

## COPE TRAINING FALL 2024

**Challenging Outdoor Personal Experience (C.O.P.E.) is more fun, more rewarding than being on ropes.**

What are you afraid of? Falling? We can help.

The National Capital Area Council and Heart of Virginia Council will train you to use Challenge by Choice; yours to offer, theirs to accept or negotiate an alternative.

We will train you to use:

- Ice breakers
- Initiative games
- Trust games
- Low elements
- High elements

You will see how to use those tools to help others learn:

- Communication
- Decision making
- Teamwork
- Trust
- Leadership
- Planning
- Problem solving
- Gaining self-esteem

This training will enable you to assist a Lead Instructor (Level II or Director) in COPE sessions and become eligible to take Level II training.

Training will be at Camp T. Brady Saunders, beginning at 7 pm on Friday, October 4<sup>th</sup>, 2024.

We will wrap up around noon on Sunday, October 6<sup>th</sup>.

For those who want to qualify to run the CTBS climbing and rappelling tower, we will have tower operations training in the afternoon.



### SAVE THE DATE

Email [NCAC.COPE@gmail.com](mailto:NCAC.COPE@gmail.com) to get notified of changes and details.

We hope to see you there!



**We would like to get to know you.**  
Please take our Google Forms survey.

