



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

C.O.P.E. is an acronym for "Challenging Outdoor Personal Experience." a COPE Course is a custom built challenge course or ropes course designed to meet the Boy Scouts of America (BSA) Project C.O.P.E. installation and operation procedures. COPE Programs are based on attaining seven goals outlined by the Boy Scouts of America (BSA).

The seven C.O.P.E. goals are summarized as:

1. **Teamwork** - Teamwork is the key that allows a group to navigate a C.O.P.E. challenge course successfully. The C.O.P.E. challenge ropes course experience makes it clear that each individual can accomplish more as a member of a team than by going it alone.
2. **Communication** - A C.O.P.E. challenge course encourage in the moment active learning of critical listening and discussion skills important for any group, troop or individual attempting to accomplish a difficult task.
3. **Trust** - Participants completing difficult tasks on a C.O.P.E. challenge course develop trust in the C.O.P.E. staff members, their fellow troop members and themselves.
4. **Leadership** - Team members attempting to solve problems on a challenge course have abundant opportunities to develop and exercise leadership skills in small and large groups.
5. **Decision Making** - Project C.O.P.E. requires groups and troops to make decisions by developing one or more solutions to the specific obstacle, problem, or initiative. Teams must consider all the available resources and alternatives, and evaluate the probable results before moving forward.
6. **Problem Solving** - Project C.O.P.E. challenges groups and individual to develop solutions to interesting problems. Participants must step outside of the box and frequently use creative ideas. Participants can then test their solutions and evaluate the results.
7. **Self-Esteem** - Meeting the challenges of a C.O.P.E. challenge course allows individuals and groups to develop self-esteem and encourages them to set challenging yet attainable goals.

Cope course programming on a challenge course, rope course or team course emphasizes learning by doing. When we work with scouting associations, scout troops, scout camps, scouts and scouters on the design, installation, inspection and training of C.O.P.E. challenge courses, ropes courses and/or climbing towers we emphasize the need for a design that will accommodate all ages, sizes, shapes, and physical abilities. Our C.O.P.E challenge course options include innovative initiative elements, climbing towers vertical climbing elements and low and high ropes course challenges.

Hart's Woods Challenge Course

Round Lake Area Park District, 814 Hart Road, Round Lake, IL 60073, Phone: (847) 546-8558, Fax: (847) 740-8180

Hart's Woods Challenge Course is the ideal group outing for schools, scouts, clubs, sports teams, staff training and development for large and small businesses. Nestled among the trees, Hart's Woods is located in between Chicago, Illinois and Milwaukee, Wisconsin. Activities involve mental and physical challenges that can only be resolved through teamwork and cooperation. With each activity, team members gain insight and experience to tackle the next task and how to utilize these experiences in their everyday lives. Challenge Course programs are professionally designed to help each group reach specific goals and objectives. Trained facilitators work with your group throughout the day helping them progress further and further in a challenging environment.

Hart's Woods Challenge Course has three programs geared towards different age groups and populations that can be customized to fit your specific needs or group's abilities. In addition to our permanent challenge course, we have a portable version that enables us to offer programs at other locations while still providing the same benefits and opportunities for growth.

Just a little bit about us...

- 2006 IPRA Outstanding Facility and Parks Award
- Certified Challenge Course Manager and Practitioners
- Association for Challenge Course Technology (ACCT) Member
- Association for Experiential Education (AEE) Member
- Our staff has presented workshops at Regional and National Experiential Education and Challenge Course Conferences across the country
- Our staff has over 50 years of combined facilitation experience

Cooperative Games

The Cooperative Games program provides kids an opportunity to focus on cooperation and communication while internalizing social skills. Whether its bringing your classroom closer together or teaching scouts the importance of working together to accomplish projects, this program can be a catalyst for good things to come.

