



2020 SIT, STAY, LEARN

CAL POLY SENIOR PROJECT
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Introduction

You are holding in your hands what I hope will be a useful guide for canine obedience training and spark a new passion and challenge yourself to learn all that you can about the numerous opportunities awaiting in this field.

This manual will have cover canine training technics for High School FFA students looking to explore a Supervised Agricultural Experience project within canine obedience training.



Acknowledgments and Disclaimer

This manual was created as a senior project for the Agricultural Education and Communications department at California Polytechnic State University and should serve high school FFA members as a guide to creating a dog training SAE. This manual was created using the author's own experience training a dog they adopted at the San Luis Obispo County Animal Shelter. Tips in this manual will need to be adapted to a student's project and may not work for everyone.

Introduction

The Purpose of the Manual

FFA provides students the ability to explore their interests in numerous agricultural fields. This manual will serve the purpose as a guide and resource compilation for students looking to gain knowledge and skills in a small animal field of canine obedience training. This manual will specialize in entrepreneurship and placement projects for students looking to train dogs for basic obedience at home or in someone else's home. This manual will give a guide to students on training tips, styles, and requirements as well as provide resource links for students to be able to expand their knowledge further.

The Purpose of the Project

SAEs allow students to research, plan, and facilitate a project tailored around their passions and interests. Students will be able to choose a pathway they are interested in within obedience training and should research the project thoroughly before beginning. A dog obedience project allows students to learn dog breeds, characteristics, and temperaments and find the best strategies to train different dogs and their specific needs. These projects will allow students to work with family and community members along with supervision and advice from agriculture advisors in order to maintain a plan for their project, depending on the size and scope. Students should also reach out to veterinarians, training professionals, and animal shelter employees to network with those individuals they may encounter along with their projects. This project should allow students to grow their skills in more than training and hopefully experience potential accomplishments along the way.

Potential types of projects

All projects would follow similar safety standards and precautions and would follow the same guide for training. Projects can be tailored to the students' wants, resources, and needs.

Entrepreneurship:

Training for dog shows

Starting a dog on obedience to be expanded to hunting training

Starting a dog on obedience to be expanded on therapy work

Starting a dog on obedience to be expanded into service training

Older dog obedience training

Placement:

Working for or creating their own business in dog training

Working with and volunteering for shelter rehabilitation training

Developing or working for a company specializing in Canine Good Citizen training



WHAT IS AN SAE?

An SAE, or Supervised Agricultural Experience project, is a crucial part of the three-ring model of Agricultural Education. Along with classroom and FFA, SAE provides students a learn by doing experience with one of the many industries of agriculture. In the past, SAE projects were categorized most popularly as Entrepreneurship, placement, and research, but in the past few years, the types of SAEs have expanded rapidly in order to expand the opportunities to all students.



Types of SAEs

According to the National FFA Organization, the national movement of SAE for All has expanded SAEs to all students and provides a more tailored program to give students the opportunities. "The SAE for All program offers two levels of involvement for agricultural education students: Foundational SAEs and Immersion SAEs. Foundational SAEs have five focus areas - career exploration and planning, personal financial management and planning, workplace safety, agricultural literacy, and employability skills for college and career readiness - that are required and graded components of every ag education course. Immersion SAEs, however, take place outside of formal instruction and can include internships, business ownership or entrepreneurship, research, service-learning, or embarking on a school-based enterprise." Though these new opportunities, students can expand their horizons and try new projects.



Safety

Safety for Dog Trainers

For all projects, especially those that are animal-related, it is at the utmost importance to practice safe behavior. How to interact with the animal safely should fully be understood before any project starts. For projects where the student plans to work with other individuals, dogs, or shelter animals, safety protocols must be created and met. These protocols should be created with the safety of the handler and the dog in mind.

Safety Tips

- Always start training sessions in a quiet, distraction-free environment. Dogs that are distracted are both less likely to pick up on a new cue but also have a higher chance of fleeing or showing unwanted nervous behavior.
- Never pull an item from a dog's mouth, especially if they are showing guarding behavior.
- Always be reading the dog's body language, scared or aggressive dogs typically try to show they are going to bite before they do.
- Never try and train a knowingly aggressive dog. (This level of training will not be needed for most FFA SAEs.
- When working with new dogs, always allow them to get used to you before trying to train them. This could be arranged in the form of meet and greets or spending at least 1 hour with the dog getting to see their typical behaviors.
- Always use positive reinforcement when training. Negative reinforcement can make a dog nervous or fearful of training, and they could be more prone to biting.



