



Kāpiti

DOG TRAINING CLUB

“Helping you to own a well-behaved dog who is a socially acceptable and respected member of our community”

Things you need to know

- Domestic training is on Tuesday nights. It is held wet or fine – If the weather is really inclement your instructor will contact you. Our reserve night for a cancelled Tuesday training is the following Wednesday. A notice will also be put on the club Facebook page <https://www.facebook.com/groups/Kapitidogtrainingclub/>
- Car parking is outside the training grounds on the Composting NZ area, or to the south of the grounds on the grass area – parking inside the training grounds is reserved for club instructors only.
- Toilets are situated outside the clubrooms at the north end of the grounds.
- Please allow time to toilet your dog before training class so that you are ready to train once you enter the gate to the training grounds. Be sure to bring poop bags and clean up after your dog if required. There is a bin provided for disposal of poop bags, this is adjacent the entry gate by the south wall of the clubrooms
- Only handlers and trainers are permitted to enter designated training areas. Family members and friends must remain at the side line and near the perimeter fences and must not distract training. Please be sure all children are supervised, no climbing trees or running around distracting dogs in training.
- If your dog has anxiety, aggression or other issues we need to know about, please make this clear during registration and again to your class instructors. We can work with you to correct this. For the safety of all involved, we ask that a **yellow ribbon** is attached to the collar of any dogs working to correct behavioural problems.
- A first aid kit is located in the club rooms. We have several instructors who are trained in canine first aid.
- Your dog must be currently registered with your local council and microchipped. Puppies need to be registered by three months of age with microchipping within 2 months of registration.
- All Puppy Classes, Domestic Grade 1 Classes and those attending the Club for the first time will need to attend enrolment in person. Please bring along proof of council registration and veterinary vaccination.
- For comfort and safety, we recommend closed toe shoes. No jandals, sandals, backless shoes, high heels etc. We train all year-round, warm wet weather gear is needed on winter nights. Feel free to put a dog coat on your dog if you wish, remember that they feel the cold too. Come to class comfortably dressed. Pants are more suitable than skirts.
- Gang affiliated clothing will not be expected or accepted.

Your Responsibilities as Handlers

- Please text your instructor if you are unable to attend training.
- Be Punctual. We encourage you to arrive a few minutes early, this reduces congestion entering the grounds and allows you and your dog to familiarize with the surroundings before training starts.
- Keep your dog under control at all times. Your dog must be on leash before exiting your car, always restrained while in the carpark and then maintained at the heel position after entering the training grounds. (Preferred heel position is the left side of handler)
- Once you are through the gates your dog is in training and should be refrained from interacting with other dogs unless under supervision from your instructor. Your dog should not be allowed to engage with, harass or intimidate any other dog or handler.
- If there is a dog wearing a **yellow ribbon**, respect this and be sure to allow extra space. Always ensure there is enough space between you and the other dogs in your group.
- Always be aware of your surroundings, pay attention to what your dog is doing and where it is. Do not allow your dog to “eyeball” or “stare out” other dogs and try to keep at least one metre away from other dogs at all times.
- Research your dogs breed characteristics. It is very important that you understand temperament and consequent requirements – for example; a toy or companion breed is different from a guard or hunting breed. With mixed breed dogs, you need to understand requirements for both types of dog. e.g. a fox terrier border collie cross, you have a terrier crossed with a working breed, both breeds have high drive; consequently, they need to be managed and exercised appropriately.
- Your dog must be stopped from barking incessantly.
- Bitches in season are not allowed on the training grounds. However, handlers are very welcome to attend classes, so they can still work on the exercises at home. The duration of a breeding season is around three weeks.
- Swearing, aggression and disrespectful behaviour will not be tolerated.
- Don't hesitate to ask your instructor if you do not understand a concept. It is more important to master set skills before moving on to the next level.

SPACE ETIQUETTE FOR DOGS

To: People with "Friendly Dogs", Off-Leash Dogs, & Retractable Leash Dogs



NEWSFLASH: Running up to another dog and ignoring requests to go away is not "friendly", it is rude. Just like people, **DOGS NEED PERSONAL SPACE**. If a stranger came up and put his hand on your body, you'd be allowed to step back, yell, and push him away. Dogs have the same right to enforce their boundaries. Some dogs are called "reactive" because they are more sensitive than others. Reactive dogs are good dogs, they just need more distance and compassionate training. You can help them by honoring their need for personal space.

