

Five-star

The exercises at FIVE-STAR level build on the exercises from FOUR-STAR level. The dog's understanding of maintaining the heel position is a focus of this level. There are also new exercises added at this level.

Additional verbal and physical cues can no longer be given throughout each exercise. Just a single verbal and/or physical cue for each exercise (or additional single cues as stated in specific exercises). Dog cannot be physically manipulated into position or lured with a toy or food. No props (mats or platforms) are to be used at this level.

A tug toy or food can be used at the conclusion of each exercise. Food can either be kept in a container nearby or in the handler's pocket. No treat pouches to be worn.

All exercises are to be completed off leash.

This level requires significantly more space than levels 1-4 and may be unsuitable for those in a lockdown situation.

There are two separate tests available at this level – Test A and Test B. You can choose to complete either one or both.

The video should be unedited, **it should show all 8 exercises in that Test**, and the dog and handler should remain in view the entire time.

Test A

Exercise 1 – Recall with finish

Exercise 2 – Heeling figure 8

Exercise 3 – Heeling pattern

Exercise 4 – Change of position (stand to down)

Exercise 5 – OPTION – side-step or back steps

Exercise 6 – OPTION – Retrieve object or go to defined area

Exercise 7 – Moving stand, down or sit

Exercise 8 – OPTION – Stay or scent detection

Test B

Exercise 1 – Recall with finish

Exercise 2 – Heeling figure 8

Exercise 3 – Heeling pattern

Exercise 4 – Change of position (down to sit)

Exercise 5 – OPTION – 360-degree left pivot or back steps

Exercise 6 – OPTION – Retrieve object or go to defined area

Exercise 7 – Moving down or sit

Exercise 8 – OPTION – Stay or scent detection

DESCRIPTION OF EXERCISES

Test A

Exercise 1. – Recall with finish

Leave dog in a sit stay, handler walks forward a minimum of 6 metres. Handler about turns to face dog. Handler remains still for 2 full seconds. Handler calls dog to front position. Dog to sit in the front position once arrived (sit should be automatic – no cue.) Dog to find straight front position with no prop and maintain for a minimum of 2 full seconds. Handler to then cue dog to finish to the heel position. Dog can finish to the left heel position from the left (direct) or by going to the handlers right and walking around back of handler to the left heel position. Dog to sit in heel position without additional cue and maintain sit for 2 seconds.

EXERCISE START: Handler standing still with dog sitting in heel position.

EXERCISE FINISH: Dog sitting in heel position maintained for a minimum of 2 full seconds.

Exercise 2. – Heeling figure 8.

Two posts to be set up approximately 2.5 metres apart. These can be cones, poles, boxes, chairs, pot plants or similar. Dog and handler to complete to two full turns around each post in a standard figure-8 pattern. Enter by walking in between the two posts, exit out the middle of the two posts. Dog to start and finish in the sit position. A single HEEL cue (verbal and/or physical) is the only cue to be used. The sit at the conclusion should be an automatic sit.

EXERCISE START: Handler standing next to dog. Facing between the two posts. Dog in sit position.

EXERCISE FINISH: Handler standing next to dog. Dog in sit position.

Exercise 3. – Heeling pattern

Dog to start in sit position. Dog to maintain heel position throughout the pattern without additional verbal cues. All movements listed below to be shown a minimum of once each in one continuous heel pattern. Movements can be completed in any order. Pattern to be completed in normal pace or slow pace or any combination of normal pace and slow pace. (Hint: plan your pattern before you start.). The middle and finishing sit should be automatic. An additional HEEL cue can be given when departing from the middle sit.

- Straight line minimum 6 steps.
- 90-degree left turn
- 90-degree right turn
- 180-degree left turn
- 180-degree right turn

- Minimum 2 side steps in succession (moving directly sideways to handlers right)
- A sit position somewhere within the heel pattern.

EXERCISE START: Handler standing next to dog. Dog in sit position.

EXERCISE FINISH: Handler standing next to dog. Dog in sit position.