EQUIPMENT

For any project, there will be a basic set of equipment you should have on hand. These could be found at local thrift stores, feed stores, or bought online.

- 6ft nylon leash
- Training treats (Watch for caloric intake)
- Food and water bowls
- Crate, bed or placemat
- Collar and walking harness
- Multiple dog clickers



Extra Equipment

- Long lead (20-50 ft)
- Easy lead
- Dog toys (mind exercise)
- Puzzles
- Cleaning supplies
- Treat bag
- Portable Mat

How to Use a Clicker

Clicker training allows trainers to clearly communicate when the dog is doing something they like. A clicker gives a concise cue and many dogs catch on fast to the association between the click and a reward and continue to do what you ask.



Steps to getting a dog accustomed to the clicker.

Step 1: Have your clicker and high value treats near by. (Sausage, hard cheese or hotdogs work well)

Step 2: Start off by having your dog on leash and try to have them in front of you.

Step 3: Kneeling in front of the dog, **click** the clicker and give the dog a treat.

Step 4: Repeat step 3 multiple times (at least 5 times). This is called "charging the clicker."

Step 5: Once the dog expects a treat after the click, start adding the clicker to training.

*Timing is crucial when clicker training.

Tip

*As soon as the dog starts to do the cue, whether naturally or prompted, click and reward.

*Always reward when clicker training. You may have to charge the clicker multiple times.

* Do not use the clicker to get the dog's attention as this ruins the charge.



Choosing a Dog

Things to consider

The canine obedience training SAE breaks off into both entrepreneurship and placement options and allows students to experience working with dogs in various situations. The project allows students to find a dog/ position that fits their specific needs. For students living in a small apartment or maybe renting their home and do not have a dog already may make training their dog impossible; those students should look into interring with a local vet, dog trainer or animal shelter to gain experience and start training dogs alongside experienced individuals. Students may also work with friends, family, and community members to try and sponsor a dog; this is where a student would work with another individual's dog and would follow the guide similar to if they were to be training their dog.

If a student can adopt an animal or will be training a family dog, it is essential to train based on the dog's needs and the student's capabilities. If adopting a dog through a shelter visiting the dog several times and seeing the dog outside of the stressful environment is crucial. This will allow the student to see the dog's real personality and can make the decision-making process more manageable. If the student does not currently have a dog but has the facility, permission, and desire to adopt a dog, getting help from a local dog trainer can make getting a trainable dog much more straightforward. Asking a professional to evaluate a dog based on their temperament, breed, and age will start the right training process as the student can start training the dog based on its needs.

When choosing a dog for any type of project, one must consider the cost, size, and scope of the project, as well as the temperament, breed, and age of the dog. Temperament, breed, and age all have impacts on a dog's ability to be trained, and their likelihood to enjoy and succeed in the process. Adjusting the project to the dog's needs and the student's capability is essential. Never be afraid to change a project based on the current situation to make it better for either party.

Classifications of dogs

Groups of breeds

Sporting group: Labrador retriever, German Shorthair pointer, Cocker spaniel

Hound group: Bloodhound, Dachshund, Greyhound

Working group: Boxer, Great Dane, Rottweiler

Terrier group: Bull Terrier, Cairn Terrier, Scottish Terrier

Toy group: Chihuahua, Pug, Shih Tzu

Non-sporing group: Bulldog, Dalmatian, Poodle

Herding group: Border Collie, German Shepherd Dog, Pembroke Welsh Corgi



10 MUST DO COMMANDS

SIT

Step 1: With your dog on leash, have a treat in one hand and clicker in the other.

Step 2: Place your dog in front of you (Facing you)

Step 3: Lure the dog into a sitting position with the treat by moving it in front of their nose and moving the treat back towards the dogs skull.

*The dog should sit to reach the treat. If they do not try again, you can add soft guiding pressure to the hind end if needed but do not push hard.

Step 4: Click the clicker just as the dog sits

Step 5: Reward the dog with a treat and praise.

*I like to say "good sit" after giving the treat.

Step 6: Repeat this a couple times. Once the dog is sitting regularly add in the cue "sit" as you follow Step 3.



*Once your dog starts performing sit on cue without being lured you can add in hand signals specific for sitting.

*Practice this with and without a leash in a quite environment. Once you and your dog are comfortable start adding distance between you and the dog. This could be taking one step at a time until you reach out 6 feet.

(You may need to add the leash back in and step on the end to keep your dog from leaving training time)

* Next, add in distractions and/or practicing outside on or off leash (if safe to do so.)

