ACT COMPANION DOG CLUB
Agility Information and Application Pack
(January 2023)

General information

Agility is a dog sport based on show jumping, which involves a dog running a course which includes jumps, tunnels and contact obstacles. The challenge of Agility is for the handler to communicate the correct course to the dog by voice and body signals. CDC has been involved in Agility since the beginning of the sport in the early 1990s.

CDC runs multiple Agility classes per week, graded from Level 1 to Masters. The classes are generally held on weekday evenings and the day and time depends on which skill level the dog has reached. Each session runs for 8 weeks, but may not be in line with the Club's Behaviour Training classes. The lower levels focus on foundation work. This includes handling techniques to enable fast and accurate communication with the dog to achieve a smooth and fast run and familiarising the dog with equipment.

Once the handler and dog team acquires a certain skill level the team can participate in trials. These are special events where teams from various clubs compete in a friendly fashion. The competition levels include entry level (Novice), a middle level (Excellent), a high level (Masters) and the highest level (Elite). To graduate from a level, the team needs to achieve a certain number of qualifying runs, that is, runs with no faults and within the time limit. Every course designed by the judge is different so there is always a fresh challenge for dogs and handlers alike. It is great fun and the dogs and handlers really enjoy themselves.

Class requirements to consider before applying for Agility classes

Dogs need to:
1. Be over 14 months old, for skeletal maturity
2. Be a suitable weight, which is generally lighter than the average pet
3. Come reliably when called off-lead
4. Be able to work off-lead in close proximity to other dogs

Handlers must be prepared to, or able to:
1. Use rewards-based force-free methods endorsed by the Club (see the Club's *Training ethos* on the website www.actcdc.org.au >Support > Resources)
2. Help set up and put away the Agility equipment before and after class, some of which is awkward and/or heavy. There are many lighter items that those with physical limitations will be able to manage
3. Practice handling techniques at home
4. Be available to train on either a Monday or Wednesday evening. The training day will vary between sessions and the start time may be any time between 6.00pm and 7.15pm.
5. Assist with stewarding at CDC Agility trials or Agility trials held by other ACT clubs. Handlers are required to spend at least 1 full day or 2 half days stewarding whilst in the lower levels. This will help them gain an understanding of Agility as well as assist with the running of the trials.

Additional class rules:
1. Only one handler is allowed per dog. A team consists of a handler and a dog. The dog depends on the handler to communicate what is required of him via the physical and verbal cues that the handler trains him to understand
2. Only one dog per handler can train in the same class in Levels 1-4
3. The dog must have passed a recent intake and the team must have been offered and accepted a class place
4. The handler must be a financial member of CDC and have paid for the dog to do agility at the Club (if the dog is already participating in another activity there is no extra charge)
5. There is an 8-week probationary period in Level 1. If the instructor discovers an issue that was not apparent at intake and believes that it is not safe for the dog to work in close proximity to other dogs the Agility Sub-committee (ASC) may ask the handler to terminate Agility training at CDC with that dog, in which case any relevant fees will be refunded.

Application for Agility classes

To apply for Agility at CDC:
1. Complete and submit the attached Agility Application Form at the end of this document. It is also available at the Club Office. Your name will be added to a waiting list and when you are near the top of the list, you will be invited to attend the next intake.

2. Attend the intake night, which includes assessment and a short introductory lecture. You must pass the intake and attend the lecture before you can start training. The assessment involves:
   a. A control test to assess your control of the dog when it is off-lead and other dogs are nearby. You can use your voice, toys or food to encourage your dog to come when called;
   b. A temperament test to assess your dog's reaction to being in close proximity to unfamiliar dogs;
   c. A fitness test to ensure your dog does not have any visible musculoskeletal problems that may be exacerbated by jumping/landing. If there is some concern, the ASC may require a check by a qualified veterinarian;
   d. A weight check to ensure that agility training will not place undue strain on your dog's joints. (see the following article 'Corpulent canines' by Chris Zink). There is no weight test for handlers!

If you pass the intake test and attend the lecture
1. You will usually be offered a place in the next Level 1 class; however, you may have to wait until the following session as there is a limit of 10 class places in Level 1. Sometimes there are more people invited to the intake than places available in case some fail. If you pass and are not offered a place there will be one available for you in the following session.
2. If you are an existing member of the Club and you have accepted a class place you need to complete an 'Additional Activity' form and submit it to the Club office. This form is available on the website (see https://actcdc.org.au/resources/) and in the Club's online membership management system.
3. If you are not an existing member of the Club you must apply to join the Club and pay the required membership fee before you can begin training.

Preparation for Agility classes

Since it can take a few months after you apply before you can start training in Agility, it is a good idea to start some simple training exercises with your dog.
1. Practice quick but reliable sit or drop stays, with the handler going about 5-10 metres away for 15-30 seconds, returning to the dog, rewarding and repeating a few times. This will be of great benefit when you start training your dog on the equipment.
2. Practice walking and handling your dog on your right side. Heeling on the left is great for Obedience, but successful Agility dogs are comfortable being handled on the left or right side of their handler. Make a game of switching sides and reward your dog on each side.
3. Watch your dog's weight. The ribs should be easily felt and the dog should have a 'waist'. Make use of the dog-weighing scales in the clubhouse to check your dog's weight.
4. Teach your dog to tug on a toy or a plaited rope. Start with something very soft. Tugging creates arousal which can then be used to motivate your dog to play the Agility game.
5. Practice recalling your dog when there are other dogs around. Reward generously every time!

We look forward to welcoming you to our Agility group.