Exercise 4. – Change of position – stand to down

Leave dog in a stand stay, handler walks forward approximately 5 metres. Handler about turns to face dog. Handler remains still for 2 full seconds. Handler cues dog to change to down position. Handler returns around behind dog back to heel position. Dog to maintain position for 1 full second after handler returns. No props to be used. A separate cue (verbal and/or physical) can be given for the STAY and the DOWN. No additional cues to be used.

EXERCISE START: Handler standing still. Dog in a stand in heel position.

EXERCISE FINISH: Dog in down next to handler maintained for a minimum of 1 full second.

Exercise 5. – OPTION – side-step or back steps

SIDE-STEP

Dog to sit in heel position. Handler takes single step to the right. Dog to move with handler and then sit again in heel position. Dog to take hind quarters so as to ensure the finishing sit is in an accurate straight heel position. A single cue to be given (verbal and/or physical). The finishing sit should be automatic.

EXERCISE START: Handler standing still. Dog in a sit in heel position.

EXERCISE FINISH: Handler standing still. Dog in a sit in heel position.

BACK STEPS (optional - front or heel position)

Dog to back up a minimum of one full body length. This can be next to handler in heel position or facing handler in front position. If performed in heel position the handler moves with the dog, if performed in front position the handler is to remain stationary. A continuous verbal and/or hand signal can be used. Dog is to maintain straightness throughout the backward steps. No prop to be used.

EXERCISE START: Dog standing either in heel position or facing handler.

EXERCISE FINISH: Dog standing either in heel position or facing handler.

Exercise 6. – OPTION – Retrieve object or go to defined area.

RETRIEVE OBJECT

Dog to commence in sit in heel position. Object (toy or article or dumbbell) is thrown a minimum of 4 metres. Dog is sent to retrieve object. Dog returns and sits in front position holding object. After 2 full seconds. Handler to reach down and take object, dog to release object and maintain sit for a further 2 seconds. A separate cue (verbal and/or physical) can be given for the STAY, RETRIEVE and GIVE.

EXERCISE START: Dog sitting in heel position.

EXERCISE FINISH: Two seconds after the dog releases the object.

GO TO DEFINED AREA

Defined area can be a mat or platform, or a square on the ground defined by cones, lines or pipes. Handler to stand a minimum of 6 metres from the defined area. Dog to start next to handler in heel position (standing or sitting). On cue from the handler dog is to go to the defined area and turn to face handler. Dog can maintain a stand, sit or down. Dog to maintain position for 3 seconds. A separate cue (verbal and/or physical) can be given for the SEND AWAY and the FINAL POSITION if required.

EXERCISE START: Dog sitting or standing in heel position.

EXERCISE FINISH: Dog in either a sit, stand or down at defined area and stationary position (sit, stand or down) maintained for 3 full seconds.

Exercise 7. – Moving stand, down or sit

Dog commences in sit in heel position. Handler and dog heel forward a minimum of 4 steps. Dog is cued (verbal and/or physical) to stand, down or sit, whilst handler maintains normal forward motion. Handler continues a minimum of 4 further steps forward then about turns, travels back towards dog and can either:

- a) walk around behind dog and collect dog back to the moving heel position continuing forward for a minimum of 4 steps and then halt and dog automatically sits; or
- b) walk past the right side of the dog, about turn a minimum of 2 metres past dog, and then collect dog back to the moving heel position while passing the dog.

A separate cue (verbal and/or physical) can be given for the initial HEEL, the POSITION and the COLLECTION. No additional cues to be used.

EXERCISE START: Handler standing still. Dog in a sit in heel position.

EXERCISE FINISH: Handler standing still. Dog in a sit in heel position.

Exercise 8. – OPTION – Stay or scent detection

STAY

Dog to be left in either a sit, stand or down. Handler to leave dog, collect a bowl of treats / food from a nearby area, place bowl on ground approximately 1 metre behind dog. Handler to then proceed to a point approximately 6 metres in front of dog and about turn to face dog and wait for 10 seconds, handler to then return around behind dog and back to the heel position. No additional cues are to be used except the initial STAY cue.

EXERCISE START: Handler standing still. Dog in either a sit, stand or down in heel position.

