

Dog Scouts of America Activity Check-Off Sheet

K9 Fitness Badge Requirements:

- ___ Handler can describe the importance of fitness and regular exercise for the dog's health. Handler can describe the exercise plan they have for their dog, why it is appropriate for their dog and how they taught the dog to perform the exercise safely.

- ___ Handler can explain how to warm-up and cool down the dog before and after exercise.

- ___ Handler can safely demonstrate the exercise activities used for the log sheet (using appropriate gear, the dog is trained and fit for the level of activity, dog performs the activity safely).

- ___ Handler can describe early warning signs of exhaustion or overheating, and can explain how to respond in a developing emergency situation.

- ___ Handler keeps the dog appropriately hydrated during exercise.

- ___ Handler can explain what makes a dog food a good healthy choice versus not so healthy with regards to contents and processing. Can also explain why they chose to feed the food they use for their dog.

- ___ Dog will demonstrate acceptance of handling paws, inspection of pads, and inspection of gums.

- ___ Dog will demonstrate acceptance of handling for massage and passive stretching.

- ___ Dog has been trained to do (and can demonstrate) at least two behaviors for active stretching (weaving between handler's legs, bowing, putting paws up, etc.). Techniques have been trained using positive methods.

- ___ Dog has been trained to do and can demonstrate at least one behavior for improving body awareness/proprioception (ladder/cavaletti work, "perches" exercise, targeting with rear feet, etc.).

- ___ Dog has been trained to safely perform at least one muscle building exercise (exercise balls, balance disks, weight pull, etc.).

- ___ Dog participates willingly and safely in the badge check-off exercises without the need for lures or bribes.

- ___ Dog does not create a disruption, danger to himself or others or interfere with others while participating in the chosen exercise, and handler follows any applicable rules about use of area with dogs.

- ___ If exercise is performed on-leash, dog has good leash manners during exercise. (Formal heeling is not necessary, but dog should not be pulling and dragging handler.) If pulling is part of the exercise, the dog is wearing a properly fitted V-front harness that takes the force of that pulling.

- ___ Dog is a healthy weight (ribs easily palpable, waist and tuck-up visible).

- ___ Dog has logged at least 2.5 hours of aerobic/cardio exercise per week for a minimum of six out of eight consecutive weeks. Exercise must be logged on a minimum of three days each week. In order to be counted, exercise must last at least 15 minutes in duration.