SFC Cope Level 1 Instructor Course

You must attend both days to be considered trained.

**Saturday**

8-8:30 Intro to Cope and the 8 objectives

8:30-9:15 Sequencing and Processing with Intro Initiative game

9:15-9:45 Stories and Tall Tails

9:45 – 10 Break

10-1 Main Pavilion: Safety Briefing and Materials, Knots, and Rappel rigging.

1-1:45 Trust Fall

1:45-2:30 Break and Lunch

2:30-4 Rappelling / Belay

4:00-4:15 Break

4:15 – 5 Climbing Wall (Climb and Belay and Bouldering)

5-6 Equipment storage and care, SSC

**Sunday**

8-8:30 Review Cope and the 8 objectives

8:30-9:15 Sequencing and Processing with Initiative game - Student Guided

9:15-9:45 Stories and Tall Tails - Student Guided

9:45 – 10 Break

10-11 two low COPE events – Student Guided

11-1 Zipline and High Cope Rigging

1-1:45 Break and Lunch

1:45-4:30 Pole Climb and High Cope Activity

4:30-5 Zipline

5-6 QA & Debrief

**When:** Saturdays and Sundays as scheduled

**Where:** Camp Elmore (Broward) 3551 SW 142 Avenue, Davie, FL 33330

**Cost:** $50 Cost will be refunded in form of a unit credit with first COPE course use.

**What to bring:** Medical Forms A and B, Daily Covid 19 form, Lunch or Money to contribute to a Pizza order, a Water bottle, Mask, Hand Sanitizer, Sunscreen, Bug Spray, clothing for easy movement, Sneakers for climbing, A Good Attitude!

Age 16+ for Junior Instructors,

Make an account on <https://Scoutsonrope.org> and sign up for Elmore Level 1 so your training is registered with National.

**Send Questions to CopeSFC@gmail.com**