

# 2019 / 2020 Solstice Recreation Group Schedule

## 2019 First Aid Courses: October – December 2019

First Aid Training: All First Aid Courses take place at 748 West Rd. – Quadra Island

**Emergency First Aid** Oct. 18

**Standard First Aid with CPR “C”** October 16/17  
October 19/20  
October 26 / 27  
Nov. 9/ 10  
November 14 / 15 (Port McNeill)

**Marine Basic First Aid** October 19/20  
Nov. 9 / 10

**Marine Advanced First Aid (MAFA)** October 7 – 11  
Nov. 4 - 8  
December 2 - 6

**Emergency Medical Responder (EMR)** Oct. 21 – Nov.1 (Quadra Island)  
Nov. 18 – Nov. 29 (Port McNeill)

## 2020 First Aid Courses: January – May 2020

**Standard First Aid with CPR “C”** January 18 / 19  
February 15 / 16  
February 19 / 20  
March 14 / 15  
April 18 / 19  
May 16 / 17

**Emergency First Aid** February 22  
March 7  
April 11  
May 9

**Marine Advanced First Aid (MAFA)** Jan. 20 - 24  
February 10 – 14  
March 16 -- 20

**Wilderness First Aid** April 18 – 19

**Wilderness Advanced First Aid** April 25 - 26

**Emergency Medical Responder (EMR)** January 27 – February 7

[www.solsticerecreationgroup.com](http://www.solsticerecreationgroup.com)

## **Marine Adventure Guides Training - 2020**

March 23 – May 8, Campbell River BC

June 22 – Aug. 7, Port Hardy BC

Sept. 14 – Oct. 30, Campbell River BC

## **Rock Climbing Courses - 2020**

Introduction to Rock Climbing – May 23 /24 – Quadra Island

Introduction to Rock Climbing – June 6 / 7 – Quadra Island

Introduction to Rock Climbing – June 13 / 14 – Terrace BC

Introduction to Rock Climbing – July 18 / 19 – Bella Coola BC

Introduction to Rock Climbing – August 15 / 16 – Quadra Island

**Contact SRG for current Big Canoeing and Rafting Programs on  
Vancouver Island / Quadra Island / Bella Coola Valley**

For all course information including registration please visit

[www.solsticerecreationgroup.com](http://www.solsticerecreationgroup.com) [www.solsticefirstaid.ca](http://www.solsticefirstaid.ca) [solsticefirstaid@hotmail.com](mailto:solsticefirstaid@hotmail.com)

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