CDC Agility Sub-committee
(January 2023)

Attachments
1. Chris Zink: *Corpulent Canines - Why Are So Many Dogs Overweight* (2009)
2. ACT Companion Dog Club: *Guidelines (Rules) for Agility Training* (2020)
3. ACT Companion Dog Club: *Agility Entry Requisites* (February 2018) ©
4. ACT Companion Dog Club: *Agility Learning Objectives* (January 2018) ©
5. ACT Companion Dog Club: *Agility Application Form (2023)*

Corpulent Canines: Why Are So Many Dogs Overweight?
## By Chris Zink DVM, PhD, DACVSMR

The summer is over. You spent many healthy weekends outdoors, training and showing your dog. Perhaps during your evenings, you sat out on the deck, consuming healthy things like salads and unsweetened ice tea. If you are like most people, you have taken off some of those pounds that crept on over the winter. You look and feel healthier (even if you are not totally pleased with what the result looks like in a bathing suit). That's one of the advantages of being a human. We get to decide how much we feed ourselves and how much exercise we get.

But our dogs are not so lucky. They depend on us to put food in their bowls. And, more often than not, we are putting in too much! I have assessed the weight on hundreds of dogs representing a variety of breeds at seminars all over North America. A conservative estimate is that about 35 per cent of the dogs I see are overweight; approximately 20 per cent are seriously overweight – enough to endanger their health. These are not couch potatoes, but dogs that jump in Obedience, run over rough ground in Retrieving Tests, and twist and turn on Agility courses. Canine athletes that have excess body fat carry a higher risk of musculoskeletal problems such as ruptured anterior cruciate ligaments, early onset of arthritis and degenerative disk disease.

Why are so many dogs overweight? The following are some possible answers to this difficult question:

1. **Keeping a dog at working weight may be incompatible with winning in conformation**
   I have never understood why dogs whose breed standard states that they should be shown in "hard working condition" don't win in the conformation ring unless they are fat. If someone knows the answer to this question, I would very much like to hear it. In the meantime, for breeds such as Golden Retrievers and Labrador Retrievers, assume that if your dog is winning in the conformation ring, it is probably about eight to 15 pounds overweight. If you have a young dog that you wish to show in conformation as well as other performance sports, keep him lean and train and compete in the other performance sports until he is mature and ready to win in conformation. Then fatten him up for the breed ring, let him take the conformation world by storm, and then put him on a diet before you go back to competing in the more strenuous performance sports.

2. **People feed their adult dogs the same amount of food they fed them as adolescents**
   This is a common mistake. But just as most of us eat less now than we did as teenagers, your adult dog needs less too. A dog's metabolism slows down with maturity and adult dogs need less food to maintain their weight.

3. **People believe the suggested feeding regimens that are printed on dog-food bags**
   Even active dogs don't need the amount of food most dog-food companies recommend. Your dog only needs as much food as will maintain its weight. Two dogs of the same breed and size may require vastly different amounts of food to maintain their weight because there are other factors such as exercise, type of food, etc.

4. **The dog has been less active, but is being fed the same amount of food.**
   Adjust your dog's food intake to its activity level. Remember: In the winter your dog may not get as much exercise, so decrease his intake accordingly. Every time you go to the dog food bag, think about how much exercise your dog has had (not how much exercise he might, possibly, get tomorrow if you get your act together) and dole out the food accordingly.

5. **People don't know how to determine whether their dogs are overweight**.
   This is a very common problem. Dogs vary in height, bone structure and muscularity, so there is no single "correct weight" for a dog of any given breed. The quickest way to determine whether a dog is overweight is to feel the thickness of the fat over the last few ribs. In this area, the ribs lie right under the skin. If there is any subcutaneous fat, you can feel it between the skin and the ribs. Take your thumb and index finger and pinch deeply into the skin and tissue below. Then pull the tent of skin outward. You will immediately feel the layer of fat slip out from under your fingers (Figure 1). In a canine athlete, that layer of fat should be as thin as tissue paper. As you help your dog lose weight, feel that fat layer to monitor weight loss. It's more convenient and just as accurate as using a scale.
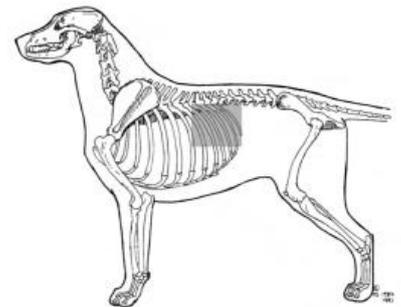
Some of you may be reading this and thinking, "I would never want my dog to be that skinny!" Think about the Olympic athletes. Think about runners in the Olympics 100 metre race. If you want your dog to be an athlete then it is only fair that you do what you can to help him achieve the body that he will need to perform and stay healthy and injury-free for many years.

6. **People worry that their dogs will not get enough nutrition if they feed them less**.
Premium dog foods are packed with nutrients. If your dog is overweight, unless he has a hormonal problem (eg. hypothyroidism), he is getting too much nutrition. Cutting back will not put him in jeopardy. Remember: Just like humans, individual dogs vary in their metabolic rate and some dogs just need less food.

7. **People don't know how to get their dogs to lose weight without the dog begging for food with that sad-eyed look that says, "I'm hungry"**
Try the pumpkin diet. Reduce your dog's regular food by 25 to 30 per cent and replace it with twice that volume of canned pumpkin (not the kind with sugar and spices, ready-made for pies). For example, if you are currently feeding your dog three cups of food, you would instead feed him two cups of food and two cups of canned pumpkin. Dogs love the pumpkin – it has the texture of canned dog food, it provides vitamins and roughage, it makes them feel full (so they don't forage in the backyard for leftovers) and they lose weight! You can also use other low-calorie vegetables if you or your dog prefer. Once your dog has lost the fat, you can gradually increase his intake of dog food, but stop short of feeding the amount he ate when he became overweight. And don't forget to give your dog regular exercise. Not only will the exercise help him lose the excess fat, the muscle mass he'll gain will help maintain his svelte figure long-term.

