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

Updated 02/24/15
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.
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.
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.

<table>
<thead>
<tr>
<th>FEES</th>
<th>HALF-DAY</th>
<th>FULL-DAY</th>
<th>TWO-DAY</th>
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<tr>
<td>Scouting Unit</td>
<td>$10.00 per person</td>
<td>$20.00 per person</td>
<td>$30.00 per person</td>
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<tr>
<td></td>
<td>8 person/$80 minimum</td>
<td>8 person/$160 minimum</td>
<td>8 person/$240 minimum</td>
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<tr>
<td>Non-Profit</td>
<td>$25.00 per person</td>
<td>$40.00 per person</td>
<td>$50.00 person</td>
</tr>
<tr>
<td>Organization</td>
<td>8 person/$200 minimum</td>
<td>8 person/$320 minimum</td>
<td>8 person/$400 minimum</td>
</tr>
</tbody>
</table>

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

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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.

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Arrival Date: ___/___/___
Departure Date: ___/___/___
Event Start Time: ___:___ _M
Event End Time: ___:___ _M

Program Choice(s): □ Low COPE
                     □ High COPE
                     □ Climbing/Rappelling Tower
Duration: □ Half-Day (list times below)
               □ Full-Day (list times below)
               □ 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)

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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
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 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
COPE 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 Dan Beard Council BSA 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

Name: ___________________________________________  Unit #: ____________________________

Telephone: _____________________________  If applicable

Home  Middle  Last  Date of Birth: ____________________________

Work  Cell

Personal physician: ____________________________

Name

In case of emergency, please contact: ____________________________

Telephone: ____________________________

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)? ________________ Where? ____________________________

Do you wear contact lenses? ________________ Are you pregnant? ____________________________ (backpack, pocket, etc.)

Have you had or do you now have any of the following (check the appropriate boxes): 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? __________________________________________________________

________________________________________________________

Page 1 of 2
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.

Page 2 of 2
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.