

Solstice Recreation and Safety Group

Welcome to Solstice Recreation and Safety Group (SRSBG).

We are a company that delivers specific onsite First Aid / Marine and Safety Training programs. We have delivered introduction and advanced training and certification courses since 1990. We are members of the National Fire Protection Association (NFPA), Canadian Red Cross, WorksafeBC, Canadian Heart and Stroke Association, BC Wilderness Association, BC River Outfitters Association, AMGA, and other industry Assns.

We offer the following training courses:

- All Canadian Red Cross First Aid Courses – SFA, EFA, MBFA, MAFA, FR, EMR
- All WorksafeBC First Aid training courses – OFA 1, OFA 3, TE
- Canadian Heart and Stroke Foundation – SFA, BLS for medical personal
- Marine Training – SVOP, SDV-BS, ROC-M
- Foodsafe Level 1 / WHIMS – 1 day
- NFPA Courses:
 - Swift Water Rescue Awareness - .5 day
 - Hazard Materials Awareness - .5 day
 - Rope Rescue Awareness - .5 day
 - Confined Space Awareness / Lock Out - .5 day
 - Fire Extinguisher Training - .5 day
- BC Wildfire S-100 / 185 Wildland Fire fighter training – 2 days
- Basic Structural Firefighting (NFPA) for Fire Departments
- Transportation of Dangerous Goods (TDG) - .5 days
- Bear Awareness Training (Forest Safety Council) / Wilderness Survival Course – 2.5 days
- Working From Heights / Fall Arrest (WorksafeBC) - .5 days
- Chain Saw Safety and Operation Training (WorksafeBC) – 1 day
- Pre-employment / Safety Training Program (5) weeks
- Wilderness Adventure Guides Training (9) weeks. (can be customized and includes work experience).
- Ground Disturbance for Supervisors - .5 day

If you have any questions about any of the above training courses or you would like to book any of the above onsite training courses please don't hesitate to contact us. Thank you

Regards

Ray Hawkes

Ray Hawkes
Director

Our Valuable Training Partners:



Solstice Recreation and Safety Group, PO Box 53, Quathiaski Cove BC V0P 1N0 250-218-1513

info@solsticerecreationgroup.com www.solsticerecreationgroup.com

First Aid Training Time Frames – Trainig times 9 – 4/5 daily

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| CRC - Standard First Aid (SFA)with CPR “C” / OFA 1 | 1.5 days | |
| Emergency First Aid with CPR “C” | 1 day | |
| First Responder (FR) for Fire Departments | 5 days | |
| Emergency Medical Responder (EMR) | 10 days | must also have a recent SFA held after the OFA 3 |
| EMR Bridge in after OFA 3 | 5 days | |
| Marine Basic First Aid – | 1.5 days | |
| Marine Advanced First Aid – | 5 days | |
| WorksafeBC (only for 16 years and over) - OFA 1 | 1 day | |
| TE | 1 day | |
| OFA 3 | 10 days | SFA recommended |
| Marine Training: | | |
| SVOP | 4 days | |
| SDV-BS | 1 day | |
| ROC-M | 1 day | |