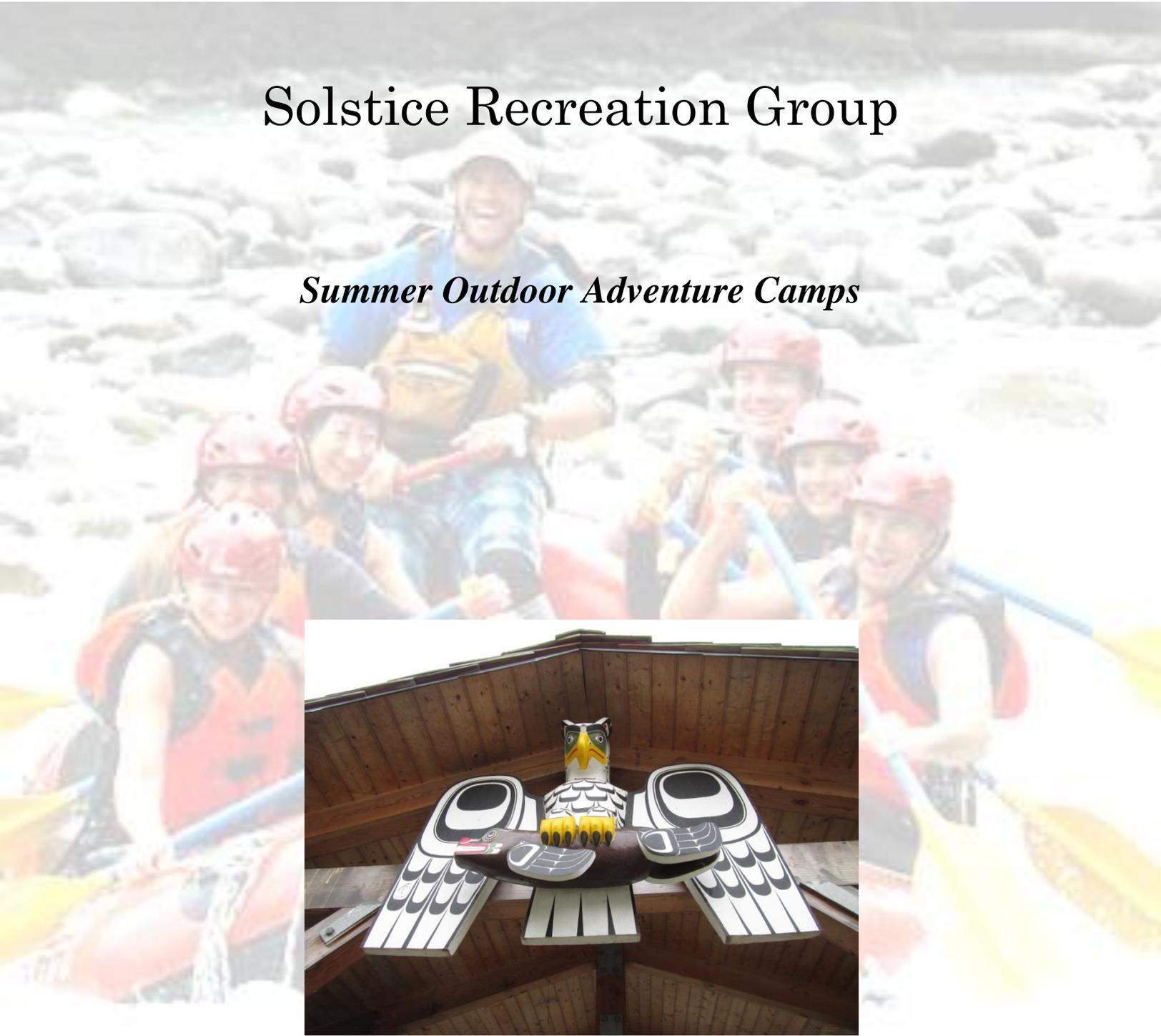


Solstice Recreation Group

Summer Outdoor Adventure Camps



Solstice Recreation Group

Solstice Recreation Group (SRG) has been providing Outdoor Recreation and First Aid programming for the past 25 years. Our mandate is to provide “meaningful outdoor recreation that challenges individual’s physically, mentally, and spiritually”. We offer a wide range of outdoor education programming to a variety of schools, organizations, non-profit societies and First Nations. Our staff members have over 25 years of outdoor recreation experience and are certified Outdoor Recreation Instructors in a number of key activities with a focus working with youth.



