

## Agenda and Notes: Roadrunner District Roundtable

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**Meeting purpose** To provide leaders with program ideas; information on policy and events; and training opportunities through a forum for sharing experiences and enjoying fun and fellowship with other Scout leaders.

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**Meeting date, time, and place** Date: Thursday, January 2, 2020  
 Time: 7:30 pm to 9:00 pm  
 Place: Longhorn Council Office, Upstairs Room  
 850 Canon Drive, Hurst, TX

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**Pre-Opening** The table below identifies the activities, responsible leaders, and allotted time.

Begin	Time Allotted	Activity	Person Responsible
6:00 pm	30 minutes	<b>Setup:</b> May include setup details such as: <ul style="list-style-type: none"> <li>• Unlocking and locking up facility</li> <li>• Setting up tables and chairs</li> </ul> Secure American flag	Stefan and Dan
6:30 pm	30 minutes	Commissioners Meeting	Robert Spence and Commissioners
7:00 pm	30 minutes	<ul style="list-style-type: none"> <li>• Registration/Sign-In</li> </ul>	Dan
		<ul style="list-style-type: none"> <li>• “Puzzling” Activity</li> </ul>	Dave

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**General Session** This is the main part of the Roundtable in which all levels of the scouting program participate.

Time	Time Allotted	Activity	Person Responsible
7:30 pm	1 minute	Welcome and Introduction	Dan
7:31 pm	3 minute	Opening Ceremony	OA
7:34 pm	1 minute	Opening Prayer	TBD
7:36 pm	1 minute	Recognize New Attendees	Dan
7:40 pm	5 minutes	Big Rock Topic: Professional and Volunteer Relations	Dan
7:50 pm	10 minutes	Announcements	Dan
8:00 pm	5 minutes	Dismiss for breakout sessions	Dan

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## Agenda and Notes: Roadrunner District Roundtable, Continued

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**Cub Scout Pack Leader Session** This is the time that activities are directed to the specific scouting programs.

Time	Time Allotted	Activity	Person Responsible
8:00 pm	45 minutes	Happy Birthday BSA!	RTC
8:45	5 minutes	Q&A	RTC
8:50	1 minute	Closing/Commissioner's Minute	RTC
8:51	9 minutes	After the meeting fellowship and/or cleanup	All
9:00 pm		End meeting	

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**Boy Scout Troop Session** This is the time that activities are directed to the specific scouting programs.

Time	Time Allotted	Activity	Person Responsible
8:00 pm	10 minutes	Group Activity: Bricklayer's Accident Report Story	RTC
8:10 pm	5 minutes	Tips for Troop Meetings: Patrol Consciousness	RTC
8:15 pm	10 minutes	Boy Scout Interest Topic: Recognizing and Appreciating "Behind the Scenes" Leaders	RTC
8:25 pm	25 minutes	COPE	RTC
8:50 pm	5 minutes	Q&A	All
8:55 pm	3 minutes	Closing/Commissioner's Minute: Failing	RTC
8:58 pm		End meeting	

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## Boy Scout Breakout Meeting

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Group Activity  
5 min

**The purpose of this part of the breakout session is to demonstrate activities that troops or patrols can use to occupy their time before troop meetings, during patrol meetings, or during inter-patrol activities.**

### **Bricklayer's Story**

(This is a follow-up letter to a bricklayer's accident report requesting worker's compensation.)

Dear Sir,

I am writing in response to your request for additional information in Block #3 of the accident reporting form. I put 'Poor Planning' as the cause of my accident. You asked for a fuller explanation and I trust the following details will be sufficient.

I am a bricklayer by trade. On the day of the accident, I was working alone on the roof of a new six-story building. When I completed my work, I found I had some bricks left over which, when weighed later, were found to weigh 240 pounds. Rather than carry the bricks down by hand, I decided to lower them in a barrel by using a pulley which was attached to the side of the building at the sixth floor.

Securing the rope at ground level, I went up to the roof, swung the barrel out and loaded the bricks into it. Then I went down and untied the rope, holding it tightly to insure a slow descent of the 240 pounds of bricks. You will note on the accident reporting form that my weight is 135 pounds. Due to my surprise at being jerked off the ground so suddenly, I lost my presence of mind and forgot to let go of the rope. Needless to say, I proceeded at a rapid rate up the side of the building.

In the vicinity of the third floor, I met the barrel which was now proceeding downward at an equally impressive speed. This explains the fractured skull, minor abrasions and the broken collarbone, as listed in Section 3, accident reporting form.

Slowed only slightly, I continued my rapid ascent, not stopping until the fingers of my right hand were two knuckles deep into the pulley which I mentioned in Paragraph 2 of this correspondence. Fortunately by this time I had regained my presence of mind and was able to hold tightly to the rope, in spite of the excruciating pain I was now beginning to experience.

