



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

### First Aid / Firefighter Training



CRC, WorkSafeBC and BC Wildfire

### Big Canoe /White Water Rafting



Wilderness Adventure Guides Training

### Rock Climbing / Safety / Foodsafe 1



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# **Solstice Recreation and Safety Group**

*Since 1990*

## **First Aid Programs:**

*All WorksafeBC First Aid Courses*

*All Canadian Red Cross First Aid Courses*

*Can. Heart and Stroke Foundation Courses*

## **Big Canoe / Rafting Programs:**

*We offer Instructor / Guide training for both Big Canoe and Raft Guide Training (Class 2 Rivers only). Ocean and River Guides training programs.*

## **Rock Climbing / Mountaineering:**

*We offer both Rock Climbing and*

*Mountaineering Training and Guiding.*

*Introduction and Advanced training courses.*

## **Industry Safety Training:**

*Rope Rescue, Swift Water Rescue, Confined Space Entry / Lockout Procedure, Working From Heights, Foodsafe Level 1, Basic Security Guard Training (BST), Wildland Firefighter – S-100 / S-185, Chainsaw Safety Course, Bear Awareness Training and Fire Extinguisher Training.*

## **Wilderness Programs:**

*Wilderness Adventure Guides Training – 9 weeks*

*Wilderness Survival Training*

*Backpacking Essentials Training*

*Book your training early to avoid  
disappointment.*

**Please feel free to contact us at for more  
information:**

**250-218-1513 or email us at**

**info@solsticerecreationgroup.com**

**www.solsticerecreationgroup.com**