

STAIR CLIMB ACTIVITY INSTRUCTIONS & DATA SHEET

If you have any questions as you complete the tasks, please refer to the [Measurement & Mobility section](#) of our FAQs page located at dogagingproject.zendesk.com.

We'd prefer that you use the survey to guide you through the Stair Climb Activity, but if necessary, you can use this data sheet and then return to this survey to enter your data afterwards.

For this activity, you will need:

- Access to a safe set of 8 or more consecutive stairs (inside or outside) that your dog *routinely* uses off-leash with a clear line of sight from the bottom landing to the top landing. Please note that the bottom landing does not count as a stair, but the top landing does.
- If your dog does not routinely use stairs for any reason, including physical inability, or if the set of stairs does not meet all of these criteria, you can opt-out of this activity
- A flexible measuring tape to measure the height of the second stair in the set of stairs.
- "Motivators" for your dog such as treats and/or toys.
- A stopwatch that can count to the nearest 0.01 seconds such as a handheld stopwatch or the stopwatch option within the clock app of a smartphone
- **You will need a minimum of two people to complete this activity, one of whom must be able to walk up a set of stairs.**

IMPORTANT: Do NOT try this activity unless you are in a location where it is safe for your dog to be off-leash. It should be away from traffic or anything else that could pose a danger to you or your dog.

Are you using a set of stairs that you have used before?

- ☐ Yes, I have used this set of stairs before.
- ☐ No, this is the first time I have used this set of stairs.

Please briefly describe the location of the set of stairs (inside my house, in my yard, at a park, etc.) and the type of footing (carpet, wood, concrete, etc.):

STEP 1: Please watch "COUNTING AND MEASURING STAIRS" Demonstration Video at <https://vimeo.com/dogagingproject/counting>.

Use the measuring tape to measure the height of the second stair in the set of stairs you plan to use for the activity. Do NOT measure the bottom stair as this one may have a different height from the others.

Please specify the measurement unit you used:

Make sure to always use this unit during this activity.

☐ Centimeters (cm)

☐ Inches (in)

Please indicate the height of the second stair: _____ cm / in (circle measurement unit)

STEP 2: Count the number of stairs in the set of stairs you are using for this activity. The bottom landing does NOT count as a stair, but the top does.

Please indicate the number of stairs: _____

STEP 3: Please watch "TIMED STAIR CLIMB" Demonstration Video at <https://vimeo.com/dogagingproject/stairs>.

- The Handler should be positioned at the bottom of the stairs with your dog off-leash.
- The Timer should be positioned at the top of the stairs where they will be able to see the dog reach the top landing.
- This activity works best if the Timer is someone your dog will be very excited to run to so that they will be strongly motivated to run up the stairs at their top speed.
- If necessary to get your dog to run at top speed, the Timer can use a treat, toy or other motivator. Just make sure that the Timer uses the same motivation for each repetition of the activity. You should NOT throw the motivator as we do not want your dog chasing an object during this activity.
- For each repetition, the Timer should announce: *Ready, Set, Go* and begin calling to the dog.
- The Timer should start the stopwatch when the dog's first paw touches the first stair and stop the stopwatch when all four feet hit the upper landing.
- Record number of seconds it took your dog to run up the stairs to the nearest 0.01 seconds (e.g. 1.967 would be recorded as 1.97).

Practice this activity 3-5 times to ensure that your dog maintains a consistent running pace up the stairs without speeding up or slowing down and that the Timer is able to record accurately.

Please indicate the number of practice trials: _____

What are you using to motivate your dog during this activity? *Please don't throw the motivator.

☐ Toy ☐ Treat ☐ Voice ☐ Clapping ☐ Other: _____

Please conduct the timed Stair Climb Activity three times. If something goes wrong, note this information below. Please don't repeat the activity more than three times, trying to get it "right." Our study design takes into account the fact that sometimes things go wrong.

RECORD YOUR DATA IN THE TABLE BELOW

Stair Climb Activity	Did your dog successfully complete the trial? Y/N	Please indicate the time it took your dog to run up the stairs to the nearest 0.01 seconds:	Notes (optional):
Trial #1			
Trial #2			
Trial #3			

IMPORTANT: Please return to your portal, open the Stair Climb Activity task, and enter your dog's timed trial results there so that they can be recorded in our database.