Our staff are certified Rafting guides, Rock Climbing Instructors, Canoe instructors as well experienced Sea Kayak Instructors, and PADI Divemasters. As Canadian Red Cross First Aid / CPR Instructors and Lifesaving Society Instructors we

provide training for Emergency / Standard First Aid / CPR, Wilderness First Aid and Bronze Medallion and Bronze Cross course Certifications. We are EMR and OFA Level 3 First-Aid certified.

We are training partners with:

The Canadian Red Cross
Worksafe BC
The American Mountain Guides Association
Association of Canadian Mountain Guides
PADI Canada
Lifesaving Society of BC
Participation
Canadian Paddling Association
BC Rafting Association

We offer year round day programs, as well as summer outdoor adventure camps for youth to participate in during the summer months.



Youth learning the basics around ropes and knots



Rafting the Bella Coola River with SRG

Youth will have the opportunity to learn valuable hands on skills with experienced certified instructors. Youth will have 5 days of fun filled learning that will allow them to experience both land and water based outdoor recreational activities.



Kitsumkalum Youth Introductory Rock Climbing Course

Our Summer Outdoor Adventure Camp programming is intended to work with children and youth from an introductory level. It allows both children and youth to participate in meaningful experiences that will last them a lifetime. Our programming takes participants through the basics of each activity, to a point where they feel confident and successful in the activity. The goal of our programming is to instill confidence and therefore build self-esteem through positive experiences. We believe that we all learn at different paces and have different learning styles. Our instructors utilize verbal, visual instruction and hands on techniques to demonstrate activities, and therefore assist participants to be successful in learning.

This program overview is intended to provide program information as well as the benefits of Outdoor Recreation. The core activities that will be included in the programming include:

- **Rock Climbing Certification**
- Emergency First Aid / CPR “C” Certification**
- **Lifesaving Society’ Bronze Star Certification**
- **White Water Rafting**



Participants learning new rafting skills.

SOAC Particulars:

Our SOAC's include Five (5) days and takes place from Monday to Friday during the period of Aug. 7 – 11.. Solstice Recreation Group will provide all necessary equipment, transportation, instruction, meals, camping, supervision, and meals. We will ensure all medical forms and waiver documentation are filled out by each participant prior to their involvement in the Summer Outdoor Adventure Camp program.





We have a firm grip on empowering activities and feel that experiential outdoor recreational activities are a key component to building and instilling a positive self esteem in youth.



Outdoor Recreation: Why we do it?

Outdoor education can be simply defined as **experiential learning** in, for, or about the **outdoors**. The term 'outdoor education', however, is used quite broadly to refer to a range of organized activities which take place in a variety of ways in predominantly outdoor environments. Common definitions of outdoor education are difficult to achieve because interpretations vary according to culture, philosophy, and local conditions

Outdoor education is often referred to the same as adventure education, adventure programming, and outdoor learning, outdoor school, adventure therapy, adventure recreation, adventure tourism, expeditionary learning, challenge education, experiential education, environmental education, and wilderness education.

"Outdoor learning is more effective when adults focus on what children need to be able to **do** rather than what children need to **have**. An approach that considers **experiences** rather than equipment places children at the centre of learning and ensures that individual children's learning and developmental needs are taken account of and met effectively"

Some typical aims of outdoor education are to:

- learn how to overcome adversity
- enhance personal and social development
- Develop a deeper relationship with nature.



Haisla Youth summer 2016



Rappelling – building confidence





**Indoor Introductory to Rock Climbing
Nisga Nation**



Nuxalk Youth Climbing in Bella Coola

Rock Climbing / Rappelling:

Benefits of Rock Climbing

People enjoy the benefits of rock climbing everyday. Some like the vigorous full-body workout, others like the exercise and community at their local gym or crag, and others are competitors who train year round for accomplishment and victory.