Age: 3rd-5th grade

Group Size: 10 -15

Time: 2 hours

Cost: \$100 / group

Teams Course

The Teams Course is a series of initiatives or elements designed to allow groups to develop teamwork, support, effective communication, trust, and problem solving. Initiatives test your group both physically and mentally, and with each activity, the group will gain insight and experience to help them through future challenges both on the course and in their daily lives

Age: 6th grade-Adult

Group Size: 10 -15 (maximum 4 groups at one time)

Time: 4 hours

Cost: \$220 / group non-profit; \$420 / group profit

High Ropes Course

Experience the ultimate challenge of facing obstacles with your group 25 feet above the ground. Participants are attached to belay cables as they attempt to traverse the various elements. Focusing on topics such as facing challenges, working outside comfort zones, support, trust, and effective communication, the high ropes course is another level for groups looking to improve their team skills while challenging themselves as individuals.

Age: High School-Adult (Junior High eligible after completion of the Teams Course)

Group Size: 10 -16 (maximum of one group per time block)

Time: 4 hours

Cost: \$420 / group non-profit; \$800 / group profit

To schedule a group, or if you have any questions, please contact Frank Palmisano, Jr. at (847) 546-8558.

*Prices and program info as of 8/01/13. <http://www.roundlakeareaparkdistrict.org/programs-challenge-course.cfm>

Covenant Harbor Bible Camp and Retreat Center, Inc.

1724 W Main Street, Lake Geneva, WI 53147, Phone 262.248.3600, Fax 262.248.6814

Ropes Course

Covenant Harbor provides ropes course, outdoor education and adventure experiences for participants of all ages and walks of life. We have over 25 years of challenge program facilitation and have worked with thousands of people and a wide variety of groups. Our strong safety record and continued growth is evidence that we have one of the more progressive and professional challenge programs in the region.

Covenant Harbor integrates cooperative education and experiential education utilizing our 54 scenic wooded acres, state of the art ropes course facility and trained and experienced staff. These assets make powerful learning experiences possible.

Our one of a kind High Ropes Course has two levels and 19 challenges, bringing our total to 23 separate challenges for the high course. We also have over 20 Low Rope challenges that enable us to provide quality team building experiences for most every ability and challenge level. We also have a 50 foot steel climbing tower, two zip lines, an indoor climbing wall and two person giant swing. Ask us about our instructional climbing program!

Our goal is to provide the best experience possible for your group through customized programming and personal service.

Cost

- Day program rate begin at \$28.00 per person and overnight guest group add-on rates vary depending on the activity and length of time requested.
- Overnight guest group add-on rates begin at \$15.00 per person and non-profit/school rates start at \$16.50 per person.
- Programs are custom designed to fit your needs, budget and goals. Time frames range from a few hours to multiple days. We also provide program services at your facility or other appropriate sites.
- We have a number of options to help make your trip affordable. There are discounts for school districts and specialty packages available. Please contact us for additional information and rates.

Packages

Boy Scouts/Girl Scouts

Boy Scouts and Girl Scouts offer phenomenal programs that help to develop youth of character, courage and confidence. Covenant Harbor's Outdoor Education and Ropes Course programs naturally supplement the already strong Scouts organization. Making our home in Lake Geneva, WI, we have the resources of beautiful Geneva Lake and forested grounds to share with you. Your group will be able to meet select badge requirements with our Outdoor Education classes and Ropes Course activities, just have a little fun and get to know each other, or a little bit of both!

Winter

Winter in Wisconsin may be cold, but that doesn't mean you can't still enjoy camp! During the winter we offer many of our standard programs as well as some new ones. Come join us for winter-specific activities like cross country skiing, tubing and ice skating (weather permitting). You can also choose to enjoy a winter backdrop as you take Outdoor Education classes, scale the climbing tower, ride the Giant Swing or overcome challenges on our low ropes course. Indoor activities are also available including our indoor climbing wall, team building activities and game room.