8. **The vet said that the dog was a good weight (or even underweight)**
I have asked many vets why they don't tell their clients that their dogs are overweight, and I always get the same answer: "I have lost so many clients because they were offended when I told them their dogs were overweight that I just don't tell them anymore." So please, don't be offended – it doesn't reflect on you personally. Honest. The following is a real- life example of the importance of keeping our canine athletes at the proper weight. Years ago, Julie Daniels, a well-known Agility trainer and competitor, was showing her female Rottweiler 'Jessy' in conformation. After she got her first major (five points), Julie decided that she would rather compete with Jessy in Agility. Knowing that Rottweilers are not ideally structured for Agility, Julie took 21 pounds (yes, 21 pounds – this is not a typo) of fat off the dog. The dog looked healthy and muscular, and in the process lost 1 1⁄2" in height at the withers. For many dogs this could mean a four-inch difference in jump heights. Jessy became the all-time top winning Rottweiler in Agility and was still healthy and competing (in the Veterans classes) at the age of 10. So why not do this for your best friend?

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ACT Companion Dog Club: Guidelines (Rules) for agility training (2020)

The ACT Companion Dog Club has adopted the following rules to ensure the safe and equitable provision of Agility training on the Club grounds. The rules are divided into sections for ease of reference but are generally applicable to all members participating in Agility at the Club.

Unless otherwise noted, the term "training" includes formal classes, informal practice and private training sessions, mock trials and other Agility activities.

General

These rules are to be read in conjunction with the *Club Rules* of the ACT Companion Dog Club (see www.actcdc.org.au >Support > Resources).

Handlers must be current financial members of the ACT Companion Dog Club and must have paid the relevant fee for each dog taking part in Agility training.

Fees entitle handlers to attend only one formal training class per week per dog, although additional practice sessions and other activities may be offered from time to time.

Members who wish to begin Agility training or resume training (below Trialling level) after a break of more than one session must contact the Agility Sub-committee member responsible for Class Management or the Convener regarding class availability.

Dogs

Before commencing Agility training, all dogs must pass the Agility intake test and attend the intake lecture (run by the Agility Sub-committee before the start of any session where a Level 1 Agility class will be offered).

All dogs must be 14 months of age or older to attend training. To compete in ANKC-sanctioned events on the Club grounds, dogs must be 18 months of age or older.

Instructors' dogs under the age of 14 months can participate in private training sessions as long as the dog has passed an Intake assessment and is a financial member in terms of Agility training. This is allowed as instructors should have a good understanding about what is appropriate and what is inappropriate for a dog under 14 months to do in terms of Agility foundation work. Instructors can then ask for their dog to be assessed for entry into a class higher than Level 1 once the dog reaches 14 months.

Prior to starting Agility training, all dogs (regardless of pre-existing competencies in Agility) must undertake a fitness assessment and an off-lead control test conducted under the direction of the Agility Sub-committee.

Handlers are responsible for ensuring that their dogs are fit and healthy and are an appropriate weight and temperament to participate in Agility training. Handlers may be asked to submit a veterinary certificate by the Agility Sub-committee or an Agility instructor. Handlers may not continue training until the certificate has been submitted and approved by the Agility Sub-committee.

Bitches in season or in whelp are not permitted to attend training.

Training is to be carried out using an approved non-slip collar or no collar at all, without dangly bits such as dog tags. Other equipment (including dog coats and harnesses) is not to be worn when working (although coats can be put back on in between work sessions).

Dogs must be kept on lead at all times, except when carrying out training under the direction of the instructor.

Handlers

Handlers are responsible for their own fitness and health to participate in Agility training. Handlers may, at their discretion, advise the instructor if they have any condition that may affect their ability to participate.

Handlers must not exercise their dogs off-lead in the Agility rings before or after class. However, instructors may train their dog or use their dog to test their sets before or after taking a class.

Agility equipment must be handled, erected and used in the manner directed by the instructor to minimize risk to handler and dogs and to avoid damage to the equipment.

Handlers are under the direction of the Agility instructor during training. Handlers may be directed to remove themselves and/or their dogs from the training rings by the instructor or a member of the Agility Sub-committee.

Handlers are expected to help with the set up and pack up of equipment. If a handler has any limitations in regard to doing so, he/she needs to notify the instructor of this before class begins.

Instructors

Agility instructors are to read these rules in conjunction with the Club's *Instructor's Code of Conduct*.

Instructors are required to record class attendances in the manner approved by the Agility Sub-committee

It is assumed that instructors (and Club officials) attending a class with their dog are there to train their own dog rather than act as an instructor or Club official and will act in accordance with the Club's *Code of Conduct* when doing so.

Reviewed by the ASC, September 2020
(Formerly called *Rules for agility training at CDC*)

ACT Companion Dog Club: Agility Entry Requisites (February 2018) ©

Entry Requisites – Level 1

ADMIN	Current financial member of ACT Companion Dog Club (CDC)
	Paid agility training fee (or CDC instructor)
	Has reached the intake cut-off point in CDC's agility waiting list (or is current CDC instructor)
	Team complies with all CDC rules and policies
	Has attended an agility intake lecture (and, if a new CDC member has attended CDC new members lecture)
	The team has passed an agility control test. The dog is not aggressive towards other dogs or people. Dog responds to handler during informal recall and off-lead walking, including with distractions. Handlers may use motivators (toys, food, praise) at any time during the test. Handler is able to leave dog on a wait (any position) and walk a short distance.
	Dog is at least 14 months old.
	Handler understands they are required to help set up and pack up equipment
	The dog has passed an agility physical test. Has no obvious problem such as limping or stiffness. Is easily able to jump a low hurdle, and can turn from one side to the other. Dog is an appropriate weight.
There is no requirement to pass any particular level of obedience class before entry to CDC agility, this is covered by the agility control test	
Promotion of teams to higher agility class levels is at the discretion of the agility sub-committee	

