



CANINE GOOD CITIZEN

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Welcome to ADOG. In this course, we train dogs to do the basic exercises necessary for any well-behaved pet. More important, however, we teach you how to communicate to your dog what you want it to do.

Below are some basic rules that will aid you in training your dog. Please read them carefully, as there is a reason for every rule.

1. To help the elimination problem, do not feed your dog before class. If your dog has an accident, we have clean up supplies available.
2. Keep your dog away from the other dogs. All dogs may not be as friendly as yours.
3. For safety, we ask that you wear tennis shoes for secure footing. No "slide on" shoes.
4. If you use anything other than a buckle collar for training, remove it immediately after each practice session.
5. Keep your temper and be cheerful while training. Play with your dog before and after each training session so that the association remains pleasant.
6. Be consistent in giving commands. Don't say, "Fido, Come" one day and "Come Here, Fido" the next and expect him to know what you mean. Simple one-word commands, "Fido, Come", will help the dog learn more quickly.
7. Your dog **must** pay attention to you. If your dog is thinking about something else, he won't learn as well. Several attention-getting exercises will be demonstrated. Use one of them any time your dog's attention strays.
8. The voice, a training tool, can change a dog's attitude during training. Learn to read your dog; adapt your tone of voice to produce the desired reaction.
9. No two dogs learn the same way or at the same rate. Dogs are individuals and will not necessarily react as another dog would, even if they are the same breed.
10. Dogs do things that are to their advantage and avoid those that are to their disadvantage. Dogs, in learning what you want them to do, should have pleasant experiences. In doing things you do not want them to do, they should have unpleasant experiences. What is pleasant or unpleasant for one dog may be very different for another dog. A good rule of thumb is, if you are trying to correct an unwanted behavior with an unpleasant experience and the dog continues the unwanted behavior, the experience or correction was not strong enough.
11. The most important point in training a dog is to have fun and enjoy yourself and your dog. Discipline your dog with firmness, but let him sense your love and encouragement. Your verbal praise and physical petting will reinforce your pleasure in his correct behavior. Be very firm, insist that the dog do whatever you tell it to do, and do it immediately, but follow with such enthusiastic praise that your dog will be thrilled to do what you want.
12. If, for any reason, you are unable to attend the remaining classes in this session it will be necessary for you to notify us before the second week of class in order to receive a refund less a service fee.
13. We cannot allow children under the age of 12 to handle the dog in class. Family members are more than welcome to observe and should be involved in the weekly homework.
14. Be a responsible pet owner – ALWAYS have bags with you to pick-up after your dog.



PARKING

No parking is allowed in front of any other business.

"QUIET!"

There is no need for a dog to be permitted to constantly bark in class or at home. Barking dogs aren't paying attention and it makes it difficult for the instructor and other students. Ask your instructor to help if you are not able to control your dog's barking.

LEASHES

- ALL dogs will be on leash at ALL times, inside and outside the building, except when directed by your instructor.

CLEAN UP/DOGS IN SEASON

- We must be very strict about keeping all areas around the training facility clean. Poop bags and receptacle will be placed in the designated exercise area. If you choose to exercise in a different area clean-up is still required. To help avoid a problem, please do not feed your dog after noon on class days.
- Please do not allow your dog to soil common areas, doorways, cars, etc.
- Should your dog have an accident inside, clean-up supplies are available.
- We ask that smokers dispose of their cigarette butts in the container provided by the door.
- We do allow bitches in season to attend class; however, students must meet the following three requirements. 1) The bitch must wear britches for her entire heat cycle so that our matting is protected, 2) student must notify instructor or assistant when entering class that their bitch is in season and 3) it is the student's responsibility to make certain their dog is on a tight lead and monitored at all times. There are no exceptions to this policy.

CRATES

- Crates may be setup in the observation area only.
- Metal crates may not be set up on matting without adequate protection underneath the crate.
- Crates may not be left in building overnight.

OTHER

- Children are welcome to observe class, but someone must supervise young children other than the person training the dog. No running is allowed in the building
- Dogs should never be left in the control of a child.
- Please silence your phone during class.

