

# Indian Waters Council (IWC) C.O.P.E. & Climbing Instructor Training

<b>Course Name</b>	IWC COPE & Climbing Foundation Level 1 Instructor Training Course
<b>Course Dates</b>	April 19 - April 21, 2024
<b>Course Duration</b>	20 Hours (7 pm Friday to 1 pm Sunday)
<b>Course Location</b>	Camp Barstow; Bring items for camping in your own tent/hammock or in an adirondack.
<b>Course Fee</b>	\$40 (Includes meals & supplies)
<b>Course Eligibility</b>	<ul style="list-style-type: none"> <li>• BSA Registered Adult (at least 18 years old)</li> <li>• BSA Registered Youth (at least 16 years old and have earned the Climbing Merit Badge)</li> </ul>
<b>Course Prerequisites &amp; Required Reading Prior to Start of Course</b>	<ul style="list-style-type: none"> <li>• BSA Youth Protection Training <sup>1</sup></li> <li>• BSA Climb On Safely <sup>1</sup></li> <li>• BSA Weather Hazards <sup>1</sup></li> <li>• BSA Annual Medical and Health Form (Parts A &amp; B) <sup>2</sup></li> <li>• Read Chapters 2, 5-11, 13-14, and 27 in the BSA "Belay On" Manual <sup>3</sup></li> </ul>
<b>Course Provided Equipment</b>	A gear will be provided for use by each participant during the training course.
<b>Course References</b>	<ul style="list-style-type: none"> <li>• BSA "Belay On" Manual <sup>3</sup></li> <li>• BSA "Climb On Safely" Training Outline <sup>3</sup></li> <li>• BSA "Climbing" Merit Badge Pamphlet</li> <li>• Climbing Knots including but not limited to the following: Figure 8, Figure 8 Follow Through, Water Knot, Stopper Knot, and Clove Hitch. <i>An excellent on-line resource is "Animated Knots" by Grog (<a href="http://www.animatedknots.com">www.animatedknots.com</a>).</i></li> </ul>
<b>Course Registration</b>	Please register online @ <a href="https://www.scoutingevent.com/553-Climbing">https://www.scoutingevent.com/553-Climbing</a> by Monday (April 15, 2024)
<b>Course Questions</b>	Contact April Mayfield (COPE & Climbing Committee Chair) <a href="mailto:april.mayfield@scouting.org">april.mayfield@scouting.org</a> or (803) 626-6651

## Course Description

The course is designed to cover the Challenging Outdoor Personal Experience (COPE) and Climbing Foundation Instructor Level I competencies. The course goal is to ensure that you can safely and effectively support IWC Unit, District, and Council climbing/rappelling and COPE activities. Training will be conducted following the BSA guidelines of "Climb On Safely", "Belay On", National Camp Accreditation Program (NCAP) Standards, and IWC's Climbing/Rappelling Policies and Procedures.

This Level I course is intended for BSA registered adults who meet the above prerequisites and are interested in learning and teaching the basics of climbing and rappelling on IWC's Climbing Tower. Upon successful completion of the course (to include demonstrating climbing/rappelling core competencies), adults will receive their BSA "COPE Instructor Level I" training card.

BSA registered youth who meet the above prerequisites are also eligible to take the Level I course. Upon successful completion (to include demonstrating climbing/rappelling core competencies), youth will receive their BSA "COPE Instructor in Training" card.

Your training card for Level 1 is valid for 1 year upon successful completion of the course. We hope that you will become an active instructor!



<sup>1</sup> BSA prerequisite training must be current (i.e. within 2 years) or completed before the Instructor Training Card can be issued

<sup>2</sup> BSA Annual Medical Form (Parts A & B) must be current (i.e. within 12 months)

<sup>3</sup> BSA COPE/Climbing Website Address: <https://www.scouting.org/outdoor-programs/cope/>