Entry Requisites – Level 2, 3 & 4

ADMIN	Current financial member of ACT Companion Dog Club (CDC)
	Paid agility training fee (or CDC instructor)
	Dog is at least 14 months old
	Team complies with all CDC rules and policies
	Handler understands they are required to help set up and pack up equipment
	Has attended at least 75% of classes of the previous session (if attended CDC agility). **If classes have been cancelled due to poor weather/or trials then promotion to next class will be at the judgement of the instructor and learning objectives.**
	Dog doesn't persistently disrupt class (e.g. does not: display aggression to dogs or people, lunge/bark at other dogs or handlers, urinate on equipment, and remains under effective handler control at all times)
	For new CDC agility members (i.e. have not been promoted from a lower level): Has attended a CDC agility intake lecture in the last 2 years (and CDC new member lecture if a new member to CDC). The team has passed an agility control test and an agility physical test as described above in Level 1.
Promotion of teams to higher agility class levels is at the discretion of the agility sub-committee	

Entry Requisites – Novice

ADMIN	Current financial member of ACT Companion Dog Club (CDC)
	Paid agility training fee (or CDC instructor)
	Team complies with all CDC rules and policies
	Handler understands they are required to help set up and pack up equipment, including setting up from a course map
	Dog doesn't persistently disrupt class (e.g. does not: display aggression to dogs or people, lunge/bark at other dogs or handlers, urinate on equipment, and remains under effective handler control at all times)
	For new CDC agility members (i.e. have not been promoted from a lower level): Has attended a CDC agility intake lecture in the last 2 years (and CDC new member lecture if a new member to CDC). The team has passed an agility control test and an agility physical test as described above in Level 1.
Promotion of teams to higher agility class levels is at the discretion of the agility sub-committee	

Entry Requisites – Excellent Class

	Entry to Excellent is by attainment of **3 passes** towards an AD or ADO title. Handler to contact class manager when criteria is met
ADMIN	Current financial member of ACT Companion Dog Club (CDC)
	Paid agility training fee (or CDC instructor)
	Team complies with all CDC rules and policies
	Handler understands they are required to help set up and pack up equipment, including setting up from a course map
	Dog does not disrupt class in any manner, and remains under effective handler control at all times
	For new CDC agility members (i.e. have not been promoted from a lower level): Has attended a CDC agility intake lecture in the last 2 years (and CDC new member lecture if a new member to CDC). The team has passed an agility control test and an agility physical test as described above in Level 1.
Promotion of teams to higher agility class levels is at the discretion of the agility sub-committee	

ACT Companion Dog Club: Agility Learning Objectives (January 2018) ©

The skills required for promotion to the next class are documented in the following Learning Objectives. Teams should not be promoted if they do not meet the minimum standard described for each level.

Learning Objectives – Level 1

Obstacles	**Team to have exposure to all the obstacles listed below and be able to perform all to the standard described**	
	Jump	At low height
	Spread	At low height
	Broad	At narrow width
	Tyre	At low height
	Tunnel	Not necessarily at full length. Can be straight
	Contact strategy	Handler to choose a contact behaviour (running, 2o2o or other) and work only on board on low table or planks on the ground. A frame and Dog Walk NOT to be introduced in this class.
	See saw	Has been introduced to See Saw (use of tables and/or plank being held encouraged). Can explain and demonstrate contact strategy even if not consistent yet
	Wobble Board	Dog introduced to Wobble Board and is building confidence with movement under feet

Skills	**Team has had exposure to all the following, and is able to perform all at the standard described**	
	Recalls	Reliably able to recall dog (80% of the time)
	Send to dead toy/target plate	Handler can send dog ahead at least 2 metres to either a dead toy or a target plate with food (or similar)
	Warm-up	Handler is able to demonstrate an appropriate warm-up for their dog
	Targets/toys	Handler can demonstrate appropriate use of Targets and/or toys
	Motivators (play, food, toys, praise)	Handler is aware of what, when, how to use. Is able to use in training to arouse dog, increase confidence, reward good performances
	Attention	Handler can reliably (90% of the time) get dog's attention when asked to do so
	Flatwork for Front Crosses	Handler can execute basic Front Cross on the flat (with no obstacle or with a prop e.g. traffic cone)
	Marker & Release Words	Handler understands the importance of and the difference between the 2 and uses them consistently well in training.
	Team has had exposure to all the following, and is able to do at least 8 at the standard	
	Independent performance of obstacles	Handler able to work most obstacles with dog on either side of handler (i.e. on left or right)
		Dog able to perform obstacles with handler stationary and moving
	Hand targeting, lead hand	Handler able to demonstrate or explain lead hand work, call to side or reinforcement zone (i.e. value for following handler's movement)
	Cues & Signals	Handler can demonstrate cues (voice/hand/body/movement) for each obstacle
	Lateral distance	Handler has been introduced to the concept of lateral distance
	Angled approaches	Able to perform some obstacles with approach angles of at least 20 degrees
	Send dog ahead	Handler can send dog ahead at least 2 metres (use of target permitted)
	Sequences	Able to perform a simple sequence of at least 2 obstacles
	Luring v's rewarding	Handler understands the difference between luring and rewarding. Targets can be used
	Lead Out	Handler can usually lead out at least 1 metre ahead of dog
	Call-offs	Handler can usually (80% of the time) call the dog off an obstacle if the dog isn't too close to the obstacle

