

## SPORT FOUNDATIONS TITLE - Level Three

<b>Location</b>	Any familiar location, such as the house, yard or regular training area. All exercises off leash except where specified.
<b>Equipment</b>	Cones (2-3), Target, Jump, Retrieve Object      Optional: Distance Platform, Distraction Bowl
<b>Cues</b>	All cues at this level may be verbal and/or hand signals.
<b>+R</b>	<b>Four external reinforcers (including two distraction reinforcers) kept off handler body.</b> Handler may use external reinforcers to reward the dog's behavior for up to four exercises. The reinforcer (food or toy) may NOT be kept on the handler's body and should be located within the video working area. In exercises where a visible distraction is required, then the distraction, when given to the dog, IS counted as one of the external reinforcers. The reinforcer MUST be the same food or toy that is used in any distraction work. One reinforcer = one food reward, ball toss or toy play up to 10 seconds. External reinforcement may only be given in between exercises.
<b>Level 3-1</b>	<b>Moving engagement, formal set up for heeling exercise:</b> Handler maintains the dog's focus while moving informally (not heeling) in a circle of about 10-15 ft (3-4.5 m) diameter. At the end of the circle the handler will set up in sit or stand in heel position and proceed with the heeling exercise.
<b>Level 3-2</b>	<b>Beginning heel work in motion:</b> Dog and handler move at least 2 ft (0.6 m) in the following directions (in any order) using slow, controlled steps: forwards, sideways to the right, 180° pivot left, and 180° pivot right. Dog must remain parallel to the handler. Additional heel cue permitted for each change in direction. Hand help overhead is allowed. Halts are not judged.
<b>Level 3-3</b>	<b>Pick up retrieve object, deliver to hand with distractions:</b> Dog is cued to pick up any desired object from the ground and return it to the handler's hands while the handler stands (out cue is optional). Dog is not required to retrieve from a distance. Handler may either drop or place the object on the ground. Dog must be within easy reach of the handler on delivery; position optional. During this exercise the handler must have a distraction bowl on the ground while the dog works (see definitions), OR an open hand with a visible treat. After taking the retrieve item, the handler may give the distraction to the dog.
<b>Level 3-4</b>	<b>Two position changes at 20 feet with a target (optional) and handler proofing:</b> Dog is placed or sent to an optional target/platform/box at 20 ft (6 m) away. The dog may start in any position. Demonstrate two positions changes (handler choice - sit, down and stand) in any order from a distance of 20 ft (6 m). For each position demonstrated by the dog, the handler must assume a different unusual handler position. For example, the handler may lay on the ground (dog cued to sit), sit in a chair (dog cued to down), turn his/her back to the dog (dog cued to stand), stand behind a fence, etc. Handler should assume his/her position and be stationary before the dog is cued for each position. Dog should hold each position until cued for the next one.
<b>Level 3-5</b>	<b>Send out 20 feet followed by a directed cone exercise, angled front and angled finish:</b> A target/cone/platform is placed 20 feet (6 m) away with additional cones placed 10 feet to the left and the right of the centerline, midway between the dog and the handler (creating a diamond shape). The dog is sent straight ahead to the target. After reaching the target the handler has the option of cueing any stationary behaviour (cued positions will be judged) or may continue from the default behaviour with or without pausing. The dog is then directed either left or right around the outside of the cone and returns directly to the handler. As the dog returns the dog is cued to "find front" or "find heel" from the angle with a verbal and/or hand signal. After completing the first attempt, the handler may praise the dog. The exercise is repeated from the other angle- this time cueing a different behavior (if the handler asked for a front on the first repetition, then they must cue heel position on the second repetition). The dog must end up close (within 6" (15 cm)) and straight (within 30°) for each position. The handler must stand in one spot (no pivots) until the exercise ends.
<b>Level 3-6</b>	<b>Stay while handler moves equipment (minimum time 20 seconds):</b> Dog must demonstrate a stay in any position (mat/platform optional) while handler moves equipment to set up for the distance targeting/jump exercise. Activities could include adding jump, removing cones, moving platform/targets etc.
<b>Level 3-7</b>	<b>Distance targeting with redirection and jump:</b> One foot target/platform, one jump and one cone are placed in a line. The first target is 10 ft (3 m) away, jump is at 20 ft (6 m), and the cone is at 30 ft (9 m). Handler sends the dog to the first target, where the dog may take any default position or the handler may cue any position. Cued positions will be judged. After two seconds the dog is then cued to go over the jump and sent (cue optional) on to go around the cone and return back over the jump to the handler. An optional recall cue between the cone and jump is permitted. Front or finish not required but dog must be within arms length of handler. The handler must stand in one spot until the exercise ends. Stations may be further apart if desired by the handler.
<b>Level 3-8</b>	<b>Recall 20 feet away from distraction and maintain engagement back to distraction:</b> Dog begins next to handler in heel position. A valued reinforcer is placed on the ground behind the dog. Handler cues a stay, proceeds 20 feet away from dog, turns to face dog, recalls dog (formal front not required but dog must be close enough to touch). Handler then attaches a leash to the dog and they proceed together back to the reinforcer while maintaining a loose leash and cues any position within one foot of the distraction. Handler may walk casually and talk to dog or can cue heel position. The reinforcer must then be given to the dog.