Getting and staying in shape is a huge rock climbing benefit. You can develop...

- dynamic muscle strength
- flexibility
- balance
- coordination
- mental and physical focus



Experiencing nature is one of the best benefits of rock climbing

One of the great **benefits of rock climbing** is the fun and joy it brings you. Climbing is challenging and taking on the challenge can be very rewarding. Working

up a good sweat, having fun with your friends, or finishing that route you've been working on for weeks is satisfying.

Then there are climbers who want to push their climbing to the limit. There are plenty of competitions and climbing teams available. Competitions are a great opportunity to measure your improvement, see where you stand relative to really awesome climbers, and to climb tons of cool routes. Climbing teams can show you sportsmanship, confidence, community/friendship, character, and many other great things.

When competing, we feel that staying focused on your individual performance is what is most important. Climbing is about climbing, not the gear or clothes you might win if you do well and place that day. There are plenty of super climbers out there and that's why it's important to not compare yourself to others and to set your own practical goals.

Knowing your ability and range and then climbing to push your limits is what competing is all about.



Top Rope climbing

Outdoor education spans the three domains of *self*, *others*, and the *natural world*. The relative emphasis of these three domains varies from one program to another. An outdoor education program can, for example, emphasize one (or more) of these aims to:

- teach outdoor survival skills
- improve problem solving skills
- reduced returns to the legal system
- enhance teamwork
- develop leadership skills
- understand natural environments
- promote spirituality



Nisga Youth Summer 2016



Kitsumkalum Youth Climbing



Kalum Crag – Terrace BC



Nuxalk Youth Bella Coola



Lunch time



Belaying climbers, working in a team is important for success.



Nuxalk Youth



Team work is the key when working as the Climbers Belayer

Emergency First Aid with CPR “C” Training and Certification:

First Aid & CPR training



Canadian Red Cross First Aid. Prepare for Life

First Aid & CPR training is mandatory for employees in the workplace; but, unlike most other types of safety training, these skills and knowledge are also applicable to an individual's daily life. This is why we teach people First Aid & CPR in easy-to-follow steps, empowering them to act on, prevent, and manage life's emergencies.

Practical hands-on components are supported by a variety of training materials, based on course requirements, such as: mannequins for practicing CPR, AED trainers, bandages, splinting materials, barrier devices, first aid kits, auto-injector trainers, inhalers etc. All Canadian Red Cross programs meet the latest International guidelines and follow strict quality control guidelines and procedures for content development, update and delivery. First Aid & CPR knowledge can help you protect yourself and those close to you.

First Aid & CPR skills are applicable in your daily life, both at home and at work, to prepare you to act on, control and manage life's emergencies. Before a professional responder arrives to help, you can make all the difference in helping someone in need.



Emergency First Aid with CPR “C”

This course provides comprehensive First Aid & CPR techniques for those who want more knowledge to respond to emergencies in the home or workplace. A variety of topics are covered from basic first aid such as cardiovascular and breathing emergencies



CPR/AED

This course is designed to provide various levels of CPR training based on participant’s background, needs and interest. A presentation on how to use an Automated External Defibrillator (and certification) is also provided with the course where local legislation permits



Bronze Medallion Training and Certification:



Bronze Lifesaving Courses teach an understanding of the lifesaving principles embodied in the four components of water rescue education - judgment, knowledge, skill

and fitness. Rescuers learn self-rescue techniques, defense and release methods, and tows and carries in preparation for challenging rescues involving conscious and unconscious victims of various types, including spinal injuries and circulatory emergencies. Lifesavers develop stroke efficiency and endurance in a timed swim.



Bronze Medallion course in Lax Kwalaams BC

Please contact Solstice Recreation Group for additional information on our Summer Outdoor Adventure Camps. We can be reached by email at solsticerecreationgroup@hotmail.com or at 250-218-1513