## HIGH ADVENTURE PROGRAMS

# C.O.P.E.



### Camp Buck Toms

#### **Challenging Outdoor Personal Experience (COPE) Program Highlights**

Communication Planning Trust Teamwork Leadership Decision-making Problem-solving Self-esteem



Buck Toms offers one of the finest high ropes courses, as well as a multi-level rappelling tower, V-swing, and zip line. When you complete the course, you and your group will receive a special C.O.P.E. tshirt, stating that you have "...Met the C.O.P.E. Challenge!"

**<u>COPE EXTREME</u>** is a full day course for older Scouts and ventures, ages 13 – 20. This weeklong course will instill the eight principals of COPE using initiative games, low course elements, team building exercises, culminating with a full day on the high course elements.

The goal of project COPE is to build on these principals by progressing, as a group, through a series of physically and mentally challenging exercises that require cooperation to complete.

#### Neither of these options includes Rock Climbing or Rappelling on the Tower



#### **REQUIRED FOR C.O.P.E.**

STURDY SHOES (ABSOLUTELY NO SANDALS OR CROCKS)

WATER BOTTIE

Participants should be at least 13 years old and in sound physical condition.

See BSA Health Form Parts A, B, and C.