Handling	**Team has had exposure to all the following, and is able to perform all at the standard described**	
	Post Turn	Handler can demonstrate an easy post turn
	180	Handler can demonstrate an easy 180
	Pinwheels	Team has been introduced to Pinwheels
	Tight Wrap	Team has been introduced to the concept of a tight wrap on a single wing jump

The CDC agility sub-committee can choose to promote/not promote/admit any team to any level after consideration of all relevant facts

Learning Objectives – Level 2

<table>
<tr><td rowspan="10">Obstacles</td><td colspan="2">Team will have exposure to all the obstacles listed below and will be able to perform all to the standard described</td></tr>
<tr><td>Jump</td><td>Up to 50% of competition height</td></tr>
<tr><td>Spread</td><td>Up to 50% of competition height</td></tr>
<tr><td>Broad</td><td>Up to 50% of competition width</td></tr>
<tr><td>Tyre</td><td>Up to 50% of competition height</td></tr>
<tr><td>Tunnel</td><td>Not necessarily at full length. May be straight or slightly curved.</td></tr>
<tr><td>A frame</td><td>First introduction to A frame at low height or with individual planks on a low table. Handler to show contact strategy even if still a work in progress</td></tr>
<tr><td>Dog walk</td><td>First introduction to Dog Walk at low height or with planks on the ground or low table. Handler to show contact strategy even if still a work in progress</td></tr>
<tr><td>See Saw</td><td>Continue to build skills on see saw. Tables and/or plank being held to continue until dog is confident. Handler can show and explain their contact strategy.</td></tr>
<tr><td>Weaves</td><td>First introduction to Weaving. Various methods can be used including channel, V poles, guides and 2x2's.</td></tr>
</table>

<table>
<tr><td rowspan="27">Skills</td><td colspan="2">Team has had exposure to all the following, and is able to perform all at the standard described</td></tr>
<tr><td>Recalls</td><td>Reliably able to recall dog (90% of the time)</td></tr>
<tr><td>Contact Strategies</td><td>Able to describe and demonstrate a practical contact strategy (not necessarily proficient yet)</td></tr>
<tr><td>Warm-up</td><td>Handler is able to demonstrate an appropriate warm-up for their dog</td></tr>
<tr><td>Send dog ahead</td><td>Handler can send dog ahead at least 3 metres. Use of target permitted.</td></tr>
<tr><td>Targets/toys</td><td>Handler can demonstrate appropriate use of Targets and/or toys</td></tr>
<tr><td>Motivators (play, food, toys, praise)</td><td>Handler is aware of what, when, how to use. Is able to use in training to arouse dog, increase confidence, reward good performances</td></tr>
<tr><td>Marker & Release Words</td><td>Handler understands the importance of and the difference between the 2 and uses them consistently well in training.</td></tr>
<tr><td>Attention/Control</td><td>Handler can reliably (95% of the time) get dog's attention when asked to do so. Dog is rarely doing "zoomies" or disturbing other dogs in class.</td></tr>
<tr><td>Luring versus rewarding</td><td>Handler is not relying on luring all the time (can use targets for contacts)</td></tr>
<tr><td colspan="2">Team has had exposure to all of the following and is able to do at least 7 at the standard described</td></tr>
<tr><td rowspan="2">Independent performance of obstacles</td><td>Handler able to work most obstacles with dog on left or right hand side</td></tr>
<tr><td>Dog able to perform obstacles with handler stationary and moving</td></tr>
<tr><td>Hand targeting, lead hand</td><td>Handler able to demonstrate hand targeting with dog following handler's hand (e.g. post turn, figure 8 exercise)</td></tr>
<tr><td>Cues & Signals</td><td>Handler can demonstrate cues (voice/hand/body/movement) for each obstacle</td></tr>
<tr><td>Lead out</td><td>Handler can lead out at least 3 metres from dog</td></tr>
<tr><td>Lateral distance</td><td>Handler can get at least 1 metre lateral distance</td></tr>
<tr><td>Angled approaches</td><td>Able to perform some obstacles with approach angles of at least 20 degrees</td></tr>
<tr><td>Sequences</td><td>Able to perform a simple sequence of 3 obstacles</td></tr>
<tr><td>Call-offs</td><td>Handler can usually (85% of the time) call the dog off an obstacle if the dog isn't too close</td></tr>
</table>

<table>
<tr><td rowspan="6">Handling</td><td colspan="2">Team has had exposure to all the following, and is able to perform all at the standard described</td></tr>
<tr><td>Post Turns/180's</td><td>Progress understanding towards competition standard</td></tr>
<tr><td>Pinwheel</td><td>Handler can demonstrate a basic Pinwheel</td></tr>
<tr><td>Front Cross</td><td>Handler can demonstrate a basic Front Cross</td></tr>
<tr><td>Tight wrap</td><td>Handler can demonstrate a basic tight wrap on a single wing jump</td></tr>
<tr><td>Rear Cross</td><td>Introduce the concept of a Rear Cross</td></tr>
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<table>
<tr><td>The CDC agility sub-committee can choose to promote/not promote/admit any team to any level after consideration of all relevant facts</td></tr>
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Learning Objectives – Level 3

<table>
<tr><td rowspan="11">Obstacles</td><td colspan="2">Team will have exposure to all the obstacles listed below and will be able to perform all to the standard described</td></tr>
<tr><td>Jump</td><td>Progress to 75% of competition height</td></tr>
<tr><td>Spread</td><td>Progress to 75% of competition height</td></tr>
<tr><td>Broad</td><td>Progress to 75% of competition width</td></tr>
<tr><td>Tyre</td><td>Progress to 75% of competition height</td></tr>
<tr><td>Tunnel</td><td>Progress to full length, with some curve</td></tr>
<tr><td>A frame</td><td>Progress to 75% of full height. Team to show their contact strategy with some reliability</td></tr>
<tr><td>Dog walk</td><td>Progress to 75% of full height. Team to show their contact strategy with some reliability</td></tr>
<tr><td>See Saw</td><td>Progressing to competition performance. Team to demonstrate contact strategy with some reliability</td></tr>
<tr><td>Weaves</td><td>Continuing to build weave skills. Team is practising regularly and showing progress with whatever method they have chosen.</td></tr>
</table>