1. **NEVER LET YOUR OFF-LEASH DOG GO UP TO AN ON-LEASH DOG.**
2. **LOCK RETRACTABLE LEASHES WHEN YOU SEE OTHER DOGS.**
3. **ASK BEFORE APPROACHING OR PETTING ANY DOG.**
4. **HAVE COMPASSION FOR PEOPLE WITH SHY OR REACTIVE DOGS.**

CAN MY DOG SAY "HI"?

SORRY, NO. I HAVE A DOG THAT NEEDS SPACE. THANK YOU.

Please do not chase us. Let us pass without interaction, and keep your judgements to yourself.

Preparation for Class

- Your dog must have a properly fitted flat collar; approved types are; buckle up or Martingale style collar fitting snug enough to prevent it from slipping back over your dog's head. Ideally two fingers can be inserted between the collar and the dog's neck. If you prefer, a well-fitted traditional style harness or Halti can be added as well as an appropriate collar. Slip chain or choke collars are not permitted.
- A 1.2-metre (minimum) light weight leather or nylon / polyester leash is recommended. No chain or retractable leashes are allowed.
- Ensure you always have at least two dog poop bags
- A bum bag / pet training bag or a suitable pocket to allow easy instant access to food treats during training. As you progress through the grades treats will be not given as frequently and at this stage you may find a small food container will be better suited.
- HIGH VALUE training treats. (\$50-\$100/hour level – refer to the graph below) You will need plenty of them so bring more than you think you will need. "Wet" SOFT cubed treats are best for training rewards, use sausage, saveloy, dog roll (e.g. Possum or Superior Chunky), raw mince, low fat cheese, or cooked chicken. Its best to avoid dry crumbly / crunchy cookie-type treats.



- For dogs who are not food orientated, find a tug toy they get excited about and keep it specifically for training only, and not general play. When they are playing tell them to "release" or "drop it" and trade it for a treat.

How We Train

Kapiti Dog Training Club uses Positive Reinforcement methods to train dogs. We believe in strong relationships between dogs and their owners, these are based on cooperation and kindness – as opposed to older methods utilising human dominance and animal submission.

Reward-based training is done by using things like food and play to reward the dog for a desired behaviour. If the value of the treat reward is high (\$50-\$100/hour level training treats) then response to a desired behaviour increases and the frequency for that behaviour also increases.

Initially you will be rewarding and verbally encouraging your dog many times. As you move through the grades you will learn how to phase out the food and start using real life rewards (praise, play, walk, etc.).



What is Positive Reinforcement Dog Training?

- Teaching dogs desirable behaviors using SCIENCE-based & REWARD-based methods.
- Helping dogs learn and succeed step by step.
- Motivating dogs with fun exercises and games. No force! No pain!
- Encouraging dogs to think more for themselves.
- Valuing dogs' voluntary behaviors.
- Understanding dogs' feelings from their body language.
- Understanding how dogs learn, their needs and wants.
- Using methods that work humanely with ANY dog. Big dogs, small dogs, puppies, senior dogs, disabled dogs, fearful dogs, reactive dogs... can all learn and have fun!