Safety

- The safety of our participants and staff is a top priority at Covenant Harbor. We maintain high safety standards bolstered by our over 25 years of experience in the experiential education/challenge course program industry.
- Though nothing in life is "risk free" we consider ourselves to be expert risk managers, with protocol and appropriate safety equipment to back us up. We routinely perform safety checks on ropes course participants, safety equipment and facilities used in our programs. Our staff participates in seasonal trainings and many are CPR/First Aid certified or Emergency Responders.
- We also require low adult to youth ratios so there is maximum supervision of our participants. Our close attention to the details of running a safe facility allow for an effective program where learning and experience is the focus of our guests' time here.
- Covenant Harbor and its programs are accredited by the American Camping Association (ACA). All ropes course and challenge course facilities are inspected annually by an Association for Challenge Course Technology (ACCT).

Values

- Cooperation, team building, trust, honesty, respect, responsibility, creative problem solving and fun are all woven into the fabric of each experience.
- Our goal is to help build bridges of awareness and action regarding healthy relationships, service, environmental stewardship, and leadership while making learning novel, engaging, safe and fun.
- Programs are custom designed to meet your group's unique needs, goals and budget.

General Info

The ropes course and related programs are open year-round. We take weather related precautions when it directly jeopardizes the safety of participants and staff. Many activities take place in the outdoors and are cancelled or postponed in cases of severe weather. The outdoors is one of many powerful learning environments for many program goals and the weather is one of those factors that can enhance the learning objectives.

You will need to book your group experience at least two weeks in advance. The spring and fall seasons are traditionally high demand seasons and may require more advanced booking to reserve your desired dates.

Lake Geneva Canopy Tours

N3219 County Road H, Lake Geneva, WI 53147 - 262-248-9271

Youth & Non-Profit Team Building programs at Lake Geneva Canopy Tours provide a combination of educational and recreational initiatives which challenge participants to work together toward a common goal. Each activity is followed by a short facilitated discussion to cultivate new insights, strategize, create action plans and celebrate success.

Benefits to Your Group

- Strengthen relationships
- Conduct outdoor education on local ecology
- Create a more collaborative learning environment
- Learn new team skills
- Teach action under adverse conditions
- Explore strategic thinking
- Teach leadership skills
- Improve problem-solving skills

What Your Group Can Expect

Groups can expect to complete a series of real and imaginary challenge initiatives interspersed with action planning and skill development sessions. Approximately 60% of workshop time is spent engaged in physical activities and 40% of time is spent reflecting, analyzing and discussing learning objectives. Discussion at the end of the event will focus on how to take skills learned back to the classroom or organization.

Scout-owned Summer Camp-based C.O.P.E. Courses

Rainbow Scout Reservation

2600 N. Winterbottom Road
Morris, IL 60450

<http://rsrcamp.wix.com/rsrsummercamp/>

Camp Decorah

7520 Council Bay Road
Holmen, WI 54636

<http://www.gacbsa.org/camps-events/camp-decorah/>

Camp Wilderness

29984 Journey Trail
Park Rapids, MN 56470

<http://www.nlcbasa.org/Camping/CampWilderness/>

Camp Buck Toms

465 Camp Buck Toms Road
Rockwood, TN 37854

http://www.bsa-gsmc.org/OpenRosters/View_Homepage.aspx?orgkey=2497

Camp Crooked Creek – H. S. Frazier, Jr. Scout Reservation

950 Terry Drive
Shepardsville, KY 40165

<http://lhcbasa.org/pages/content/CCC>

Hugh Taylor Birch Scout Reservation

4023 Swimming Pool Road
Yellow Springs, OH 45387

<http://www.tecumsehscouncilbsa.org/Camping/CampBirch/>

Lewis and Clark Scout Reservation

31071 Boy Scout Road
Tabor, SD 57063

<http://www.siouxbsa.org/Camps/LewisAndClark/>

Elkhorn High Adventure Base

2331 County Road 68C
Red Feather Lakes, CO 80545-9501

<http://camps.longspkbsa.org/elkhorn/>