<table>
<tr><td rowspan="16">Skills</td><td colspan="2">Team has had exposure to all the following, and is able to perform all at the standard described</td></tr>
<tr><td>Recalls</td><td>Reliably able to recall dog (95% of the time)</td></tr>
<tr><td>Warm-up</td><td>Handler is able to demonstrate an appropriate warm-up for their dog</td></tr>
<tr><td>Send dog ahead</td><td>Handler can send dog ahead at least 4 metres. Use of target permitted.</td></tr>
<tr><td>Motivators (play, food, toys, praise)</td><td>Handler is aware of what, when, how to use. Is able to use in training to arouse dog, increase confidence, reward good performances</td></tr>
<tr><td>Marker & Release Words</td><td>Handler understands the importance of and the difference between the 2 and uses them consistently well in training.</td></tr>
<tr><td>Attention/Control</td><td>Handler can reliably get dog's attention when asked to do so. Dog is NOT doing zoomies or disturbing other dogs in class. Team can't be promoted if this criteria isn't met</td></tr>
<tr><td colspan="2">Team has had exposure to all of the following and is able to do all at the standard described</td></tr>
<tr><td rowspan="2">Independent performance of obstacles</td><td>Handler able to work most obstacles with dog on left or right hand side</td></tr>
<tr><td>Dog able to perform obstacles with handler stationary and moving</td></tr>
<tr><td>Lead out</td><td>Handler can lead out at least 3 metres from dog some of the time</td></tr>
<tr><td>Lateral distance</td><td>Handler can get at least 2 metres lateral distance some of the time</td></tr>
<tr><td>Angled approaches</td><td>Able to perform some obstacles with approach angles of at least 30 degrees</td></tr>
<tr><td>Sequences</td><td>Able to perform a simple sequence of 4 obstacles</td></tr>
<tr><td>Call-offs</td><td>Handler can usually (90% of the time) call the dog off an obstacle if the dog isn't too close</td></tr>
</table>

<table>
<tr><td rowspan="8">Handling</td><td colspan="2">Team has had exposure to all the following, and is able to perform all at the standard described</td></tr>
<tr><td>Post Turns/180's</td><td>Performing at competition standard</td></tr>
<tr><td>Pinwheel</td><td>Team can confidently perform a pinwheel</td></tr>
<tr><td>Front Cross</td><td>Team can confidently perform a Front Cross</td></tr>
<tr><td>Tight Wrap</td><td>Team can confidently perform a tight wrap (with or without speed into obstacle)</td></tr>
<tr><td>Rear Cross</td><td>Team can perform a simple Rear Cross</td></tr>
<tr><td>Serpentine</td><td>Team has been introduced to a serpentine</td></tr>
<tr><td>Blind Cross</td><td>Team has been introduced to Blind crosses</td></tr>
</table>

The CDC agility sub-committee can choose to promote/not promote/admit any team to any level after consideration of all relevant facts

Learning Objectives - Level 4

<table>
<tr><td rowspan="11">Obstacles</td><td colspan="2">Team will have exposure to all the obstacles listed below and will be able to perform all to the standard described</td></tr>
<tr><td>Jump</td><td>Progress to competition height</td></tr>
<tr><td>Spread</td><td>Progress to competition height</td></tr>
<tr><td>Broad</td><td>Progress to competition width</td></tr>
<tr><td>Tyre</td><td>Progress to competition height</td></tr>
<tr><td>Tunnel</td><td>Full length. Can perform with a large bend</td></tr>
<tr><td>A frame</td><td>Progress to full height. Team has reliable contacts (90% of the time) without a target or is close to fading use of target.</td></tr>
<tr><td>Dog walk</td><td>Progress to full height. Team has reliable contacts (90% of the time) without a target or is close to fading use of target.</td></tr>
<tr><td>Weaves</td><td>Progress to 12 poles straight. Team may still be showing a preference for left hand or right hand weaves.</td></tr>
<tr><td>See saw</td><td>At competition standard with reliable contact performance</td></tr>
</table>

<table>
<tr><td rowspan="14">Skills</td><td colspan="2">Team has had exposure to all the following and is able to perform all at the standard described</td></tr>
<tr><td>Recalls</td><td>Almost always able to recall dog</td></tr>
<tr><td>Lead Out</td><td>Handler has a reliable lead out most of the time</td></tr>
<tr><td>Warm-ups & Stretching</td><td>Handler is able to demonstrate appropriate warm-ups and stretching on their dog</td></tr>
<tr><td rowspan="2">Independent performance of obstacles</td><td>Handler able to work most obstacles with dog on either side of handler (left or right)</td></tr>
<tr><td>Dog able to perform obstacles with handler stationary and moving</td></tr>
<tr><td>Lateral distance</td><td>Handler can get at least 3 metres lateral distance most of the time</td></tr>
<tr><td>Angled approaches</td><td>Able to perform most obstacles with an angled approach (not dog walk or see-saw)</td></tr>
<tr><td>Sequences</td><td>Able to perform a sequence of at least 5 obstacles</td></tr>
<tr><td>Motivators (play, food, toys, praise)</td><td>Handler can demonstrate appropriate use of</td></tr>
<tr><td>Call-offs</td><td>Handler can reliably (90% of the time) call the dog off an obstacle if the dog isn't too close to the obstacle</td></tr>
<tr><td>Attention</td><td>Handler can almost always get dog's attention when asked to do so</td></tr>
<tr><td>Obstacle discrimination</td><td>Handler is aware of some of the issues and some ways to train this</td></tr>
</table>