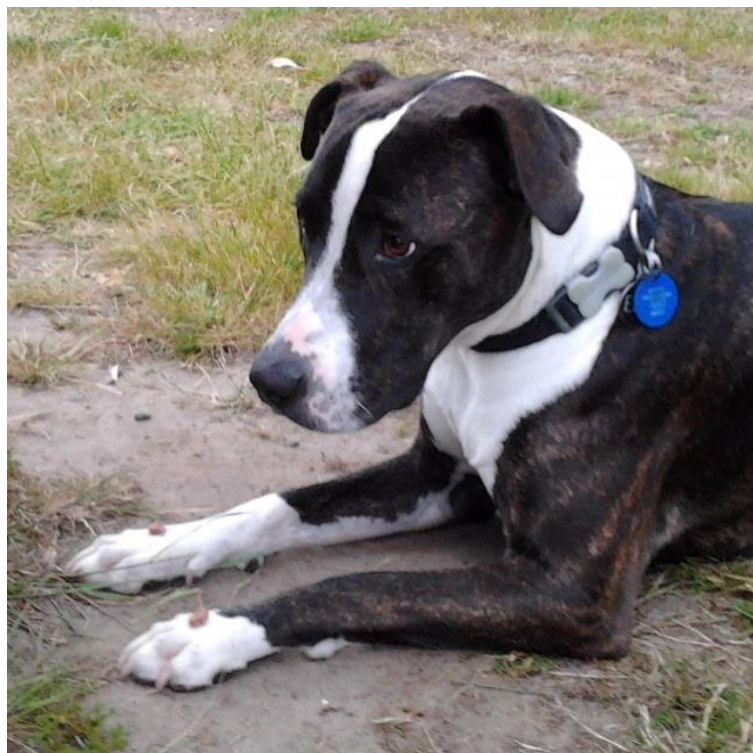


Some Tips for Successful Dog Training

- The best approach is regular short and consistent training, (5 -10 mins maximum) this is a great way to enhance the bond between dog and handler; it will provide many benefits for you both to enjoy.
- For best results, your training must always be fun for your dog. Do not 'nag' at your dog.
- The best time to train your dog is before meal times. Hunger aids concentration.
- Only train your dog when you are happy. If you are grumpy or tired, give it a miss until you are in a better mood.
- If your dog is not focusing while you are trying to train him, quickly end the session on a command you know he will achieve, reward him and try again later.
- While your dog is learning a new command reward him by continuous positive reinforcement (Treat reward and verbal) every time the desired behaviour occurs. Timing is important; the reward must be instant as soon as your dog gets it right.
- As your dog learns the new command and executes it well, then start using intermittent positive reinforcement. This is still done by using enthusiastic verbal praise, but you can slowly reduce the amount of times a food reward is offered. A guide to introduce intermittent reinforcement is treat 4 out of every 5 times, then reduce to 2 out of 5 times, until you are rewarding only occasionally. Begin using intermittent rewarding when you know your dog can successfully achieve the command. Always set your dog up to succeed.
- Progress to using an intermittent reinforcement reward system carefully, making sure that dogs don't only respond when they know a treat is on offer. The goal is to have the dog know it will get an occasional reward and praise but never know when to expect it.
- Good enthusiastic verbal praise is very important every time at first. Once your dog knows the command or behaviour; your praise can be slightly less enthusiastic but always positive. Guys need to work on voice tone and practice their high pitched "Good dog" - Higher pitched praise always gets better results.
- Ask your dog two times only to complete a command, don't keep repeating the same command without the desired result. If things aren't working out, suggest you need to focus on getting your dog's attention and having them focus on you the handler.
- If your dog is not food motivated, use a favourite toy kept for training only. At home you can use squeaky toys, however at training nights be sure to use toys that don't distract the other dogs.

Some More Tips for Successful Dog Training

- Once success is happening, begin practicing where there is a bit more distraction such as in your front yard or driveway. When you are confident your dog consistently knows the command then try training at the park or other busy areas. Practising in different places helps your dog understand that you want him to do it wherever you ask, in any environment, not just at home or on training nights.
- **Remember a skill is not mastered until your dog can do it in any environment and under all circumstances.** Instructors are assessing everyone during the last weeks of each term, if your dog cannot respond, then its best to stay at the current level and not feel pressured to progress to the next grade.
- We do take into consideration handlers who do not enjoy testing situations. It's all about building great bond with your dog, so don't be discouraged, there is no shame in repeating a grade.
- Everyone in your family needs to use the same training commands and be consistent.
- Dogs hold very definite pack hierarchy values (even the toy breeds). The dog is an opportunist and will quickly sort out who the weaker members of your "human pack" are. Dogs think like dogs – not humans and they do not generalize well. It is essential that dogs know their place in the pack (the most subordinate). This enables them to be a happy well adjusted, and well-behaved dog. It is recommended that all members of the family practise the same commands. If you have children, give them supervision and let them work on the commands you and your dog have mastered. If all members of the family are involved your dog will better understand what is expected of it.



MAKING MANNERS FUN SERIES: LOOSE-LEASH EDITION

By: Kevin Lowery

As a dog trainer, one of the most common problems I get asked for help with is getting a dog to walk without pulling on the leash. Loose-leash walking is just like any other trick we may teach our dogs. It's about finding a way to make it fun for the dog. Walking with a loose leash isn't natural for dogs. There is nothing equivalent in the dog world. We humans move so slowly! And to add to that, what's the fun in only walking straight down the side walk when there are fun and interesting smells, sights, and sounds in every direction? It's our job to help our dogs see the fun in walking next to us.