At approximately the same time, however, the barrel of bricks hit the ground-and the bottom broke out of the barrel. Now devoid of the weight of the bricks, the barrel weighed approximately 50 pounds. I refer you again to my weight. As you might imagine, I began a rapid descent down the side of the building. In the vicinity of the third floor, I met the barrel coming up. This accounts for the two fractured ankles, broken tooth and severe lacerations of my legs and lower body.

Here my luck began to change slightly. The encounter with the barrel seemed to slow me enough to lessen my injuries when I fell into the pile of bricks and fortunately only three vertebrae were cracked. I am sorry to report, however, as I lay there on the pile of bricks, in pain, unable to move and watching the empty barrel six stories above me, I again lost my composure and presence of mind and let go of the rope.

The empty 50 pound barrel, weighing more than the rope I had let go, fell rapidly to earth, resulting in the two broken forearms and wrists when I raised my arms to protect myself.

I hope this information satisfactorily fulfills your request for further information.

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**Tips for Troop Meetings**  
**5 min**

#### **PATROL CONSCIOUSNESS**

Emphasize Patrol identities by:

- (i) Letting Patrols have a Patrol motto (one of the best chosen in our experience was 'Scouts in all weathers').
- (ii) Painting staffs with rings of Patrol colors.
- (iii) Each Patrol have its own tent for camps, stamped with its Patrol totem and cared for by the Patrol.
- (iv) If a permanent Patrol corner (or Den) isn't possible, have Patrol notice boards which can be hung up before Troop Meetings and stacked away afterwards.

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## Boy Scout Breakout Meeting, Continued

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Boy Scout  
Interest Topic  
10 min

Recognizing and Appreciating your “Behind the Scenes Leaders” (see attached)

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Program  
Feature

### COPE

The pole towers 30 feet in the air, but you’re determined to climb it. Step by step, inch by inch, you climb higher and higher. The cheers of your friends on the ground drown out the voice inside saying you’ll never make it all the way—although your knees still feel a little wobbly. It takes a long time, but eventually you reach the top. As you ring a bell hanging just above your head, you breathe deeply, knowing that you’ve met the challenge and are ready for more.

COPE—Challenging Outdoor Personal Experiences—is a Scouting program that includes group initiative games, trust events, and challenges that reach from the ground to the sky. This month’s meetings and activities will let you climb, swing, balance, jump, rappel, problem-solve, and become stronger both as individuals and as a team. Are you ready? Then climb on!

Related Advancement: Climbing and Personal Fitness Merit Badges

### Project Cope Activities

A COPE experience can be composed of initiative games, trust events, low-course activities, and high-course activities.

- **Initiative Games** – Initiative games can be used near the beginning of each COPE session to help participants learn to work together through communication and trust to achieve their goals.
- **Trust Events** – Trust events are a series of activities designed to develop trust in the mind of the individual and with the group as a whole, as well as to develop spotting skills.
- **Low-Course Events** – Low-course events do not require participants to be on belay (a rope that protects a participant if he or she falls). While individual coordination and strength are helpful, participants accomplish the low-course activities with the support and combined efforts of their group.
- **High-Course Events** – A COPE activity is considered a high-course event if participants must be on belay. High-course events also tend to focus on individual initiative rather than group problem solving.

## **Eight Principles of COPE**

The COPE program is designed to enhance the Scouting experience and to promote Scouting values and objectives among its participants with fun and challenging activities. The events and activities of COPE are not designed to be competitive or a race against time, but rather are intended to encourage participants to do their best. COPE emphasizes building self-esteem, developing leadership, and working as a team to accomplish tasks; and it provides opportunities for every participant to succeed as an individual and as a member of a group.

### Project COPE program emphasizes eight major goals:

1. **Communication:** COPE encourages real learning of critical listening and discussion skills important for any group attempting to accomplish difficult tasks.
2. **Planning:** COPE participants are encouraged to consider and/or develop goals for each activity and options for achieving those goals, utilizing the group's strengths to devise and carry out a course of action. Nontraditional solutions that are "outside the box" may be appropriate.
3. **Teamwork:** Teamwork is the key that allows a group to meet a COPE challenge successfully. The COPE experience makes it clear that each individual can accomplish more as a member of a team than by going it alone.
4. **Trust:** Participants completing difficult tasks on a COPE course develop trust in COPE staff members, the safety of the course, each other, and themselves.
5. **Leadership:** Leadership is given and assumed naturally, and it can be expressed in many ways. Team members attempting to solve problems on a COPE course have many opportunities to develop and exercise leadership skills.
6. **Decision Making:** Project COPE requires groups to make decisions by developing one or more solutions to a problem, considering the available resources and alternatives, and evaluating the probable results.
7. **Problem Solving:** Project COPE challenges groups and individuals to develop solutions to interesting problems. Participants can then test their solutions and evaluate the results.
8. **Self-Esteem:** Meeting the challenges of a COPE course allows individuals and groups to develop self-esteem and encourages them to adopt challenging, attainable goals.

