

## SPORT FOUNDATIONS TITLE - Level One

<b>Location</b>	Any familiar location, such as the house, yard or regular training area. All exercises off leash.
<b>Equipment</b>	Foot target, Cone, Scent Articles (3), Jump, Retrieve Object, Vertical Target    Optional: Platform, Nosework Oil, distraction bowl or plate
<b>Cues</b>	All cues at this level may be verbal and/or signal
<b>+R</b>	One external reinforcer for each exercise: At the end of each exercise, the handler may reinforce the dog's behavior. The reinforcer (food or toy) must be kept in a pocket (no bait bags) and out of sight while the dog is performing an exercise. The reinforcer <b>MUST</b> be the same food or toy that is used in any distraction work. Food reset tosses do <b>NOT</b> count, and are allowed during the exercise when specified as an option. One reinforcer = one treat, ball toss or toy play up to 10 seconds.
<b>Level 1-1</b>	<p><b>Focus &amp; Engagement:</b>            Handler engages the dog for 10 seconds of personal interaction. May be stationary, moving, or a combination. At the end of the engagement period, the handler then sets the dog up in heel position (cue optional - dog may take a sit, down or stand position) where the dog must focus on the handler for two seconds while maintaining position.</p>
<b>Level 1-2</b>	<p><b>Find Heel with target - three angles</b>            Following a cookie toss or circling a cone, the dog is expected to "find heel" position <b>three times</b> with the assistance of a platform/paw target/box. The angle of the dog's return path should be between 45° and 90° in front of the handler, and the dog should "find heel" from approx. 6 ft (2 m) distance. The dog may either sit or stand in heel. The three repetitions should demonstrate one left, one right and one return from straight ahead in any order. For convenience, the handler may send the dog in a single direction and rotate his/her body "on a spot" to allow the dog to return by the various angles.</p> <p><b>Counterclockwise pivot of 180° in heel position using a front paw target</b>            Demonstrate a counterclockwise pivot of 180° in heel position using a front paw target. Handler may also use a hand target over the dog's head, but not touching the dog. Handler's pace must be smooth, slow, so that the dog may demonstrate an understanding of correct parallel body placement and rear end awareness.</p>
<b>Level 1-3</b>	<p><b>Find front from 6 ft (2 m) away with target - three angles:</b>            Following a cookie toss or circling a cone, the dog is expected to "find front" position <b>three times</b> with the assistance of a platform/foot target/box. The angle of the dog's return path should be between 45° and 90° in front of the handler, and the dog should "find front" from approx. 6 ft (2 m) distance. The dog may either sit or stand in front. The three repetitions should demonstrate one left, one right and one return from straight ahead in any order. For convenience, the handler may send the dog in a single direction and rotate his/her body "on a spot" to allow the dog to return by the various angles.</p>
<b>Level 1-4</b>	<p><b>Sit and down position changes with a foot target/platform at 5 feet away:</b>            Handler cues the dog to get on a foot target or platform 5 ft (1.5 m) away (may be placed on the target or sent to it). From a distance of 5 ft (1.5 m) the handler cues both a sit and a down position (order is handler choice). Handler must remain in one position. The dog's starting position does not count, so if the dog starts with an automatic (uncued) sit, then the dog must be cued to down and then sit.</p>
<b>Level 1-5</b>	<p><b>(1) Send to circle an object five feet away:</b>            Handler sends his/her dog around an object, such as a cone or pole, approximately 5 ft (1.5 m) away. The dog may be sent with one forward step/forwards sweep of the hand, as long as the step stays at least 5 ft (1.5 m) away from the object. The handler may not move forward again until dog has fully circled the object.</p> <p><b>(2) Back up two feet (target optional):</b>            The dog is cued to back away from the handler to a distance of 2 feet (0.6 m). The dog may begin the exercise anywhere in front of the handler and should not deviate more than 45° from a straight line when moving. A continuous back-up cue is allowed. The handler's feet may not move while the dog is being cued to back up.</p>
<b>Level 1-6</b>	<p><b>Send to vertical target:</b>            Handler cues the dog to go to any vertical target from 5 ft (1.5 m) away with no duration required. Examples might include tape on the wall, a stanchion, etc. Dog may touch the object or not, but should be within 1/2 a body length of the target.</p>
<b>Level 1-7</b>	<p><b>High jump or bar jump (1/3 dog's height) - handler moves with dog:</b>            Dog is cued to walk or run over a low bar or solid jump. The height of the jump should be approximately 1/3 of the dog's height at the withers. The handler may run with the dog, but should not go over the jump. There should be at least 2 ft (0.6 m) of open space on the outside of the jump, so that the dog has the option of going around. The jump does not need to be a formal or regulation jump.</p>
<b>Level 1-8</b>	<p><b>Touch a retrieve object:</b>            Handler presents a retrieve object of any type to the dog. Dog must touch the object with its nose or mouth; "take and/or hold" optional. Object may be on the ground or held by the handler.</p>
<b>Level 1-9</b>	<p><b>Scent articles (3):</b>            Handler places three articles of any type or material on the ground, approximately 8" (20 cm) apart. The articles may be tins, with food in the correct one. The handler will hold and scent the correct article for about ten seconds and then place it in the collection. If the dog watches the article placement, either throw a cookie several feet or send the dog around a cone to get the dog away from the collection. On the return the dog can be cued to find the article, or the handler can simply wait. The dog must demonstrate one repetition with a <b>clear and obvious indication</b> or retrieve of the correct article. Nosework scent (oils) may be used instead of personal scent on the correct article (in which case the nosework scent would be contained appropriately inside the correct article).</p>
<b>Level 1-10</b>	<p><b>Stay under distraction with handler close:</b>            Handler and dog start together with dog in sit, stand or down. Dog may be given one wait/stay cue, at which point the handler places a distraction (food or toy, bowl optional), approx. 5-10 ft (1.5 - 3 m) in front of the dog. The handler returns to heel position. They then wait approximately two seconds, after which the handler releases the dog to go to the food, or the handler may hand the dog the reinforcement after the dog has moved out of position. The dog must be completely stationary at the time of release.</p>