Loose-Leash Walking: Before You Go on The Walk

1. Define what you want. This is critical to teaching ANY dog behaviour. As the handler you have to decide what loose-leash walking means to you. Does it mean walking with you with the dog's attention completely on you the entire time? Or is he walking next to you but allowed to look around at his environment? Is any tension on the leash ok? (If you're using a Flexi-leash, there'll always be tension.) This is completely up to you, but it must be decided. If not you'll be inconsistent when you teach, and your dog will get confused.
2. Getting your dog "on the phone." Getting your dog on the phone with you simply means getting his attention. If you aren't able to get his attention focused on you in your house free from distractions, you're definitely not going to be successful outside where everything is exciting and new for your dog. To practice getting your dog's attention, wait for him to come to you or even make eye contact and reward.
3. Get the right equipment. I recommend using a martingale collar and 4 or 6-foot leash for walking. If your dog is a severe puller, I recommend using a front-hook harness. **Choke chains, prong collars, pinch collars, and shock collars do not work.** Caution: the allure of a tool that seems to quickly fix a dog's pulling problem can be very tempting. However, punishment will have the opposite result that you're going for: your dog will not learn to enjoy walking next to you. Instead, he will learn that going on walks with you results in pain and discomfort.
4. Get great reinforcement. Take a treat bag filled with tasty treats of your dog's liking. Remember, what you have needs to be more interesting than the distractions your dog will encounter outside. I like to work on loose-leash walking before meal times with my dogs so they're extra hungry. You may even want to take your dog's meal on the road with you and use it as treats! If your dog isn't as into his normal dog kibble, mix in some higher value treats. For my dogs, tiny piece of hot dogs do the trick. Find your dog's favourite reinforcement.

Loose-Leash Walking: On The Move

1. Reward often. At first, do this AT LEAST every couple of steps. As your dog is able to go for longer periods of time walking next to you, you can slow down your rate of reinforcement. This is the most common problem I see with handlers who have dogs that pull: not treating often enough when the dog is doing something right.
2. Let go of that leash! I often make new dog handlers put the loop of the leash around their hand and then put their hand in their pocket. What this does is makes you, the dog handler, give the dog the full length of the leash. This allows the dog the choice to stay with you or run ahead (which gives YOU the opportunity to reward good choices.) When you force a dog to walk next to you, you're not actually building value for loose-leash walking. You're simply inhibiting what the dog actually wants to do. This will not make the dog want to stay next to you; it will most likely make him want to pull ahead harder.
3. Be ready to reward any attention your dog gives you. This means eye contact or any other interaction your dog gives you. This will encourage your dog to continue to watch you and want to walk next to you.

4. Mix up reward amounts. Sometimes feed just one treat and others feed several. Every now and then stop and feed a handful and tell your dog how fantastic they are. This will keep your dog's anticipation level for being with you high. He'll never know what he's about to get!
5. Make walking with you unpredictable. Slow down, and then speed up. Then change directions. Reward your dog each time he chooses to stay with you.
6. Anticipate distractions. Look ahead to notice what things may be potential distractions for your dog so that you can reward your dog when he sees those distractions and chooses to stay with you.
7. Stop along the way and work on other behaviours. Stop at random and ask for other behaviours - even simple behaviours like sit or down. Doing this will keep your dog on in anticipation of what you will do next.
8. If your dog is pulling toward a distraction and will not come back to you, turn and walk the other way. Reward your dog when he catches up to you.

General tips:

- Take things slowly and only train in short bursts. The type of training listed above requires a lot of concentration - especially in distracting environments - and can be exhausting. As your dog starts to build good, loose-leash habits, you can lengthen the time of your training sessions.
- Realize that your dog does not know better. Remember that walking with a loose leash isn't something that is natural for dogs. It may take some time for your dog to solidify these good habits. Our dogs show us on a constant basis what is valuable and important to them. If your dog is pulling ahead consistently, it simply means that walking next to you isn't as valuable or meaningful to him as whatever he is pulling toward.
- Be patient, and enjoy learning with your dog. You'll find that this type of work with him will not only make his leash walking so much better. It'll strengthen the bond you two have in huge ways.
- Most importantly, HAVE FUN!