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## Boy Scout Breakout Meeting, Continued

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**Program**  
**Feature of the**  
**Month**  
**25 min**

### **Challenge by Choice**

“Challenge by Choice” is a key principle of COPE. Each person may choose which activities to participate in without being pressured or coerced by the group or without having to justify a choice that has been made. While no participant should be pressured or coerced, all should be encouraged to participate in the events. Facilitators must be aware of the fine line between encouragement and pressure. The group must accept each individual’s choice.

### **Full-Value Contract®**

The Full-Value Contract is a personal and interpersonal agreement built on value for each person and for the group as a whole. It helps each participant feel comfortable with what they agree to do or decline to do. Three commitments form the Full-Value Contract:

- Work together as a group and strive to achieve individual and group goals.
- Adhere to certain safety and group behavior guidelines.
- Give and receive feedback, both positive and negative, and strive to change behavior when it is appropriate.

“Challenge by Choice” and “Full-Value Contract” are used with permission of Project Adventure.

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## COPE

Spotting – One of the most important skills involved in Project COPE is spotting. Before your group participates in any low- or high-course activities, your COPE instructor will teach you spotting and give you plenty of opportunities to practice. Here are the rules of spotting:

- Everyone must spot. If spotters need a rest, they must step away from the group so that they will not be mistaken for active spotters.
- Spotters must be placed in positions where they will be most effective in preventing injury.
- Spotters must maintain their attention on the person being spotted.
- Spotters should keep their eyes on the torso of the person they are spotting and try to anticipate that person's movements.
- Spotters may not applaud, as it is impossible to spot and clap at the same time. Hold applause for participants until they are off the COPE element and safely back on the ground.
- Spotting begins before a person starts to climb anything, and ends only after the person has both feet on the ground and is steady. Never assume that anyone is safe. Do not rely on statements like, "I've got it!" or "Don't worry!"
- Each spotter should spot as though there were no other spotters.
- Spotters must be ready at any time to break a fall.
- Helpers who are off the ground must also be spotted.
- Participants must not jump off any elements, regardless of the distance to the ground. Spotters should assist those who are dismounting to help prevent sprained ankles.
- There should be at least two spotters on the ground for each participant off the ground, though for some events even more spotters will be required.

### Classes of Project Cope Practices and Procedures

Several levels of practices and procedures may apply in specific situations:

- **Required:** The Project COPE National Standards are required for all council and district challenge course activities.
- **Recommended:** Belay On contains recommended practices and procedures for council/district challenge course activities. These have been determined to have a high degree of safety and are commonly used.
- **Prohibited:** A few challenge course practices and procedures are prohibited because they have been determined not to be safe; they are described in the Belay On manual.

- **Acceptable:** Because there is such a variety of challenge course practices and procedures, some are simply acceptable—not required, recommended, or prohibited. Just because a practice is not described in COPE does not necessarily mean that it is not acceptable. The council’s COPE committee chairman should be consulted regarding challenge course practices and procedures that may be questionable.
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## PREOPENING IDEAS

### [Preopening Ideas on Troop Program Resources](#)

- Run a [video of high-course COPE elements](#).
- As Scouts arrive, play [Moonball](#).
- As Scouts arrive, play [Cookie Factory](#)
- Set up a display of high-course gear. Invite a Climbing merit badge counselor to explain what each piece of equipment is for.

## OPENING IDEAS

### [Opening Ideas on Troop Program Resources](#)

## GROUP INSTRUCTION IDEAS

### What is COPE?

- Lead a discussion on what COPE is and what it is not. Include one or two simple warmup games as examples.

### Spotting

- Use the EDGE method to teach spotting. Discuss how proper spotting is an essential part of COPE safety. Discuss potential risks for both the faller and spotters.

### Game Night

- Discuss goalsetting and planning and how COPE activities can benefit the unit as a whole.

### Gearing Up

- Demonstrate how to put on a harness and helmet.
- Discuss belay commands.

## SKILLS INSTRUCTION IDEAS

### What is COPE?

-  Discuss the eight principles of COPE, the Full Value Contract, and Challenge by Choice.
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-  Review the above information.
  - Make a list of the specific principles your unit needs to improve upon.
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-  Review the above information.

Set goals plan on how to improve specific principles your unit needs to work on.

Select some [initiative games](#) your unit can play.

