

FIDOFITNESS TRAINING AWARDS

TRAINING PASSPORT




The Dog Training Club
The National Dog Training Award Scheme

WWW.THEDOGTRAININGCLUB.UK



The National Dog Training Award Scheme Foundation FidoFitness Training Award


	Skill Description	
1	Dog can be left in a sit position off lead whilst the handler does a complete walking circle around dog's position 1m away, returning after 30 seconds.	
2	Dog can drive towards a target when handler gives a "go" command, independent of handler.	
3	Recall with dog on lead, held by an assistant, in any position whilst the handler moves 2-3 paces forward, turns and calls the dog.	
4	Dog on lead without distractions the handler and dog should jog/run approx. 50m including a "side switch" without undue inconvenience.	
5	Dog can do a "spin" (180-degree left) around a cone with the handler approaching the cone in line with the dog.	
6	Dog can do a "twirl" (180-degree right) around a cone with the handler approaching the cone in line with the dog.	
7	Dog can give a paw (left and right) to a target on handlers' hand whilst dog is sitting.	
8	Dog and handler can side step back and forth between two mats set 4 metres apart for 2 mins.	
9	Handler can demonstrate the controlled removal and refitting of dogs' collar, lead and/or harness. Handler carries with them some form of "poop scoop".	
10	Dog remains calm and relaxed whilst someone checks the dog's micro-chip number using a scanner.	





The National Dog Training Award Scheme

Bronze FidoFitness Training Award


	Skill Description	
1	Dog can do a “spin” (180-degree left) around a cone with the handler in line but stationary 2 metres from the cone.	
2	Dog can do a “twirl” (180-degree right) around a cone with the handler in line stationary 2 metres from the cone.	
3	Handler can set up three cones set 2 metres apart in straight line. Handler remains at centre cone, keeping dog inline can spin and twirl dog around outer cones.	
4	Dog and handler can carry out step up and sit drill for 2 minutes on an exercise or other suitable step.	
5	Dog can give a paw (left and right) to a target on handler’s foot whilst dog is sitting.	
6	Dog can do a beg position and hold for 20 seconds, then Dog can crawl forward 2m, directed by the handler.	
7	Handler and dog, together can jog weave through a line of ten cones, 1m apart for 5 mins.	
8	Handler and dog can demonstrate a powerful and driven 15m running start with handler in line, to target at end.	
9	Dog and handler can do a brisk five-minute walk, then alternate 90 seconds of jogging/running with two minutes of walking, for a total of 20 minutes.	
10	Handler gently feels all over the dog with their hands, including checking teeth, body, paws and pads. Dog can be in any position remaining relaxed.	





The National Dog Training Award Scheme

Silver FidoFitness Training Award


	Skill Description	
1	Dog can do a “spin” (180-degree left) around a cone with the handler perpendicular to dog’s line.	
2	Handler can set up three cones set 2m apart in straight line and direct the dog to do multiple spins and twirls around cones including use of centre cone.	
3	The handler using three cones set in a straight line, can stand in line with the dog perpendicular to the centre cone and send dog to the left cone.	
4	Dog can stand on both back legs, (may put front paws on handler for support) holding for 20 seconds.	
5	Dog can do a “bow” position, when directed by the handler. Then handler and dog can “back up” 2m.	
6	Dog can run through a flat rung ladder on the ground, remaining within ladder.	
7	Dog and handler can carry out a three step, side step drill for 2 mins.	
8	Dog can stand on a low step with both back feet for 20 seconds	
9	Dog and handler can do a brisk five-minute walk, then 20 minutes of jogging/running, with no walking.	
10	Handler can describe the term “Bloat” in dogs and identify common symptoms of this medical emergency.	





The National Dog Training Award Scheme

Gold FidoFitness Training Award


	Skill Description	
1	The handler using three cones set in a straight line, can stand in line with the dog perpendicular to the centre cone and send dog to the right cone.	
2	Straight line of 4 cones set 3m apart, handler sets dog off left or right from different starting cones spins, twirls, multi-spins/twirls, again, go, and passing cones.	
3	Dog can do a “stand to sit” movement as cued by the handler.	
4	Dog can do a “beg to stand” movement as cued by the handler.	
5	Dog can give a paw (left and right) to the handlers hand whilst dog is in the beg position.	
6	Dog and handler can do 3 consecutive 20m runs straight up a hill/incline, walking back down.	
7	Dog and handler can carry out a lunge and twist drill walking forward for 10m.	
8	Dog and handler can carry out a lunge and under drill walking forward for 10m.	
9	Handler and dog run 100m at jog, run and sprint variations on instruction from assessor. At all times dog remaining in a “run” position.	
10	Dog can do a brisk five-minute walk, then 30 minutes of jogging/running.	





The National Dog Training Award Scheme

Platinum FidoFitness Training Award

	Skill Description	
1	5 cones set 3m apart in a cross “+” pattern, handler can set dog off left or right from different starting cones spins, twirls, multi-spins/twirls, again, go, and passing cones.	
2	7 cones set 3m apart in a “H” pattern, handler can set dog off left or right from different starting cones spins, twirls, multi-spins/twirls, again, go, and passing cones.	
3	8 cones set 3m apart in a circle pattern, handler can set dog off left or right from different starting cones; spins, twirls, multi-spins/twirls, again, go, and passing cones.	
4	Dog can run forward through a flat rung ladder raised slightly off the ground, remaining within ladder.	
5	Dog can back up through a flat rung ladder raised slightly off the ground, remaining within ladder.	
6	Dog can do a “stand-sit-stand” movement as cued by the handler.	
7	Dog can do a “stand-down-stand” movement as cued by the handler.	
8	Dog and handler can do 3 consecutive 20m runs in a Zig Zag up a hill/incline, crossing at 5m intervals	
9	Dog and handler can complete a 5km run.	
10	Dog and handler can reach level 3 on the UK Police & Fire 15m multi-stage fitness test.	





The National Dog Training Award Scheme

Diamond FidoFitness Training Award

	Skill Description	✓
1	5 cone jumps set 3m apart in a cross “+” pattern, can set dog off left or right from different starting cones spins, twirls, multi-spins/twirls, again, go, and passing cones.	
2	7 cone jumps set 3m apart in a “H” pattern, can set dog off left or right from different starting cones spins, twirls, multi-spins/twirls, again, go, and passing cones.	
3	16 cones set 3m apart in a double layer circle pattern, dog off left or right, spins, twirls, multi-spins/twirls, again, go, passing and between layers.	
4	Dog can do a “stand-sit-down-beg-stand” movement as cued by the handler.	
5	Dog with two front feet on a step can walk around the step 360-degrees with its back legs.	
6	Dog with two back feet on a step can walk around the step 360-degrees with its front legs.	
7	Dog and handler can carry out a lunge back and finish drill walking backward for 10m.	
8	Dog and handler can run a 5km run in 30 minutes or under.	
9	Dog and handler can complete a 10km jog/run.	
10	Dog and handler can reach level 6 on the UK Police & Fire 15m multi-stage fitness test.	





CONTACT US

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