

What is COPE?

- Lead a discussion on what COPE is and what it is not. Include one or two simple warmup games as examples.

Spotting

- Use the EDGE method to teach spotting. Discuss how proper spotting is an essential part of COPE safety. Discuss potential risks for both the faller and spotters.

Game Night

- Discuss goalsetting and planning and how COPE activities can benefit the unit as a whole.

Gearing Up

- Demonstrate how to put on a harness and helmet.
- Discuss belay commands.

SKILLS INSTRUCTION IDEAS



What is COPE?

- Discuss the eight principles of COPE, the Full Value Contract, and Challenge by Choice.

- Review the above information.
- Make a list of the specific principles your unit needs to improve upon.

- Review the above information.

Set goals plan on how to improve specific principles your unit needs to work on. Select some [initiative games](#) your unit can play.

Spotting

- Practice commands and stances.
- Practice spotting in groups of no less than four.

- Practice commands and stances.
- Practice spotting in pairs and small groups.

- Work with the Essential or Challenging group to practice spotting.

Game Night

- Discuss how the Full Value Contract and Challenge by Choice apply in activities beyond COPE.



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Gearing Up



- Practice properly putting on a harness and helmet.
- Review spotting and belay commands.



- Review the above information.
- Learn how to size a harness and helmet.



- Review the above information.
- Learn how to maintain high-course and climbing equipment.

BREAKOUT GROUP IDEAS

Initiative Games

- Plan one or more [initiative or trust games](#) to teach the entire unit.

Getting Ready for the Main Event

- Menu Planning (if applicable)
- Duty Roster Planning (if applicable)
- Patrols discuss what special items they will need for the main event.

Preparation for the meeting's game or challenge

GAME AND CHALLENGE IDEAS

Library of Games and Challenges on Troop Program Resources

- **Traffic Jam**

- *Materials:* Enough cloth, plywood, or cardboard squares for the members of each patrol, plus one additional square

- *Method:* Place the squares an easy step from each other in a straight or slightly curved line. (A curved line lets participants better see what's happening.) Two patrols face each other. One patrol stands on the squares to the left of the unoccupied center square; the other stands to the right. Both patrols face the middle. The challenge is for the patrols to switch sides, obeying the following rules:

- 1) Scouts may move to an empty space in front of them;
 - 2) Scouts may move around one person who is facing them to an empty space;
 - 3) Backward moves are illegal;
 - 4) Any move around someone facing the same direction as the mover is illegal;
 - 5) Only one Scout at a time may move.

- **Willow in the Wind**

- *Method:* Have 8 to 10 Scouts stand shoulder to shoulder in a circle with one Scout (the "faller") standing rigid (arms crossed with elbows on chest and fingertips at shoulders) in the center. Remaining rigid, the faller falls slowly in any direction. Before the faller moves very far off center, the people in the circle redirect the faller's body to another arc of the

circle. This fall-catch- push sequence continues in a gentle fashion until the faller is relaxed (but remaining rigid) and the people in the circle have gained confidence in their ability to work together toward handling the occasional weight shift of the faller. Change positions so that everyone who chooses can be the faller.

- **Cookie Factory**

- *Method:* With hands outstretched, a participant dives upward and forward, facedown, into the hands and arms of two lines of spotters. After the catch, the spotters juggle/roll the faller faceup and lower the person's feet to the ground, gently raising the faller to a standing position.

- *Notes:* Spotters should alternate the positioning of their hands with the hands of spotters facing them. Have participants use proper commands. Make sure the area is free of obstructions.

- *Variations:* After rolling the faller onto to his or her back, spotters "conveyer belt" the faller down the spotting line, with spotters moving to the front of the line after the faller's feet have passed them.

- **Everybody Up**

- *Method:* Have two Scouts of approximately the same size sit on the ground facing each other so that the bottoms of their feet are touching, their knees are bent, and they are tightly grasping each other's hands. Challenge the pair to pull themselves into an upright standing position without touching the ground with their hands. If the pair succeeds (most will), ask the two to include another participant and try standing up with three Scouts, then four, etc., until everyone in the group has been included in making an attempt.

- *Variation:* Try the same activity with Scouts sitting back to back with their arms linked.

CLOSING IDEAS

- [Leader's Minutes](#)
- [Ceremony](#)

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COPE	Information	Troop Meetings	Main Event
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TROOP LEADER RESOURCE LINKS

[Advancement Resources](#)

[Awards Central](#)

[Boy Scouts](#)

[Guide to Safe Scouting](#)

[SCOUTBOOK](#)

[Scouting Forms from the National Council](#)

[ScoutCast](#)

[Scouting Magazine](#)

[ScoutStuff.org \(Retail Site\)](#)

[ScoutingWire](#)

[Sign in to MyScouting.org](#)

[Take Youth Protection Training](#)

[The Outdoor Adventure Planning Guide](#)

[Troop Leader Guidebook Appendix](#)

[Uniforms](#)