TIP

DOWN

Step 1: With your dog on leash have a treat in one hand and clicker in the other

Step 2: Place your dog in front of you (Facing you)

Step 3: Place the dog in a sit position

Step 4: While Kneeling, lure the dog into a down position with the treat by moving the treat to the floor with one hand.

Step 5: Slightly pull the treat closer to you while the dog follows the treat.*This should put your dog into the down position. You may need to provide slight pressure to the shoulder as you lure to encourage the dog to lay down.

Step 6: As soon as the dog is in the down position, click the clicker and give them the treat and praise. *I like to say "good down"

Step 7: Repeat this a couple times. Once the dog is laying down regularly add in the cue "down" as you follow Step 4.



*Once your dog starts performing sit on cue without being lured you can add in hand signals specific for down.

*Practice this with and without a leash in a quite environment. Once you and your dog are comfortable start adding distance between you and the dog. This could be taking one step at a time until you reach out 6 feet.

(You may need to add the leash back in and step on the end to keep your dog from leaving training time)*

Next, add in distractions and/or practicing outside on or off leash (if safe to do so.)

TIP



10 MUST DO COMMANDS

WAIT

Step 1: With your dog on leash have their food bowl in one hand and clicker in the other.

Step 2: Place your dog in front of you (Facing you) Step 3: Place the dog in a sit position

*I think starting this off at meal times teaches your dog the initial self-control

Step 4: With the food in one hand tell the dog to wait and set the bowl on the ground in front of you.

*This may be easier with another person holding the leash.

Step 5: Say the wait command and if the dog leaves the sitting position raise the bowl.

*Let the dog calm down and place them back into a sit.

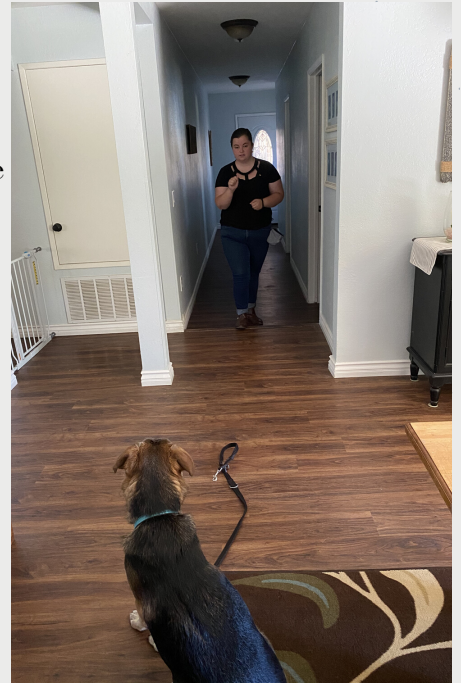
*Repeat steps 4 and 5 until the dog does not leave the sit position.

Step 6: When the dog does not stand **click** the clicker and reward the dog with their food.

*Adding in a breaking cue can be added to start weaning the clicker.

*Repeat this training for every meal, once the dog is performing this regularly start asking them to wait in other scenarios. Before going outside, while on a walk etc.

*If the dog is not food motivated by their kibble you can use their favorite toy that is specific to training sessions or super special treats.



TIP

STAY (This command is similar to "Wait" however it is more strict)

Step 1: With your dog on leash with a treat in one hand and clicker in the other.

Step 2: Put your dog in a sit

Step 3: Give the dog the "stay" command but do not move

Step 4: Click the clicker and give them a treat. Praise the dog for staying.

*I like to say "Good stay"

Step 5: Repeat steps 1-3 but take one step back.

Step 6: If the dog stays for 3 seconds **click** the clicker and **return** to them to reward them.

*Keeping the dog in stay and returning to them to reward them is the difference between wait and stay.

*Continue practicing steps 1-6 adding distance and time between the command and the click.

*Add in distractions and practice both inside and outside starting from the beginning with each new environment/distraction.

*Using a long line leash can help ensure the handler has full control even from a further distance.

*Once distance is mastered practice stay while going out of sight. This could be closing a door or going around the corner.



TIP

10 MUST DO COMMANDS



FOCUS

Step 1: With your dog on leash and in a room with no distractions have a treat in one hand and the clicker in the other.

Step 2: Have your dog be in a relaxed position not focused on you

*This could be just laying down or they could be playing with a toy

Step 3: Call the dog's name and give the "focus command". If the dog makes eye contact with you click the clicker and reward them with praise and the treat.

Step 4: Allow the dog to go back to a relaxed position and repeat steps 1-3.

If the dog does not make eye contact:

Step 3*: Call the dog's name and say "focus" while luring the dog to make eye contact by bring the treat by their nose then hold it straight to the bridge of your nose. Click the clicker as soon as they make eye contact.