### Spotting

-  Practice commands and stances.
  - Practice spotting in groups of no less than four.
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-  Practice commands and stances.
  - Practice spotting in pairs and small groups.
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-  Work with the Essential or Challenging group to practice spotting.

## Game Night

-  Discuss how the Full Value Contract and Challenge by Choice apply in activities beyond COPE.
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-  Discuss how the Full Value Contract and Challenge by Choice apply in activities beyond COPE.
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-  Discuss how the Full Value Contract and Challenge by Choice apply in activities beyond COPE.

## Gearing Up

-  Practice properly putting on a harness and helmet.
  - Review spotting and belay commands.
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-  Review the above information.
  - Learn how to size a harness and helmet.
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-  Review the above information.
- Learn how to maintain high-course and climbing equipment.

## BREAKOUT GROUP IDEAS

### Initiative Games

- Plan one or more [initiative or trust games](#) to teach the entire unit.

### Getting Ready for the Main Event

- Menu Planning (if applicable)
- Duty Roster Planning (if applicable)
- Patrols discuss what special items they will need for the main event.

### Preparation for the meeting's game or challenge

## GAME AND CHALLENGE IDEAS

### [Library of Games and Challenges on Troop Program Resources](#)

- **Traffic Jam**
  - *Materials:* Enough cloth, plywood, or cardboard squares for the members of each patrol, plus one additional square
  - *Method:* Place the squares an easy step from each other in a straight or slightly curved line. (A curved line lets participants better see what's happening.) Two patrols face each other. One patrol stands on the squares to the left of the unoccupied center square; the other stands to the right. Both patrols face the middle. The challenge is for the patrols to switch sides, obeying the following rules:
    - 1) Scouts may move to an empty space in front of them;
    - 2) Scouts may move around one person who is facing them to an empty space;
    - 3) Backward moves are illegal;
    - 4) Any move around someone facing the same direction as the mover is illegal;
    - 5) Only one Scout at a time may move.
- **Willow in the Wind**
  - *Method:* Have 8 to 10 Scouts stand shoulder to shoulder in a circle with one Scout (the “faller”) standing rigid (arms crossed with elbows on chest and fingertips at shoulders) in the center. Remaining rigid, the faller falls slowly in any direction. Before the faller moves very far off center, the people in the circle redirect the faller's body to another arc of the circle. This fall-catch- push sequence continues in a gentle fashion until the faller is relaxed (but remaining rigid) and the people in the circle have gained confidence in their ability to work together toward handling the occasional weight shift of the faller. Change positions so that everyone who chooses can be the faller.

- **Cookie Factory**
  - *Method:* With hands outstretched, a participant dives upward and forward, facedown, into the hands and arms of two lines of spotters. After the catch, the spotters juggle/roll the faller faceup and lower the person’s feet to the ground, gently raising the faller to a standing position.
  - Notes: Spotters should alternate the positioning of their hands with the hands of spotters facing them. Have participants use proper commands. Make sure the area is free of obstructions.
  - *Variations:* After rolling the faller onto to his or her back, spotters “conveyer belt” the faller down the spotting line, with spotters moving to the front of the line after the faller’s feet have passed them.
  
- **Everybody Up**
  - *Method:* Have two Scouts of approximately the same size sit on the ground facing each other so that the bottoms of their feet are touching, their knees are bent, and they are tightly grasping each other’s hands. Challenge the pair to pull themselves into an upright standing position without touching the ground with their hands. If the pair succeeds (most will), ask the two to include another participant and try standing up with three Scouts, then four, etc., until everyone in the group has been included in making an attempt.
  - *Variation:* Try the same activity with Scouts sitting back to back with their arms linked.

## CLOSING IDEAS

- [Leader’s Minutes](#)
- [Ceremony](#)

**Comm Minute**  
**3 min**

## **Failing**

Although you may not remember, you've failed many times in your life.  
Guess what happened the first time you tried to stand?  
Do you think you caught the first ball thrown to you?  
How about your first time on a bicycle?

This "failing" is called "learning". We aren't experts the first time we try something. We have to fail a bit and get better as we develop skills.

Did you know Babe Ruth struck out something like 1,330 times? But, he hit over 700 home runs. If he had stopped playing baseball because he struck out so much, where would he have been?

[Wayne Gretzky](#) holds or shares 61 records listed in the League's Official Guide and Record Book: 40 for the regular season, 15 for the Stanley Cup playoff and six for the All-Star Game. **MOST GOALS: 894 (1,485 games)**  
Second: 801 -- [Gordie Howe](#), 26 seasons, 1,767 games. He famously said  
You miss 100% if the shots you don't take.

Don't worry about failing when you try new things. Worry more about the opportunities you miss if you are afraid of failing.

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