EXERCISE FINISH: Handler standing still. Dog in either a sit, stand or down in heel position.

SCENT DETECTION

Dog to be left on a sit stay facing away from article location. A minimum of 4 articles to be placed out (all approximately same size, colour, shape). Handler to ensure video clearly shows which article is scented (by holding up to camera). The article can be scented with handler's scent, or with a scent that the dog has been trained to detect. Once articles have been placed on the floor, handler to return to the dog and about to turn dog to face articles. Distance is optional but should be a minimum of 2 metres. Dog can be offered scent to match before being sent if required. On handler's cue dog is to head to articles and clearly indicate the correct article. Dog can indicate in any obvious way or can retrieve article.

EXERCISE START: Handler standing still. Dog in either a sit, stand or down in heel position facing articles immediately prior to being sent.

EXERCISE FINISH: When dog clearly indicates the correct article.

Test B

Exercise 1. – Recall with finish

Leave dog in a sit stay, handler walks forward a minimum of 6 metres. Handler about turns to face dog. Handler remains still for 2 full seconds. Handler calls dog to front position. Dog to sit in the front position once arrived (sit should be automatic – no cue.) Dog to find straight front position with no prop and maintain for a minimum of 2 full seconds. Handler to then cue dog to finish to the heel position. Dog can finish to the left heel position from the left (direct) or by going to the handlers right and walking around back of handler to the left heel position. Dog to sit in heel position without additional cue and maintain sit for 2 seconds.

EXERCISE START: Handler standing still with dog sitting in heel position.

EXERCISE FINISH: Dog sitting in heel position maintained for a minimum of 2 full seconds.

Exercise 2. – Heeling figure 8.

Two posts to be set up approximately 2.5 metres apart. These can be cones, poles, boxes, chairs, pot plants or similar. Dog and handler to complete two full turns around each post in a standard figure-8 pattern. Enter by walking in between the two posts, exit out the middle of the two posts. Dog to start and finish in the sit position. A single HEEL cue (verbal and/or physical) is the only cue to be used. The sit at the conclusion should be an automatic sit.

EXERCISE START: Handler standing next to dog. Facing between the two posts. Dog in sit position.

EXERCISE FINISH: Handler standing next to dog. Dog in sit position.

Exercise 3. – Heeling pattern

Dog to start in sit position. Dog to maintain heel position throughout the pattern without additional verbal cues. All movements listed below to be shown a minimum of once each in one continuous heel pattern. Movements can be completed in any order. Pattern to be completed in normal pace or slow pace or any combination of normal pace and slow pace. (Hint: plan your pattern before you start.). The middle and finishing sit should be automatic. An additional HEEL cue can be given when departing from the middle sit.

- Straight line minimum 6 steps.
- 90-degree left turn
- 90-degree right turn
- 180-degree left turn
- 180-degree right turn
- Minimum 2 side steps in succession (moving directly sideways to handlers right) or minimum 3 back steps in succession in heel position.
- A sit position somewhere within the heel pattern.

EXERCISE START: Handler standing next to dog. Dog in sit position.

EXERCISE FINISH: Handler standing next to dog. Dog in sit position.

Exercise 4. – Change of position – down to sit

Leave dog in a down stay, handler walks forward approximately 5 metres. Handler about turns to face dog. Handler remains still for 2 full seconds. Handler cues dog to change to sit position. Handler returns around behind dog back to heel position. Dog to maintain position for 1 full second after handler returns. No props to be used. A separate cue (verbal and/or physical) can be given for the STAY and the SIT. No additional cues to be used.

EXERCISE START: Handler standing still. Dog in a down in heel position.

EXERCISE FINISH: Dog in sit next to handler maintained for a minimum of 1 full second.

Exercise 5. – OPTION – 360-degree left pivot or back steps (front position)

360-DEGREE LEFT PIVOT

Dog to sit or stand in heel position. Handler to smoothly step on the spot through a full 360-degree left pivot. Dog to smoothly move with handler, moving its hind quarters to remain accurately in the heel position. Once handler halts, dog is to again maintain the same starting position (sit or stand) for a full 2 seconds. A single cue (verbal and/or physical) can be used to initiate the turn.