Being a Responsible Dog Owner

Local By-Laws

- Your dog must be on a leash on all Streets, Roads, and Public places unless it is a designated free running area.
- You must pick up after your dog and dispose of the bag in a suitable receptacle.
- Your dog must be under control at all times – including on your own property.
- You must carry a leash, and a bag suitable for the removal of dog faeces, when off your property.
- You need to apply for a Permit from Council to keep more than two dogs.
- Your dog must not bark to create a nuisance or cause distress to any other person.
- Dog Registration is due annually every July throughout the country.
- IF your dog gets accidentally lost, contact Animal Control immediately.
- All unclaimed dogs, after 7 days, become the property of Animal Control to rehome, or dispose of, as they see fit.
- Animal Control cannot rehome or destroy a dog unless; it has been relinquished by the owner, or it is under a Destruction Order from a Judge in a Court of Law, or, it has been held in the Pound for 7 days and has not been claimed by the owner.
- All suitable dogs, after temperament and health testing, are rehomed where ever possible, passed on to the SPCA.

Dog By-Laws are put in place throughout the country to not only protect the Public, but also to protect your dog. Each Council has its own By Laws and requirements, but all come under the Dog Control Act 1996 and the Local Government Act 2002.

Vaccinations

Dogs are vaccinated against Canine Distemper, Hepatitis, and Parvovirus. They can also be vaccinated against Kennel Cough and Leptospirosis at your request. Puppies are given their first of three injections at 6 weeks – consult your veterinarian re a Vaccination Programme for your puppy.

It is important that puppies are kept away from any public places until their Vaccination Programme is complete. Dogs can pick up any of the above diseases by walking on contaminated ground; sniffing contaminated ground; coming into contact with contaminated clothing, other dogs, faeces or urine, or, vehicles, furniture etc. Once ground has been contaminated the virus can stay present for many years and it is very resistant to eradication. These diseases are often fatal, especially Parvovirus which is highly contagious and prevalent in the dog population as unfortunately, not all owners inoculate their dogs.

Pack Behaviour

The domestic dog is descended from the wolf family, and there are now approximately 200 Dogs New Zealand recognised pure breeds of dog in New Zealand. However, internationally there are hundreds of unrecognised pure bred breeds, native to their own countries, gradually being recognised by International Kennel Clubs. Dogs and humans have been cohabitating together since 12,000 years ago, with humans deliberately breeding dogs for particular qualities and characteristics.

No matter whether your dog is a Chihuahua or a Great Dane, it still holds very definite inherent pack hierarchy values. The dog is an opportunist and will quickly sort out who the weaker members of your 'human pack' are. Dogs think like dogs – not humans – and we need to respect this fact but work it to our advantage for our dogs' happiness, wellbeing and security.

Our dogs need to know their place in the pack (the most subordinate) to enable him to be a happy well adjusted, well behaved dog.

Dominance

Dominance is NOT about physically beating or punishing your dog. It is about body language, eye contact, energy levels and calm behaviour from the pack leader – which is you! This is how dogs communicate with each other. There are very submissive dogs and very dominant dogs. Dominant and Submissive dogs can become aggressive towards people and/or dogs and can pose a very real challenge to an owner who is not a 'leader'.

Important rules to be firm about with your dog are –

- Attention
- Toys/playing
- Food
- Getting on/off furniture (including beds)
- Walking beside you or just behind you
- Being behind you through doorways, gates etc
- Leaving visitors/callers alone
- Socialising with other dogs/humans and other animals
- Not jumping up on people

Sexuality

Smaller breeds tend to reach sexual maturity earlier than the larger breeds. A female can come 'into season' anywhere from 4-7 months old through to 18 months old, however the average age is from 9 months to a year old and usually coincides with Spring or Autumn. The bitch has two seasons per year, each lasting three weeks. Signs are – increased 'urination marking' in the preceding weeks, swelling of the vulva and bleeding from the vulva. The bleeding usually lasts for about 7 days then decreases to a straw coloured discharge. The vulva loses some of its swelling and the bitch becomes ready for mating at about the 7th or 8th day and will often accept a mating right through to the 21st day. Bitches normally keep themselves very clean and very often an unobservant owner will not be aware the bitch is in season until a dog tries to mate with the bitch. Bitches are very fussy with who they will accept for a mate. Male dogs reach sexual maturity at about 10 months old, sometimes earlier if exposed to a bitch in season. Their behaviour alters and often owners start to have behavioural problems with their dogs at this time, as the dog tries to become more dominant. Dogs can smell a bitch in season from many kilometres away and will take any opportunity to escape and find her. Their sense of smell and the call of nature are VERY strong!

