

High COPE Instructor Training

Date: Sunday, May 2, 2010

Time: 9:00 AM – 4:00 PM

Location: Eagle Lodge, Camp Ingawanis

To register, complete the following information and turn in this form to the Winnebago Council office. There is no fee, but you must have taken Low COPE Instructor Training.

Name: _____ Address: _____

Email: _____ Phone: _____

Overview & Safety

- Instructor training process & objectives for the day
 - High COPE Purposes
 - The overriding importance of safety on the course
 - The instructor's role
 - Event inspections
 - Event enabling/disabling
 - Warming up before activities
 - Knots for High COPE
 - Belaying & spotting high events
 - Spotting high elements
 - Movable belay teams
 - COPE supplies & equipment
 - Medical training & emergency procedures
 - Documentation required
 - Keys for the course
 - Closing the course
- Firecracker Ladder
 - Traversing elements
 - Tremor Bridge
 - Pirate's Walk
 - Guitar String
 - Burma Bridge
 - Gap Step
 - Heebie-Jeebie
 - Mush Line Traverse
 - Slack Line Traverse
 - Multi-vine Traverse
 - Descending elements
 - Gravity Zip Line
 - Braking Zip Line
 - Free Rappel
 - Independent elements
 - Flying Squirrel
 - Confidence Pole

The High COPE Course

The instructor for the day selects course events based on the needs of the participants- participants will not be able to get through all elements and rescues in one day

- Ascending elements
 - Giant's Ladder
 - Pole Steps
 - Caving Ladder
 - Cargo Net
 - Climbing Surface
 - Vertical Playground
 - Centipede

Facilitating Project COPE Groups on the High Course

During the day, the instructor for the day will discuss the following topics while on the course

- Facilitating group involvement
 - Teaching and managing belay teams
 - Belay position rotation
- Encouraging & Celebrating
- Reading the Group
- Building a sequence of activities toward an objective