THANK YOU FOR YOUR COOPERATION

Note: Handlers may praise and give encouragement (without treats or toys) throughout the testing process. Elimination is elimination: feel free to take your dog outside for a potty break during the test if necessary

1. Accepting a Friendly Stranger
 - Allows stranger to approach, shake hands and talk to handler while ignoring the dog
 - Dog is under control and shows no sign of resentment or shyness
 - Dog may not lunge to or jump on the stranger
2. Sitting Politely for Petting
 - Allows a stranger to pet the head and body while under control and shows no sign of resentment or shyness
 - Dog begins in a sit position and may stand or move slightly forward to receive the petting
 - Dog may not lunge at, rush to, or jump on the stranger
3. Appearance and Grooming
 - Welcomes a stranger to lightly comb or brush and examine ears and feet
 - A specific position is not required and some squirming may be accepted as long as it does not prevent the grooming/exam
 - Dog may not be restrained nor struggle to avoid the grooming
4. Out for a Walk (loose lead)
 - Demonstrates the handler is in control and the dog is attentive and responding to the handler's change in movement and direction
 - Dog may be on either side of the handler and need not be aligned nor sit at stops
 - Dog may not excessively sniff floor/ground nor be totally inattentive
5. Walking Through a Crowd
 - Demonstrates the dog's ability to move politely (under control) through pedestrian traffic
 - Dog may show interest in the crowd and may sniff a person briefly then move on promptly
 - Dog may not show over exuberance, shyness or resentment

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6. Sit and Down on Command and Staying in Place
 - Demonstrates the dog will respond to the handler's commands of sit, down, and stay.
 - Down may be done from either sit or standing position and the stay may be done in either a sit or down position
 - More than one command may be given and the handler may touch the dog to offer gentle guidance
 - Dog must remain in place while handler moves 20 feet away on the stay but may change positions without forward motion

7. Coming when Called
 - Demonstrates the dog will come when called at 10 foot distance
 - Test begins when the handler calls the dog and ends when the leash has been secured to the collar
 - Handler may give repeated prompts for the dog to come
 - Dog may not be "reeled in" with the long line/leash

8. Reaction to Another Dog
 - Demonstrates the dog can behave politely around another handler/dog
 - May show casual interest in the distraction dog but must stay back from the distraction handler/dog
 - Dog may not cross in front of its handler or jump on the distraction handler/dog when they greet or when they pass

9. Reaction to Distractions
 - Demonstrates the dog is confident when faced with common distractions
 - One sound and one visual distraction will be presented about 5 ft from the dog
 - Dog may appear startled but not panicked
 - Dog may not growl, lunge, urinate or defecate

10. Supervised Separation
 - Demonstrates the dog will maintain its training and good manners when left with a trusted person for 3 minutes with its handler out of sight
 - Dog does not have to maintain a position and the person holding the dog may talk to and pet the dog
 - Dog may not continually bark, strain on the leash or show signs of extreme agitation/stress

TRAINING TIP

Always verbally praise your dog for all the correct things they do. Remember you may not have toys or treats, but you always have your voice. Praise is free, use it often.

Please take a moment to read the Welcome and Building Guideline sheets. They contain useful information for you and your dog. Plan to train your dog a minimum 15 minutes each day. Training with food works best when your dog is hungry and the treats should be small and soft so that you do not have to wait while your dog chews. Use the treats your dog likes best when you are teaching something new or if he does something perfectly the first time you ask. Your dog will try harder to understand what you want if the pay is very good.

THIS WEEK AT HOME YOU AND YOUR DOG WILL BE PRACTICING:

• Name response	• Watch
• Sit	• Down
• Controlled walk on a loose leash	• Controlled stand on a loose leash

NAME RESPONSE

Teach this, throughout the day, whenever you say your dog's name. Keep a few cookies in your pocket when you are with your dog or place some treat containers around your home so you are always ready to reward. You must continue to practice name response throughout your dog's lifetime.

