Foundation Obstacles

1. <u>Single Wrap Pole Right/Left:</u> Prefer a pole that is 36" in height, can be covered by a pool noodle. A cone may be used, but must be at least 24" high.
   a. <u>Making the Obstacle:</u> This obstacle can be as simple as a pool noodle placed over a paper towel holder or a toilet plunger. A piece of PVC pipe can also be used with a special stand or connectors. (cleanrun.com)
   b. <u>Performance/Training:</u> The dog must go around the pole in the specified direction.
   Use a toy or a treat to lure the dog around the pole in either direction. If the dog is going around to the left, use your left hand to direct it; if the dog is going around to the right use your right hand to direct it.
2. <u>Double Wrap Pole/Figure 8:</u> Two poles at least 24" high (preferable 36") placed approximately five feet apart.
   a. <u>Making the Obstacle:</u> Use two of the single wrap poles.
   b. <u>Performance/Training:</u> The dog must go around each pole in a figure 8 pattern and must cross the middle three times.
   Use a toy or a treat to lure the dog around each pole in a figure 8 pattern. Make sure to switch your hands (Left hand to send the dog around to the left and right hand to send the dog around to the right).
3. <u>Touch Plate:</u> A small round "plate" such as a cottage cheese lid or a Frisbee.
   a. <u>Making the Obstacle:</u> Use an object that lies flat on the ground. This obstacle can be anything from a cottage cheese lid to a collapsible dog bowl.
   b. <u>Performance/Training:</u> The dog will touch the plate with its nose at the end of the dog walk. The handler may place a treat on the touch plate before the run begins.
   Use treats and a clicker (or a marker word such as "yes!"). Place the touch plate on the ground and point to it with your finger or toes (you may need to place a treat on it for the dog), as soon as the dog touches the plate with his nose click and give him a treat. Once the dog seems to understand this stop pointing at the plate and add a command such as "touch".
4. <u>Disk/Turnstile Platform:</u> A round platform approximately 12" in diameter and 1-3" high such as a balance or exercise disk.
   a. <u>Making the obstacle:</u> For training this obstacle can be as simple as a phone book or stepstool. You can also use a dog bowl turned upside down. Make sure that the platform you use isn't too tall for your dog. (amazon.com)
   b. <u>Performance/Training:</u> The dog must put both front paws on the disk and circle around the platform while keeping their front paws on it.   Start out with a clicker and some treats (you can also use a marker word). Use the treats to lure the dog onto the platform until both front paws are on it (if your dog is struggling with this try just getting one front paw on the platform). When the dog has the front feet on the disk click and give them a treat. Once the dog seems to understand this you can add a command and try to stop luring. Once your dog is consistently putting both front paws up when you ask you can start having them circle around the platform. To train this hold a treat directly on the dog's nose so they can nibble, then use your body to start pushing them in a circle. Go really slow at first and only go small distances around the disk at first, make sure to practice having the dog go around in both directions. It is also recommended to train the dog to put their back paws on the disk using the same steps to build awareness of their rear paws (this is not needed in competition).

Touch Obstacles

5. <u>A-Frame:</u> The A-Frame is constructed from two panels, the top surface of which is constructed from wood or a wood-like substance. See the "Colorado State 4-H Dog Project Agility Rules" for full description and dimensions.
   a. <u>Making the Obstacle:</u> There are various plans online, as well as the expensive professional equipment. One suggestion is DIY A-Frame
   b. <u>Performance/Training:</u> Dogs must ascend one panel and descend the other in the direction designated by the judge and the must touch the contact zone on the down side only with any part of one foot prior to exiting the obstacle.
      When training this obstacle for the first time it is highly recommended to have another person assist you. Set the A-Frame at a low height to start. Have a treat in one hand and grab the dog's collar in your other hand (don't pull the collar at all, you may want to use a tab). Have another person on the opposite side of the A-Frame than you are in case the dog falls. Use a treat to lure the dog up the first side and down the second. The dog will most likely be hesitant to go up the first plank so be patient and go slow. Make sure that they don't go down the second side too fast and that they don't jump off.