Neutering – Castration and Spaying

It is an unfortunate fact that there are not enough responsible caring owners for the amount of dogs that are born every year, and this sadly results in many hundreds of dogs having to be euthanized. The main reasons why responsible owners have their pets de-sexed is for birth control, behavioural and health reasons.

Castration is the surgical removal of the testes. Most people, a few months after their dog's castration find their dog is calmer and easier to handle, being now more focused on its owner rather than its sex drive. The dog may need reduced food and increased exercise as its body is now not using up energy through its hormones and the innate desire to mate. Castration also safeguards against Prostate Cancer which is very common in un-neutered entire male dogs and is often fatal.

Spaying is the removal of the bitch's ovaries and uterus. Once again, the bitch may need reduced food intake and an increase in exercise, for the same reasons as the male. Spaying a bitch greatly reduces the chances of her developing mammary cancer, Pyometria – which is an often fatal uterine infection, or having 'false pregnancies'. It is generally accepted nowadays that the earlier a bitch is spayed (before a year old) the less likely she will develop Mammary Cancer in later life.

Advantages of De-Sexing

- No heat cycles
- No puppies (it is very expensive to rear puppies properly and then there is the added stress of trying to find responsible, loving and safe homes for them all...)
- Less chances of developing Cancers
- The dog will want to stay at home and not wander in search of a mate
- Your dog will be much calmer and sociable with other dogs
- Decreased Council Registration costs

REMEMBER – Your dog is totally unaware of what has "gone" when it gets de-sexed. It has no comprehension of its internal reproductive organs and it will not miss them, become emasculated, or be any less of a dog! Your dog will still be a loyal and faithful family member. It is the dog that is being de-sexed – not the owner!!

Feeding

Dogs, like their wild relatives tend to eat rapidly. This is because dogs live in a pack situation with a definite hierarchal structure. The Alpha dogs get the choicest food and the lowest in the pack order the scraps. (This is why we make sure the dogs is the last to be fed dinner – after the humans, the cat, etc have been fed). In the wild, it is either feast or famine; hence the rapid eating.

In the wild, dogs will eat meat, i.e. birds, rabbits, and any small and large game, ruminants such as deer, sheep and cattle etc, fish, insects, rodents, some grasses and various different herbs and minerals. They will eat every part of the prey, with the internal organs being the most nutritious and full of vitamins. Anatomically the modern dog is no different from their wild cousin the wolf and their food requirements are the same.

It is your choice as to whether you feed your dog a 'dry' food (sometimes referred to as 'Kibble'), dog roll, canned food, household left overs, or a 'raw diet' (such as the 'BARF' diet; Bones and Raw Food) – or a mixture of all/any of the above. **NEVER** feed your dog cooked bones of any description – bones must always be raw meaty bones. Once cooked, bones change their chemical composition and become brittle, causing possible penetration of the stomach or intestine, which can prove to be fatal. The bigger the bone is, the better, for example, Cannon or brisket bones. Bones that are eaten in the wild are not cut by a Butcher (!) so there are no sharp edges.

Obesity

Obesity is a common problem for which there are several causes. These include -

- Excessive amounts of food – overfeeding
- Inactivity – not enough exercise
- Illness
- Age and Gender – older dogs tend to have lower energy requirements and are less active
- Castration and Spaying – weight gain can be counteracted by diet changes. It is important that the dog receives adequate exercise throughout its life.

Obesity can promote many health problems. It is vital your juvenile or adult dog does not get obese thereby putting strain on developing joints, muscles and ligaments and being a precursor of Hip, Elbow and Knee problems. Obesity can also trigger Diabetes, Heart and Lung ailments and other serious health issues.

- Limit your dog's intake of food
- Prevent access to other food sources – cats bowl, compost bin, other family members or visitors, rubbish bins/bags etc
- Encourage exercise in your adult dog
- Ensure your dog receives good appropriate nutritious food.

Web sites re the feeding of dogs:

www.barfworld.com

www.4loveofdog.com/feed/htm

<http://devinefarm.net.rp/rpcoms.htm>

<http://www.consumer.org.nz> (Pathway: Home & DIY – Pet Food – Common Pet feeding questions)

Most prominent brands of dog food have their own web sites on the internet.