



Hello my lovely COPE students!

My name is Adrienne and I will be your Section Director for National Camping School (NCS). A Section Director is equivalent to what your camp likely calls a Program Area Director. My training team and I are gearing up (both literally and figuratively) for an amazing week at Ten Mile River, Camp Keowa and can't wait to meet you! I want to take a moment to send you some links to documents and make sure you are prepared for our upcoming week at Camp.

Step 1 was getting registered, which you have done! Step 2 is making sure you have completed all the paperwork you need to submit upon check-in at Camp. A lot of the resource forms you will need are on the <https://www.scouting.org/outdoor-programs/national-camping-school/> page, but you have to look for the "ALL PARTICIPANTS CLICK HERE FIRST" link at the top of the school location list. I've "red-arrowed" it in an attached pdf because it is a bit difficult to find if you don't know where to look. Once you get to this page, you can print off the forms needed. You must bring a completed Annual Health Assessment Form (Parts A, B, & C) with you to Camp in order to participate in the course. This is the one that must be signed by a doctor, so make that appointment if you haven't already! New York requires that TMR maintain these forms, so please provide them a copy, NOT your original form. You will not get it back. You will also need to provide proof of BSA membership and current Youth Protection Training when you arrive at Camp. Additionally, I am attaching a Personal Resource Questionnaire and COPE Skill Self-Assessment so that my team can have an understanding of where each student is skill-wise. You can email these to me prior to the course. Having these documents complete ahead of time will A. allow you to check-in without any issues and B. expedite our check-in process.

A few other things to mention:

- You are required to already be a COPE Level 1 or 2 instructor (or have equivalent training/experience/working knowledge of your council COPE Course/Program) to attend the COPE Director Training. Please email me your training certificate or equivalent training/experience so I may verify. If you are a re-training student, you can email your expired/expiring COPE Director training certificate. Please be open and honest about your experience and previous training. It is best for me to know your skill-set upfront so I can be prepared to meet you where you are. Start practicing/refreshing some of your basic skills like knot tying and belaying now.
- You are permitted to bring your personal harness and helmet for use on the course. I will need to inspect these items before use. If you do not have personal gear, we will have some for you to use.

- I highly recommend that you purchase your own pair of belay gloves. We will have leather-palmed work gloves available for use, but they are bulky and not ideal for belaying. Personal gloves will fit you better and be useful to you this summer. Black Diamond, Petzl, Metolius, and other climbing companies make great gloves that are worth the investment. You can get these directly from the company, REI, Backcountry, or even Amazon. Let me know if you need suggestions or help finding these.
- There is an “Equipment Needed” list on the page linked above. Please ensure you have the items requested for “ALL PARTICIPANTS” and for “COPE & CLIMBING SECTIONS.” In addition, I request that everyone bring the following:
 - 2 bandanas (instead of 1 as listed)
 - In addition to a notebook and pens, I suggest bringing highlighters and post-it notes (or page flags/tabs). This will be beneficial when marking up your National Camp Accreditation Program (NCAP) Standards book.
 - In addition to your Staff Training Plan and Operating Procedures as requested in the list, feel free to bring pictures, video, marketing materials, course specific materials from your home course/council (Sharing is caring!) If you do not have any of these documents, it won't be an issue for the week of the training course.
 - If you teach climbing merit badge at camp, bring your syllabus.
 - Pack more clothing layers than you think you need. If you are not from the Northeast Region, you are about to learn that it can be 40 degrees at night and in the early morning then it can be 80 degrees during the day here. Things also tend to get wet at camp, so be prepared with extra shoes and socks. Bring appropriate rain gear for climbing (Rain jacket, NOT a poncho).
 - Your full Field and Activity Uniforms. This is a week of BSA training. You will be expected to wear your uniform.
 - You will be housed in tents. Prepare and pack accordingly.
 - Bonus Items: Hawaiian shirt/Luau attire for Luau night! Fun camp things like guitar, props for skits, etc!
- Make sure you read the welcome letter from the Course Director and Host Camp. This is linked under the specific school you are registered for on the page I linked above. A link to TMR's NCS page is also provided on this page.
- Talk to your Camp Director about getting access to the Council's Association of Challenge Course Technologies (ACCT) account so that you have access to the current ACCT standards either digitally or as a physical copy.
- Lastly, I'd like to manage scheduling expectations. If you have not been to NCS before, you should expect long days outdoors on the challenge course. Aside from meal times, we will spend our day (including evening hours) training in our program area. There is a lot to learn in the short amount of time we have together. This program is very demanding, both mentally and physically. Make sure that you take care of yourself and get adequate nutrition and rest whenever possible. Protect yourself from the sun, as well as insects. All of that said, I promise that my team makes training a fun and enjoyable experience.

Get excited for a great week at Camp! We'll see you soon.

Adrienne Wrona

P.S. Don't forget to email me with your current training level/experience!
 adrienne.y.wrona@gmail.com

