

Low COPE Instructor Training

Date: Saturday, May 1, 2010

Time: 9:00 AM – 5:00 PM

Location: Eagle Lodge, Camp Ingawanis

To register, complete the following information and turn in this form to the Winnebago Council office. Please wear long pants and closed-toed shoes, and bring a water bottle. There is no fee for participating in the course.

Name: _____ Address: _____

Email: _____ Phone: _____

Overview & Safety

- Instructor training process & objectives for the day
 - Project COPE Purposes
 - Full Value – No Discount agreement
 - The overriding importance of safety on the course
 - The facilitator's role
 - Event inspections
 - Event enabling/disabling
 - Warming up before activities
 - COPE Supplies
 - Documentation required
 - Keys for the course
 - Closing the course
- All Aboard
 - Trust Duo
 - Trust Circle
 - Cookie Machine
 - Problem solving activities
 - Meuse
 - Artesian Beams
 - The Beam
 - Water Wheel
 - The Wall
 - Spider Web
 - Porthole
 - Frog Jump
 - Giant's Finger
 - Support building activities
 - Swinging Log
 - Tire Traverse
 - Triangle Traverse
 - Half Heebie-Jeebie
 - Wild Woosey
 - Track Walk
 - Trust building activities
 - Blind Trust Walk
 - Trust Fall

The Low COPE Course

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

- Initiative games & portable props
 - Ball toss name game
 - Traffic Jam
 - Tangle Knot
 - Blind Alphabet Recital
 - Blind Square
 - Hoops around the circle
 - Raccoon Circles games
 - A-Frame
 - Trolley
 - Islands
- Closeness, Trust & Spotting activities

Facilitating Project COPE Groups

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

- The power of stories
- Processing reflections
- Reading the Group
- Building a sequence of activities toward an objective