

**APDT, UK Good Companion Awards  
Stage 1 Adult Beginner Exercises  
Handler List**

- All participants need to pass the Core Elements before moving on to the 'Choices'.
- All exercises must comply with the APDT UK Code of Practice and positive motivational methods must be employed at all times.
- Clickers, food and toys may be used wherever needed and appropriate at this stage for rewarding but not luring behaviour.
- All owners should be carrying poo bags.
- All dogs must be wearing a suitable collar / fixed harness with ID tag

**Core Elements**

***Response to name***

- The dog should show a clear response to the handler when the name is called, or signalled in the case of dog who is deaf.

***Greeting Behaviour***

- The dog on lead held by the handler should behave appropriately when another person approaches.

***Lead Walking***

- The handler and dog will walk for 30 seconds to one minute with one other dog and handler also walking on lead in the immediate vicinity (5-10 metres).
- The walk should demonstrate that the dog understands that the lead should be loose when walking.
- The dog should maintain a fairly steady position at the handler's side with no cutting in front (possibly for treats) or lagging behind.
- At this stage, pulling towards the other dog/person may still happen occasionally and if this happens the handler will be assessed with regards to how they manage and train the behaviour.
- A question should be asked on restraint equipment suitable to aid LLW for use with their own dog.

### **Recall**

- The dog will return to the handler with enthusiasm and speed (relative to age, size and breed).
- There should be no distractions in the immediate environment.
- The recall should be over the longest reasonable distance.

### **Positions**

- The dog will demonstrate good understanding of two out of the following three positions: SIT, DOWN, STAND using a visual/and or verbal cue.

### **Sit**

The dog will sit, on cue, first time

- a) in front of the handler
- b) in a position of the handler's choice

### **Down**

The dog will lie down, on cue, first time

- a) in front of the handler from sit OR stand position
- b) in a position of the handler's choice

### **Stand**

The dog will stand, on cue, first time from sit OR down using a cue/signal.

### **Stay**

The dog will perform two 'stay' exercises

- 1) The dog will stay in a sit, down or stand for 30 seconds while the handler is approximately 3 metres away. The handler will go back to the dog and release him with a verbal cue.
- 2) The dog will stay in a sit, down OR stand position whilst the handler walks round the dog. The handler will then release the dog from.

### **Full Examination**

- The dog will allow the handler to conduct an all over body examination including eyes, ears, nose, teeth, tail area, belly, paws etc. while remaining reasonably calm.
- A question should be asked on points to look for whilst executing this exercise.

### **Self-Control**

The dog will complete **three** out of the following **four** options

### **Food Manners**

The dog will wait while a bowl of food is placed in front of him and only proceed to eat it when cued to do so by the handler (minimum 10 second wait).

**Door safety**

The dog will approach the door with the handler, and wait while the handler walks through the door and only proceed to join the handler when requested.

**Vehicle Entry and Exit**

The dog will remain under control getting in and out of a vehicle. The dog will therefore only enter the vehicle when cued to do so and only exit the vehicle when cued to do so.

**Play Manners**

The dog will wait in front of the handler while a tuggy toy is jiggled around gently for a minimum of 2 seconds and only take the toy when cued to do so.

**Choice Elements**

- 1 out of the following 2 should be added to the core elements

**Leave**

The dog will, on lead, leave (on cue) a tasty treat placed on the floor at a maximum distance of 30 centimetres for a minimum of 10 seconds.

**Group Control**

The dog will wait in a controlled manner for a minimum of 1 minute within a group of 3 or 4 other dogs and handlers who have met up and having a 'chat'.