<table>
<tr><td rowspan="11">Handling</td><td colspan="2">Team has had exposure to all the following, and is able to perform all at the standard described</td></tr>
<tr><td>Post Turn/180/Pinwheel</td><td>Performing to Novice competition standard</td></tr>
<tr><td>Front Cross</td><td>Team can confidently perform</td></tr>
<tr><td>Tight wrap</td><td>Team can confidently perform on a single jump</td></tr>
<tr><td>Rear Cross</td><td>Team developing stronger rear cross skills</td></tr>
<tr><td>Serpentine</td><td>Team performing simple serpentines with some confidence</td></tr>
<tr><td>Blind Cross</td><td>Team performing simple blind crosses confidently</td></tr>
<tr><td>Threadle</td><td>Team has been introduced to the concept</td></tr>
<tr><td colspan="2">Optional handling that may or may not be taught</td></tr>
<tr><td>Here/Come</td><td>Dog reliably comes towards handler (90% of the time). Handler can demonstrate</td></tr>
<tr><td>Out (Increased lateral distance</td><td>Diverging paths. Handler is aware of the concept and can demonstrate a simple version. Use of target permitted.</td></tr>
</table>

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Learning Objectives – Novice

		Team able to perform all the below to the standard described
Obstacles	Jump	Can confidently perform at competition height
	Spread	Can confidently perform at competition height and width
	Broad	Can confidently perform at competition width
	Tyre	Can confidently perform at competition height
	Tunnel	Can confidently perform full length tunnel with a fairly tight radius 180 degree bend or two 90 degree bends
	A frame	Can confidently perform at full competition height. Team has reliable contacts without a target
	Dog walk	Can confidently perform full height dog walk. Team has reliable contacts without a target
	Weaves	Can confidently and reliably perform 12 weaving poles. Handler on both sides.
	See saw	Can confidently and reliably perform see-saw

		Team has had exposure to all of the following and is able to perform all at the standard described keeping in mind that some teams will place a greater/lesser emphasis on certain skills according to their preferences
Skills	Recalls	Able to recall dog
	Lead Out	Handler understands the importance of this skill and can usually lead out from their dog
	Warm-ups & Stretching	Handler is able to demonstrate appropriate warm-ups and stretching on their dog
	Independent performance of obstacles	Handler able to work most obstacles with dog on either side of handler (i.e. on left or right)
		Dog able to perform obstacles regardless of handler position
	Lateral distance	Handler understands the importance of this skill and can usually work laterally from their dog
	Send dog ahead	Handler can send dog ahead
	Sequences/courses	Able to perform a sequence of at least 8 obstacles, and courses of at least 12-16 obstacles
	Attention	Handler can almost always (95% of the time) get dog's attention when asked to do so
	Obstacle discrimination	Handler and dog have ability to perform simple obstacle discrimination exercises
	Proof against distractions	Dog is able to perform in the presence of distractions
	Course walking	Handler can walk a course & is starting to understand how to work out the best handling strategies for their dog

		Team has had exposure to all of the following and is able to perform all at the standard described keeping in mind some teams will choose not to utilise some handling options.
Handling	Post Turn/180/Pinwheels	Handler can demonstrate while running a course.
	Front Cross	Handler can demonstrate a front cross while running a long sequence
	Tight Wrap	Handler can demonstrate a tight wrap while running a long sequence
	Rear Cross	Handler can demonstrate a rear cross while running a long sequence
	Serpentine	Team can demonstrate in a sequence
	Blind cross	Team can demonstrate a blind cross and handler is aware of the advantages/disadvantages of this turn
	Threadle (pull through)	Handler is aware of the concept, has chosen a clear cue, and has started to train this
	270	Handler can demonstrate a simple 270 while running a sequence
	Backsides	Handler is aware of the concept, has chosen a clear cue, and has started to train this
	Team MAY be exposed to the following handling options and may choose to train them or not	
	Here/Come	Dog reliably comes towards handler. Handler can demonstrate while running a long sequence
	Out	Diverging paths. Handler can demonstrate in an easy sequence.
	Turn Away	Dog turns away from handler. Team can demonstrate while running a long sequence.
	Left/Right	Handler is aware of the concept
	Reverse Flow Pivot	Handler is aware of the concept

The CDC agility sub-committee can choose to promote/not promote/admit any team to any level after consideration of all relevant facts

Learning Objectives – Excellent

<table>
<tr><td rowspan="11">Obstacles</td><td colspan="2" align="center">Team able to perform all the below to the standard described</td></tr>
<tr><td>Jump</td><td>Can confidently perform at competition height</td></tr>
<tr><td>Spread</td><td>Can confidently perform at competition height and width</td></tr>
<tr><td>Broad</td><td>Can confidently perform at competition width</td></tr>
<tr><td>Tyre</td><td>Can confidently perform at competition height</td></tr>
<tr><td>Tunnel</td><td>Can confidently perform</td></tr>
<tr><td>A frame</td><td>Can confidently perform at full competition height. Team has reliable contacts without a target</td></tr>
<tr><td>Dog walk</td><td>Can confidently perform full height dog walk. Team has reliable contacts without a target</td></tr>
<tr><td>Weaves</td><td>Can confidently and reliably perform 12 weaving poles</td></tr>
<tr><td>See saw</td><td>Can confidently and reliably perform see-saw</td></tr>
</table>