6. <u>Dog Walk:</u> The dog Walk consists of a center section and two ramp sections. See the "Colorado State 4-H Dog Project Agility Rules" for full description and dimensions.
   a. <u>Making the Obstacle:</u>
   b. <u>Performance/Training:</u> Dogs must ascend one of the ramps, cross the center section, and descent the other ramp in the direction designated by the judge. They must touch the down contact zone. Start with the dog walk approximately 24" high. Have a treat in one hand and grab the dog's collar or tab in your other hand (make sure not to pull the dog), use the treat to lure the dog up the first ramp, across the middle, and down the second ramp. The dog may be hesitant to go up the first ramp, be patient and don't rush the dog. If the dog is extremely scared and trying to jump off the sides have a second person assist you. Make sure that the dog doesn't jump off the down ramp.

7. <u>Seesaw (or Teeter-Totter):</u> The seesaw consists of a plank supported near the center by a base that acts as a fulcrum. See the "Colorado State 4-H Dog Project Agility Rules" for full description and dimensions.
   a. <u>Making the Obstacle:</u>
   b. <u>Performance/Training:</u> Dogs must ascend the plank and cause the plank to pivot. At least one paw must touch the down contact zone after the plank has touched the ground and prior to exiting the obstacle.   Start with the teeter low to the ground. Have a treat in one hand and grab the dog's collar in your other hand (be careful not to pull on the collar). Use the treat to lure the dog up onto the teeter and make them stop when the board starts to pivot. When the plank hits the ground lure the dog off the obstacle. If the dog is particularly scared by the plank moving you may need to have another person hold the board and make it drop slower, give the dog lots of praise and reassurance as the board moves. If the dog is scared of the sound when the plank hits the ground you may need to put a pillow under the board to soften the sound.

8. <u>Pause Table:</u> The top of the Pause Table is a 36" square with a no-slip surface. See the "Colorado State 4-H Dog Project Agility Rules" for full description and dimensions.
   a. <u>Making the Obstacle:</u>
   b. <u>Performance/Training:</u> The dog shall pause on the table for five cumulative seconds in either a sit or a down.   Use a treat or

toy to lure the dog onto the table (or just encourage the dog to jump up onto it). Ask the dog to either sit or lie down (be sure to practice both) and tell them to "stay". Practice having the dog to stay for different amounts of time so they don't start anticipating getting off the table.

Regular Obstacles

1. Open Tunnel: The Open Tunnel is a flexible tube of durable material that is capable of being formed into curved shapes. See the "Colorado State 4-H Dog Project Agility Rules" for full description and dimensions.
   a. Making the Obstacle: Some suggestions: http://members.peak.org/~helix/Agility/
   b. Performance/Training: Dogs enter the end specified by the judge and exit the other end. Start with a short, straight tunnel (a kid's play tunnel works great for this) so the dog can easily see through it. Either have a person hold the dog at one end or put them in a sit stay while you go to the opposite end of the tunnel. Have a treat or toy ready and call the dog through the tunnel, make sure to use lots of praise and encouragement so they keep going. If the dog is scared to go into the tunnel try throwing a visible toy or treat into the tunnel for the dog to chase. Be patient, the tunnel can be scary to dogs so they need lots of encouragement.
2. Weave Poles: The weave poles consist of 6 or 12 poles that are either stuck in the ground or mounted on a base. See the "Colorado State 4-H Dog Project Agility Rules" for full description and dimensions.
   a. Making the Obstacle: Most any poles can be used here. One suggestion is the stick-in-the-ground portable electric fence poles. The important thing is to place them 24" apart. They can be angled for beginning and straightened for more advanced training.
   b. Performance/Training: Dogs must enter the Weave Poles by passing between poles #1 and 2 from right to left (enter on the dog's left side) then from left to right through poles #2 and 3 and continue this weaving pattern.
   Start with only two poles the appropriate width apart (2x2's). With your dog next to you, line up with the poles in front of you so that they look like a gate. Walk up to the poles with your dog and throw a toy or a treat straight ahead as the dog goes through the poles. Do this from multiple directions. When the dog seems to understand this stare slowly moving so that the dog has to start "weaving" to go between the poles. Gradually add more sets of 2x2's as the dog starts understanding this exercise.
3. Bar Jumps: Bar jumps consist of bars that are supported by bar supports that are mounted to uprights. See the "Colorado State 4-H Dog Project Agility Rules" for full description and dimensions.
   a. Making the Obstacle: There are many plans online for building jumps from PVC. For training multiple dogs, it will be easiest to use something like these or these. They are much easier than measuring for each cup height.
   b. Performance/Training: Dogs must jump over the bar without displacing it, in the direction indicated by the judge.
   Start with the bar low to the ground (4-8"). Have a toy or treat ready, walk over the jump with the dog and praise them for going over. Do this a few more times going both directions. When the dog has no problem going over the jump start asking them to go over it while you run by the jump instead of going over it with the dog. Once the dog