Step 4*: Allow the dog to go back to a relaxed position and repeat.

*Once your dog is making eye contact increase the time between the initial eye contact and the click. This allows the dog to focus on you longer.

*Gradually increase distractions and change the environment for training. Always be ready to have to make adjustments for distractions and start training again.

*You can throw a toy and as it falls call the dog and ask for them to focus. Have the toy be far enough away that they cannot reach it on leash if they do not focus. The lack of reward will push them to focus. Once focused give them the toy.

TIP



HEEL

Step 1: Have your dog on leash and go outside to a non-distracting environment. Have a treat in one hand and clicker in the other.

Step 2: Place your dog in a sitting position and have them be on your left side.

Step 3: Begin walking, if the dog pulls in front of you, stop and patiently wait for them to come back to you. Click the clicker when they enter a small zone by your left leg.

*This zone should be such that the dog's front legs are just in front of yours.

Step 4: Repeat step 3. Click the clicker if your dog stays in the zone after a few steps. Continue to stop and wait if they continue to pull.

Step 5: Increase the amount of time the dog needs to stay in the zone before the click

*There are multiple types of extra training equipment that can help a dog stay calm during walking. Some dogs heel better with the use of harnesses, face halters (gentle leads) or walking vests.

*Anticipate distractions that can make a dog leave the heel position and try and lure the dog with treats to stay in heel and ignore the distraction.

*Practice both during training time and while out on walks

TIP

10 MUST DO COMMANDS

BED



Step 1: With your dog in a quiet environment have multiple treats ready as well as your clicker.

Step 2: Place your dog in a sitting position

Step 3: Throw a treat into the dogs bed/crate and say the cue "bed"

Step 4: As soon as the dog places a paw in the crate or bed, click the clicker and reward them with praise and the treat that was in the bed.

Step 5: Repeat steps 1-4 but increase how much of the dog that must be on the bed before the click

Step 6: Once the dog is consistently going to their bed, and all their paws are on it, increase the length of time before the click. This allows for the dog to stay in their bed.

Step 7: Once the dog is proficient in the cue, without tossing a treat, ask them to go to bed and give them a treat only once they are completely in bed. ALWAYS give them lots of praise when

transitioning.

*I like to also associate a break cue with bed and not allow the dog to leave once all four paws are on the bed until they hear the command. This allows the dog to get used to spending time on their bed for longer periods of time and can be useful when guests come or if the dog gets too excited by things. You can have them go to their bed and wait until it is safe or appropriate for them to rejoin.

*Increase the distance you are from the bed when giving the cue and gradually increase distractions.

TIP



PLACE (This command is similar to "Wait" however it is more strict)

Step 1: With the dog on a leash and a treat in one hand and the clicker in the other.

Step 2: Have a set marker that will serve as "place" this should be different then "bed"

Step 3: Walk the dog to over to the marker and say "place" asking them to stand on the marker. *Do not have them do another command.

Step 4: As soon as any part of the dog touches the marker click the clicker and reward them with praise and a treat and lead them off of the marker.

*Give a command to let the dog leave the marker. "Break"

Step 5: Repeat steps 1-4 while gradually increasing how much of the dog must be on the marker before you click.

Step 6: Once the dog is going fully onto place increase the amount of time they spend on the marker before you click and reward them.

*If the dog leaves the marker do not reward them and start again.

Step 7: Once the dog is staying on the marker for longer periods of time ask them to go to place without leading them.

*The absence of reward when they leave and the presence of the award when they stay will motivate them to stay once they associate them together.

*Once the dog is confident in place start asking them to place on other objects. This could be tree trunks, the beds of a car or other flat objects. This cue can be useful in keeping an excitable calm as they have to focus on staying in one place.

TIP



10 MUST DO COMMANDS

COME

Step 1: With your dog in a closed room with no distractions have high valued treats and your clicker.

Step 2: Say the dog's name in a high pitched happy voice and say the cue "come"

Step 3: If your dog looks toward you or comes click the clicker and reward them with lots of praise and the treat.

*Do not repeat the cue if they do not come. Just wait a few seconds and try presenting them with a toy or show them the high valued treat.

Still clicking if they come.

*Squeaker toys can be used to get the dogs attention.

*Give a lot of praise for even if they look at you.

Step 4: Move to the other side of the room and repeat steps 1-3.

Step 5: Once your dog is coming to you when called increase the distance between you and the dog. Then start adding in like distractions and other people.

*Adding in a breaking cue can be added to start weaning the clicker.