EXERCISE START: Handler standing still. Dog in a sit or stand in heel position.

EXERCISE FINISH: Handler standing still. Dog maintaining the starting position (sit or stand) full a full 2 seconds.

BACK STEPS (front position)

Dog facing handler. Dog to back up a minimum of one full body length. Handler is to remain stationary. A continuous verbal and/or hand signal can be used. Dog is to maintain straightness throughout the backward steps and the dog's movement should be continuous. No prop to be used.

EXERCISE START: Dog standing facing handler.

EXERCISE FINISH: Dog standing facing handler.

Exercise 6. – OPTION – Retrieve object or Go to defined area.

RETRIEVE OBJECT

Dog to commence in sit in heel position. Object (toy or article or dumbbell) is thrown a minimum of metres. Dog is sent to retrieve object. Dog returns and sits in front position holding object. After 2 full seconds. Handler to reach down and take object, dog to release object and maintain sit for a further 2 seconds. A separate cue (verbal and/or physical) can be given for the STAY, RETRIEVE and GIVE.

EXERCISE START: Dog sitting in heel position.

EXERCISE FINISH: Two seconds after the dog releases the object.

GO TO DEFINED AREA

Defined area can be a mat or platform, or a square on the ground defined by cones, lines or pipes. Handler to stand a minimum of 6 metres from the defined area. Dog to

start next to handler in heel position (standing or sitting). On cue from the handler dog is to go to the defined area and turn to face handler. Dog can maintain a stand, sit or down. Dog to maintain position for 3 seconds. A separate cue (verbal and/or physical) can be given for the SEND AWAY and the FINAL POSITION if required.

EXERCISE START: Dog sitting or standing in heel position.

EXERCISE FINISH: Dog in either a sit, stand or down at defined area and stationary position (sit, stand or down) maintained for 3 full seconds.

Exercise 7. – Moving down or sit

Dog commences in a sit in heel position. Handler and dog heel forward a minimum of 4 steps. Dog is cued (verbal and/or physical) to down or sit whilst handler continues normal forward movement. Handler continues a minimum of 4 further steps forward then about turns, travels back towards dog and can either:

- a) walk around behind dog and collect dog back to the moving heel position continuing forward for a minimum of 4 steps and then halt and dog automatically sits; or
- b) walk past the right side of the dog, about turn a minimum of 2 metres past dog, and then collect dog back to the moving heel position while passing the dog.

A separate cue (verbal and/or physical) can be given for the initial HEEL, the POSITION and the COLLECTION. No additional cues to be used.

EXERCISE START: Handler standing still. Dog in a sit in heel position.

EXERCISE FINISH: Handler standing still. Dog in a sit in heel position.

Exercise 8. – OPTION – Stay or scent detection

STAY

Dog to be left in either a sit, stand or down. Handler to leave dog, collect a bowl of treats / food from a nearby area, place bowl on ground approximately 1 metre behind dog. Handler to then proceed to a point approximately 6 metres in front of dog halt with back turned to dog and wait for 10 seconds, handler to then return around behind dog and back to the heel position. No additional cues are to be used except the initial STAY cue.

EXERCISE START: Handler standing still. Dog in either a sit, stand or down in heel position.

EXERCISE FINISH: Handler standing still. Dog in either a sit, stand or down in heel position.

SCENT DETECTION

Dog to be left on a sit stay facing away from article location. A minimum of 4 articles to be placed out (all approximately same size, colour, shape). Handler to ensure video clearly shows which article is scented (by holding up to camera). The article can be scented with handler's scent, or with a scent that the dog has been trained to detect. Once articles have been placed on the floor, handler to return to the dog and about to turn dog to face articles. Distance is optional but should be a minimum of 2 metres. Dog can be offered scent to match before being sent if required. On handler's cue dog is to head to articles and clearly indicate the correct article. Dog can indicate in any obvious way or can retrieve article.

EXERCISE START: Handler standing still. Dog in either a sit, stand or down in heel position facing articles immediately prior to being sent.

EXERCISE FINISH: When dog clearly indicates the correct article.