fully understands to go over the jump start raising the bar until you reach your dog's jump height.

4. <u>Double Bar Jump:</u> The double Bar Jump consists of two parallel bars positioned at the jump heights specified for the Bar Jump. See the "Colorado State 4-H Dog Project Agility Rules" for full description and dimensions.
   a. <u>Making the Obstacle:</u> Two single jumps can be placed together to form a double jump.
   b. <u>Performance/Training:</u> Dogs must jump over the top bars without displacing either one or the lower bars in the direction indicated by the judge.
   Use the same process as when teaching the Bar Jump. Most dogs don't see a large difference in the types of jumps.

5. <u>Triple Bar Jump:</u> The Triple Bar Jump consists of a series of three ascending bars. See the "Colorado State 4-H Dog Project Agility Rules" for full description and dimensions.
   a. <u>Making the Obstacle:</u> ???
   b. <u>Performance/Training:</u> Dogs must jump over all the bars without displacing any in the direction that starts with the lowest bar.   Use the same training methods as for the Bar and Double Bar Jumps. If you need you can start with only two bars and add a third when the dog is consistent.

6. <u>Tire (Circle) Jump:</u> The tire jump consists of a tire (or a circular object that resembles a tire) suspended from a rectangular frame. See the "Colorado State   4-H Dog Project Agility Rules" for full description and dimensions.
   a. <u>Making the Obstacle:</u> ???
   b. <u>Performance/Training:</u> Dogs must jump through the tire opening in the direction specified by the judge.   Start with the tire low (touching or almost touching the ground). Use a treat or a toy to throw through the hoop and have the dog follow. You may have to have someone hold the dog or put them in a sit stay so you can go to the opposite end and call/lure your dog through the hoop. Raise the tire as your dog gets comfortable going through it.

7. <u>Broad Jump:</u> The broad jump is composed of either four 8" wide sections or five 6" wide sections, and four corner markers. See the "Colorado State 4-H Dog Project Agility Rules" for full description and dimensions.
   a. <u>Making the Obstacle:</u> ???
   b. <u>Performance/Training:</u> Dogs must jump all sections without moving or stepping on any broad jump board, entering between the marker poles placed near the front section and exiting between the poles placed near the back section. Start with only 1-2 boards (medium-large sized dogs should start with 2). Run with your dog to the jump and jump over it with them, if your dog walks over the boards then lay the first board so it isn't flat on the ground and makes the dog have to jump. If that doesn't work you may take a bar jump and place it in the middle between the two boards with the bar set low (8-12"). Practice going over the jump with your dog until they are consistently jumping, then try running next to the jump while the dog goes over. Add more boards as your dog gets confident jumping over the broad jump.