- 1: With your dog close to you, say your dog's name and when he looks at you, give him a cookie. When your dog is responding with interest every time you say his name, go to Step 2.
- 2: When you are with your dog, randomly call his name and reward with a cookie when he looks at you. When your dog's response becomes faster, you can move to Step 3.
- 3: Call your dog's name when he is farther away from you or is interested in something else. Hold the food treat so that he can see it but close to your body, so that he must move toward you to get it.

TEACHING YOUR DOG TO SIT

- 1: With your right hand, hold a cookie just above your dog's nose and slightly toward the top of his head and say, "Sit".
- 2: As your dog's licks at the cookie, slide your left hand down your dog's back just past his tail and gently tuck your dog into a sit.
- 3: As you are tucking your dog into a sit, slowly move the cookie up and back as demonstrated in class.
- 4: Praise the sit and allow your dog to have the cookie as soon as his bottom touches the floor.
- 5: Help your dog into the sit several times.
- 6: Gradually move food farther and higher above your dog's nose before you give your sit command.

CONTROLLED STAND – TEACHING YOUR DOG NOT TO PULL

(This is a prerequisite to Controlled Walking. A four or six foot-training leash is needed.)

All untrained dogs will pull on a leash. Walking on a leash without pulling is a learned behavior. If you want a dog that does not pull on the leash, you must first learn Controlled Standing. Hold the leash in your right hand with your left hand directly below it. Keep both hands together. Allow the leash to be as loose as possible without touching the ground or wrapping around your dog's legs. Draw an imaginary circle around your body. This circle is the area in which your dog is expected to remain while you are standing still. The edge of the circle should be about 3 feet from you. Your dog should be kept within this circle on a loose leash at all times.

If your dog attempts to move out of the circle, refocus your dog by calling their name and reward for coming close to you.

Your dog will quickly learn that it is agreeable (he is being praised/rewarded) to stay comfortably by your side on a loose leash. With practice, you will be able to stand still in any environment and have your dog under control while on a loose leash.

CONTROLLED WALKING

With your dog at your left side, hold the leash as taught in class. Make sure that the leash is never tight. There should be a large loop in the leash between your hands and your dog. Walk forward with your dog at a normal brisk pace.

To be successful at teaching your dog controlled walking, adopt a simple mindset: loose leash at all times or stop walking.

This means that the dog is **NEVER** allowed to move forward if the leash is tight. You must stop and refocus your dog. You must be relentless. If you are inconsistent and sometimes allow your dog to pull on the leash, you will undermine the training.

Remember YOU set the pace for the walk – NOT YOUR DOG. YOU decide what direction and when stops will be made to explore or go to the bathroom – NOT YOUR DOG. Use commands (words) for the various things that happen during your walks and in time and with practice your dog will understand what is expected of him.

Example: When you are ready to walk forward, say, "Let's Go." Then start to move forward. When you slow down, say, "Easy". If you want to run or go faster, say, "Hurry!". When you stop, say, "Sit". If you want to allow your dog to explore, and go to the bathroom, use a release word, such as "Okay" he is now allowed to lead as he explores an area. When YOU determine that it is time to continue with your controlled walk, Say, "Let's Go" as you did when you began the walk.

BE A RESPONSIBLE OWNER

Always have a few poop bags in your pocket when you are out with your dog so that you will be prepared to clean up after him.

DOWN

1. Start from a sit with dogs buckle under his neck. Kneel next to your dog on the right side and command, "Dog, DOWN."
2. Hold cookie at dogs nose and slowly bring cookie down past dogs neck and chest, holding cookie very close to skin. Then slowly bring cookie out between the dog's paws (think of drawing and "L"). When your dog's elbows and belly have touched the ground, make sure you praise and reward with cookie on the ground between front paws.
3. Release.

WATCH

Start with dog in a sit, toe to toe. Bring food from dog's nose to your forehead. Your dog's eyes and your eyes should be locked. Practice from front position (toe to toe) and with dog on your left side. Start with a second or two; add additional time, as dog is successful. Remember to release before dog looks away. Also praise and reward for random watches throughout the day.

THIS WEEK'S SIT GOALS

Your dog sits on command without you physically helping him to lower his bottom. You no longer have to hold the cookie directly above the dog's nose. Remember to always give your verbal praise before you give the cookie.