

Exercises booklet

Level 1

**Remember it is all about building the foundation!**

<b>Exercises</b>	<b>What you need</b>	<b>Goal</b>
<b>Intensity Start</b>	<ul style="list-style-type: none"> <li>Trail layer matching the dog</li> <li>Scent article</li> <li>High-value food</li> </ul>	Getting the dog highly motivated for this game. Can also be used to introduce a new “ending” or when transitioning to a higher contaminated/distractive area.
<b>Intensity Start from soft article</b>	<ul style="list-style-type: none"> <li>Trail layer matching the dog</li> <li>Soft scent article e.g. clothing, bandana, hat (vary in size to get the dog used to it)</li> <li>High-value food</li> </ul>	Introduce new sizes and consistencies of scent articles.
<b>Intensity Start from hard article</b>	<ul style="list-style-type: none"> <li>Trail layer matching the dog</li> <li>Hard scent article e.g. coffee cup, cell phone, chair, book, shoes, keys, handle of umbrella, door handle, watch, wallet, car seat, body (vary in size to get the dog used to it)</li> <li>High-value food</li> </ul>	Introduce new sizes and consistencies of scent articles.  <i>Hint: Make sure the articles are safe to use and the owner is happy for them to be used!</i>
<b>Target sniffing with target-sheets</b>	<ul style="list-style-type: none"> <li>Laminated squares about 10x10cm/15x15cm</li> <li>Clicker/marker word</li> <li>Treats (check for allergies)</li> </ul>	Get dog to take scent wherever handler points to.  <i>Hint: Have fun images on the squares, like fingerprints etc.</i>
<b>Lead handling exercise</b>	<ul style="list-style-type: none"> <li>10m long lines</li> <li>A tree or fence line to tie the long lines to</li> </ul>	Goal is not to have the long line touch the ground and to learn how to reel in and out.  <i>Hint: Make sure you choose even ground to start with.</i>
<b>Lead handling team exercise</b>	<ul style="list-style-type: none"> <li>10m long lines</li> <li>Put dog handlers in teams of 2</li> <li>Walkie Talkies would be helpful</li> </ul>	One person is the dog, the other the handler. Tell the dog what to do Goal is to make the dog handler more savvy with their lead handling in unpredictable situations, e.g.

		<p>peeing on the trail, dog looking back at handler, dog wrapping around a tree, sudden angles.</p> <p><i>Hint: Choose a group that is comfortable with this role play situation.</i></p>
<b>Lead handling Competition</b>	<ul style="list-style-type: none"> <li>• 10m long lines</li> <li>• A tree or fence line to tie the long lines to</li> <li>• Bells to attach to long lines</li> </ul>	<p>Who can reel the long line in and out the fastest?</p> <p><i>Hint: You can put obstacles in the way, but be aware of each person's physical capability.</i></p>
<b>Target sniffing included in trail</b>	<ul style="list-style-type: none"> <li>• Scent article like a mug only touched at the handle or door handle touched by trail layer as a scent article</li> </ul>	<p>The dogs can apply what they have previously learned.</p>
<b>Retrieving a scent article with gauze wipe</b>	<ul style="list-style-type: none"> <li>• Sterile gauze wipes</li> <li>• Gloves</li> <li>• New</li> <li>• Dog handlers' cars to take the scent from</li> </ul>	<p>Dog handlers learn to create their own scent article.</p> <p><i>Hint: Put a story line behind it. E.g. the robber left his car here and the Mantrailing dog got called in.</i></p>
<b>Find under tarpaulin</b>	<ul style="list-style-type: none"> <li>• Tarpaulin</li> </ul>	<p>The dogs get used to different scenarios of how the trail layer can be displayed.</p> <p><i>Hint: Make sure that insecure dogs know the game before starting this</i></p>