<table>
<tr><td rowspan="13">Skills</td><td colspan="2" align="center">Team has had exposure to all of the following and is able to perform all at the standard described keeping in mind that some teams will place a greater/lesser emphasis on certain skills according to their preferences</td></tr>
<tr><td>Recalls (here/come)</td><td>Able to recall dog</td></tr>
<tr><td>Lead Out (wait)</td><td>Handler understands the importance of this skill and can usually lead out from their dog</td></tr>
<tr><td rowspan="2">Independent performance of obstacles</td><td>Handler able to work all obstacles with dog on either side of handler (i.e. on left or right)</td></tr>
<tr><td>Dog able to perform obstacles regardless of handler position</td></tr>
<tr><td>Lateral distance</td><td>Handler understands the importance of this skill and can usually work laterally from their dog</td></tr>
<tr><td>Send dog ahead</td><td>Handler can send dog ahead</td></tr>
<tr><td>Attention</td><td>Handler can always get dogs attention</td></tr>
<tr><td>Obstacle discrimination</td><td>Team can perform less complex obstacle discrimination exercises</td></tr>
<tr><td>Proof against distractions</td><td>Dog is able to perform in the presence of distractions</td></tr>
<tr><td>Course walking</td><td>Handler can walk a course & work out the best handling strategies for their dog</td></tr>
<tr><td>Course set up</td><td>Handler can set up a basic course or set including correct distances between obstacles</td></tr>
</table>

<table>
<tr><td rowspan="16">Handling</td><td colspan="2" align="center">Team has had exposure to all of the following and is able to perform all at the standard described keeping in mind some teams will choose not to utilise some handling options.</td></tr>
<tr><td>Post Turn/180/Pinwheels</td><td>Team can easily perform</td></tr>
<tr><td>Front Cross</td><td>Team can easily perform</td></tr>
<tr><td>Tight wrap</td><td>Team can easily perform</td></tr>
<tr><td>Rear Cross</td><td>Team can perform</td></tr>
<tr><td>Serpentine</td><td>Team can easily perform</td></tr>
<tr><td>Blind cross</td><td>Team can easily perform</td></tr>
<tr><td>Threadle (pull through)</td><td>Team can perform</td></tr>
<tr><td>270</td><td>Team can easily perform</td></tr>
<tr><td>Backsides</td><td>Team can perform, not necessarily in a sequence</td></tr>
<tr><td colspan="2" align="center">Team MAY be exposed to the following handling options and may choose to train them or not</td></tr>
<tr><td>Here/Come</td><td>Dog reliably comes towards handler. Team can choose to perform</td></tr>
<tr><td>Out</td><td>Diverging paths. Team can choose to perform</td></tr>
<tr><td>Turn Away</td><td>Dog turns away from handler. Team can choose to perform</td></tr>
<tr><td>Left/Right</td><td>Team can choose to perform</td></tr>
<tr><td>RFP</td><td>Team can choose to perform</td></tr>
</table>

The CDC agility sub-committee can choose to promote/not promote/admit any team to any level after consideration of all relevant facts

ACT COMPANION DOG CLUB Inc
Agility Application Form

- You must be a member of CDC in order to use the CDC grounds and to take agility and other classes
- Dogs will only be accepted into agility classes after they have been assessed by agility instructors and judged to be fit and healthy. In case of non-acceptance any applicable fees will be refunded

You will be contacted regarding your acceptance into the Agility intake process. Please notify the office if you change your contact details. If we cannot contact you, you may lose your place on the Agility waiting list.

Application date: / /

Age (if under 16):

Surname:

Given name:

Mobile no:

Other phone no:

Email:

Other email:

Are you an ACTIVE instructor at CDC? Yes ☐ No ☐

If yes, discipline and level:

Please detail any previous agility experience, including titles obtained with this or any dog:

Dog's information

Pet name:

Breed:

DOB: / /

Obedience level:

Male ☐ Female ☐ Desexed: Yes ☐ No ☐

Questionnaire

Your answers to the questions below will not impact your position on the waiting list. The information will be used by the Agility Sub Committee to ensure your experience in agility training is safe and enjoyable.

1. Please detail any disabilities that may impact on your agility training, eg. Damaged knees, hearing impairment

2. What motivates your dog (eg. Toys, food)

3. Tick if your dog has aggressive or reactive issues toward: Other dogs ☐ People ☐

4. Has your dog any physical limitations which may impact on training, eg. Past injuries? Yes ☐ No ☐

5. Can you easily feel your dog's ribs without pressing firmly? Yes ☐ No ☐

6. Does your dog bark excessively when tied up? Yes ☐ No ☐

Submit Agility Application Form to the Club Office by hand or by email (contact@actcdc.org.au)

Handler: **Dog:**   **Breed:**

Invitation to attend Agility intake assessment					
Year / session	**Method**	**Date**	**Method**	**Date**	**Response**
/		/ /		/ /	Accept / Decline / Defer / No reply
/		/ /		/ /	Accept / Decline / Defer / No reply
/		/ /		/ /	Accept / Decline / Defer / No reply
Comments:					

Date 1   /   /

Control test	
Obedience level: Pass? Y ☐ N ☐	Tester:
Issues arising during testing:	
Advice given / comments:	
Physical test	
Smooth gait ☐ Jumping ☐ Pass? Y ☐ N ☐	Tester:
Dog's weight: Thin / Ideal / Slightly overweight / Overweight / Obese	
Issues arising/advice given	

Date 2   /   /

Control test	
Obedience level: Pass? Y ☐ N ☐	Tester:
Issues arising during testing:	
Advice given / comments:	
Physical test	
Smooth gait ☐ Jumping ☐ Pass? Y ☐ N ☐	Tester:
Dog's weight: Thin / Ideal / Slightly overweight / Overweight / Obese	
Issues arising/advice given	

Intake lecture			
Attended?	Y ☐ N ☐	Date: / /	Accepted to start at level:

Submit Agility Application Form to the Club Office by hand or by email (contact@actcdc.org.au)