*Repeat this training for every meal, once the dog is performing this regularly start asking them to wait in other scenarios. Before going outside, while on a walk etc.

*If the dog is not food motivated by their kibble you can use their favorite toy that is specific to training sessions or super special treats.

TIP

DROP IT

Step 1: With the dog on leash, have high value treats and clicker in hand.

Step 2: Have the dog's favorite toys nearby.

Step 3: Place your dog in a sit and kneel in front of them with a toy in hand.

Step 4: Give the toy to the dog and allow them to chew on it.

Step 5: Show the dog the treat and say the command "drop it". The dog should drop the toy to take the treat.

Step 6: As soon as the dog releases the toy click the clicker and give them the treat.

Step 7: Re-present them with the toy and allow them to chew on it.

Repeat steps 1-6

*If the dog does not drop the toy you may have too valuable of a toy or not a valuable enough treat.

*Once the dog is dropping the toy regularly increase distance between you and the dog. Next add distractions and new environment. *If the dog is holding something they should not be chewing on remember to keep your voice in a positive tone when asking "drop it" and still treat the dog. Replace the contrabanded item with an acceptable chew toy. *Never chase a dog or try to pry things from their mouths as this can cause fear and could lead to a bite.

TIP



Record Keeping

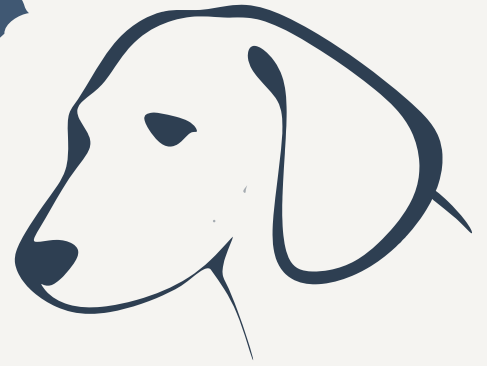
The Purpose of Record Keeping

Record-keeping is essential to maintain accurate AET records for degrees and awards but is also a perfect way to ensure the student and dog are making progress in training. Keeping accurate records of when, where, and for how long a training session took place is crucial. Also noting the task/exercise, they were training for and the dog's response, this will allow the student to adapt their training to the dog's process. Depending on the student and dogs, process charts can be adjusted to suit their needs better. If the student plans to enter their dog into a show, record keeping is a great way to ensure they stay on track with the required obedience tasks the dog needs to perform.

Record keeping is not only about obedience. Keeping up to date and accurate records of all veterinary care and medication is essential to the dog's health. If the student does not own the dog, it is vital to know the dog's medical history before training and ensuring the animal is up to date on all vaccines. Working with the animal's owner and requesting a copy of vaccination records. For placement projects, students will want to keep an accurate record of all contracts as well as record any vital information for each client. Entrepreneurship projects also require accurate record-keeping, especially if the student is training a service dog puppy or plans to participate in a dog show. Each project will have its unique requirements, but overall, record keeping is a must.

	Mon	Tue	Wed	Thur	Fri
Command Notes					
Command					
Command					
Command					

STUDENT RESOURCES



Here is a list of additional resources that could be beneficial for students looking to participate in a dog training SAE or are currently participating. If one resource doesn't work don't give up. There are plenty of different training styles and a plethora of videos, articles and how-to guides that show different ways to get your dog to understand what you are asking. Every dog and handler is different and what may work for one dog or may not work for another and that is okay.

YOUTUBE LINKS

<https://www.youtube.com/user/zakgeorge21>

Zak George, a dog trainer who specializes in positive reinforcement training.

<https://www.youtube.com/user/AmericasCanineED>

Educational videos on different types of training

https://www.youtube.com/channel/UCHWk_14bE6nLSGYzB8nqlig/videos

How to become a professional dog trainer tips.

<https://www.youtube.com/channel/UC6gT0RllwyXVEvX7xE10qlQ/videos>

Tips on basic dog training and troubleshooting



ARTICLE LINKS

<https://www.akc.org/expert-advice/training/>

Multiple articles from AKC on dog training.

<https://www.whole-dog-journal.com/training/dog-training-using-positive-techniques/>

Positive training article

<https://pets.webmd.com/dogs/guide/dog-training-obedience-training-for-dogs#1>

Benefit of dog obedience training

<https://www.pedigree.com/dog-care/training/10-best-training-tips>

Training tips

<https://www.thesprucepets.com/clicker-training-for-dogs-1118267>

Clicker help and introduction



TRAINING APPS

Dogo

Puppr

Everydoggy

These all provide how to tips, online clickers and record keeping processes

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