



www.solsticerecreationgroup.com

# Solstice Recreation Group

## Summer Safety and Recreation Skills Training

### Training Included:

- White Water Rafting Guide Certification (Class 2 Rivers)
- Swift Water Rescue Technician Training
- Standard First Aid with CPR "C"
- Introduction to Rock Climbing Course
- Wilderness Survival Training
- Bear Awareness Training
- Chainsaw Safety and Operations
- S-100 / S-185 Wildland Firefighting



Getting to Know Bears:  
**Be Bear Aware**

Know Your Bears	
Black Bear	Grizzly Bear
Weight: 150-600lbs	Weight: 400-1000lbs
Standing Height: 5ft-6ft	Standing Height: 5ft-8ft
<ol style="list-style-type: none"> <li>1. Tall, pointed ears</li> <li>2. No shoulder hump</li> <li>3. Short, dark coat</li> </ol>	<ol style="list-style-type: none"> <li>1. Short, round ears</li> <li>2. Noticeable shoulder hump</li> <li>3. Long, light-colored coat</li> </ol>



**Dates:** June 27 – July 22, 2024

**Details:** Participants must be 16 years and up. Course runs M-F 9:00 – 5:00 daily. All equipment included, personal items (wetsuits, dry suits, PFD's, helmets, manuals), training space, meals and transportation is provided. For details contact us @ 250-218-1513 or email [info@solsticerecreationgroup.com](mailto:info@solsticerecreationgroup.com)

Our training partners:

