD COUNCIL
BOY SCOUTS OF AMERICA

PROJECT COPE

at Camp Friedlander

Program and Facility Reservation Form

Your group leader should select their desired dates, complete this reservation form, Facility Use and Hold Harmless Agreement, and obtain a copy of your organization's Certificate of Insurance (not required for Dan Beard Council Scouting units). Once complete, forward all forms and appropriate fees to the Scout Achievement Center.

Please make every effort to accurately estimate the number of participants. Upon arrival, if the number of participants is more than the number reserved, the difference in fees will have to be paid.

It is the leader's responsibility to ensure that each participant arrives with the "Consent and Hold Harmless" forms, proper clothing and personal gear listed in the "Personal Equipment Checklist." Participants without properly completed forms or inappropriate clothing will not be able to participate.

FEES	HALF-DAY	FULL-DAY	TWO-DAY
Scouting Unit	\$10.00 per person 8 person/\$80 minimum	\$20.00 per person 8 person/\$160 minimum	\$30.00 per person 8 person/\$240 minimum
Non-Profit Organization	\$25.00 per person 8 person/\$200 minimum	\$40.00 per person 8 person/\$320 minimum	\$50.00 person 8 person/\$400 minimum

If your group would like to reserve any further facilities or programs such as meeting rooms, shelters, meal services, and/or lodging, please contact the Scout Achievement Center for details. **Before sending your reservation, please check availability by calling the Scout Achievement Center at (513) 577-7707.**

Send all reservations with payment to: Project COPE
Dan Beard Council
10078 Reading Rd.
Cincinnati, OH 45241
513-577-7700

DAN BEARD COUNCIL REFUND POLICY:
Individuals or groups that cancel a reservation 30 days prior to the date of the event will receive a refund of paid fees, less a 15% administrative charge. No refunds will be made after the 30 day cancellation deadline.

Arrival Date: ___/___/___ Departure Date: ___/___/___ Event Start Time: ___:___ M Event End Time: ___:___ M	Program Choice(s): <input type="checkbox"/> Low COPE <input type="checkbox"/> High COPE <input type="checkbox"/> Climbing/Rappelling Tower	Duration: <input type="checkbox"/> Half-Day <i>(list times below)</i> <input type="checkbox"/> Full-Day <i>(list times below)</i> <input type="checkbox"/> Two-Day
--	---	---

Group Name: _____ Leader's Name: _____

Address: _____ City: _____ State: _____ Zip: _____

Phone: _____ Email: _____ Job Title: _____

Number of Participants: Youth (17 & under): _____ Adults: _____ = Total Participants: _____

Total Fees Due: \$ _____ (checks payable to Dan Beard Council)

Our group would like to reserve additional facilities, programs, or services (you will be contacted to discuss options)

All fees must accompany this reservation form. Reservation must be made at least 30 days in advance of date to allow time to arrange staffing. Submit the "Facility Usage and Hold-Harmless Agreement" once reservation is secured.

Please keep a copy of this form for your records.

Acct #: 1-6702-020-21



DAN BEARD COUNCIL
BOY SCOUTS OF AMERICA

PROJECT COPE

at Camp Friedlander

Facility Use and Hold-Harmless Agreement

Group Name: _____ Leader's Name: _____

I, the undersigned have made arrangements on behalf of _____ (group name) with Dan Beard Council, BSA, for group participation in a team building, challenge course and/or climbing/rappelling experience on the following date(s): _____. We agree to abide by all rules, policies, and regulations of Dan Beard Council, BSA, including but not limited to the following general provisions:

1. Dan Beard Council, BSA is not responsible for lost, damaged, or stolen items.
2. There are no warranties express or implied. Participants assume all risks.
3. In the event of a dispute, the parties agree to confidential and binding arbitration before a panel of three arbitrators.
4. The parties agree to be bound by Ohio law.

Hold-Harmless Agreement:

(The name of your group is inserted into the blanks)

_____ (organization) shall indemnify, hold free and harmless, assume liability for, and defend the Dan Beard Council, Boy Scouts of America, and its chartered affiliates, agents, servants, employees, officers, and directors from any and all costs, court costs, and all other sums which the Boy Scouts of America, its chartered affiliates, agents, servants, employees, officers, and directors may pay or become obligated to pay on account of any, all and every demand for claim or assertion of liability, or any claim or action founded thereon, arising or alleged to have arisen out of _____ (organization's) use of real or personal property belonging to the Boy Scouts of America, its chartered affiliates, agents, servants, employees, officers, and directors, or by any action or omission by _____ (organization), its members, agents, servants, employees, officers, or directors.

Property to be used: _____

Date(s) to be used: ____/____/____ to ____/____/____

(Organization)

By _____
(Title)

(Signature)

(Date)

Please attach organization's Certificate of Insurance (not required for Dan Beard Council Scouting units)

Return to: Project COPE
Dan Beard Council
10078 Reading Rd.
Cincinnati, OH 45241
Fax: (513) 577-7692
Email: camping@danbeard.org



DAN BEARD COUNCIL
BOY SCOUTS OF AMERICA

PROJECT COPE

at Camp Friedlander

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.

Medical Permission-Youth: This health information is correct so far as I know, and the person herein described has permission to engage in all prescribed activities, except as noted by me or a physician. In the event of an 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 leaders in charge, to secure proper treatment, including hospitalization, anesthesia, surgery, or injections of medication for my child.

Medical Permission-Adult: This health information is correct so far as I know, and the person herein described has permission to engage in all prescribed activities, except as noted by me or a physician. In the event of an emergency, I understand a reasonable attempt will be made to reach my emergency contact. If unable to reach that contact, I hereby give permission to the physician, selected by the adult leaders in charge, to secure proper treatment, including hospitalization, anesthesia, surgery, or injections of medication.

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 _____

Both pages, including the Consent Form, Health History and Hold Harmless must be completed and submitted for all participants of COPE, Climbing and ACE at summer camp and all COPE or Climbing participants during the off season.



PROJECT COPE

at Camp Friedlander

Personal Equipment Checklist

The following is a list of materials to be provided by each participant:

- ❑ Weather appropriate clothing
 - Must have long pants for Project COPE cabled events
 - Must not be too big and baggy; must be able to tuck shirt in
 - Must not be too small so as to restrict body movement
- ❑ Rain gear
- ❑ Tennis shoes or hiking boots
 - No open-toed shoes permitted (sandals, crocs, etc.)
- ❑ Water bottle
- ❑ Lunch (if meals services not provided by Camp Friedlander)
- ❑ Camera
- ❑ Sunglasses
- ❑ Completed *Facility Use and Hold-Harmless Agreement* on file
- ❑ *Certificate of Insurance* on file
- ❑ Completed *Consent and Hold Harmless Agreement* with required signatures for each participant
- ❑ P.M.A.
 - Positive Mental Attitude
 - Come with an open mind & a spirit to learn!

Notes on Personal Equipment:

- Bring any emergency medication that you may need (Epi-pen, etc.).
- Jewelry is not permitted to be worn during the COPE program. Either leave necklaces, bracelets, rings, earrings, watches, etc. behind or provide your own secure storage.
- When possible, leave wallets and other pocket stuffers behind.

