

JOG & RUN 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 Jog & Run 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:

- A large, flat space, inside or outside your house or in a public place, where you and your dog can jog *and* run *safely*, both on-leash *and* off-leash for a 10-meter distance (32 feet, 10 inches).
- A metal, hardware tape measure or yardstick to measure a 10-meter distance on the floor or ground.
- Masking tape, duct tape, sidewalk chalk or pet-safe spray chalk to mark the Start line and Finish line of a 10-meter course.
- "Motivators" for your dog such as treats and/or toys.
- Your dog's collar or harness and leash.
- 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 jog at least 10-meters.**

STEP 1: Please watch "[HOW TO SET UP THE 10-METER COURSE](https://vimeo.com/dogagingproject/course)" *Demonstration Video* at <https://vimeo.com/dogagingproject/course>.

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.*

Did you set up the course in a location you have used before?

- ☐ Yes, I have used this location before.
- ☐ No, this is the first time I have used this location.

Please briefly describe the course location (inside my house, in my yard, at a park, etc.) and the type of footing (carpet, linoleum, concrete, grass, dirt, etc.):

STEP 2: Please watch *"TIMED 10-METER JOG" Demonstration Video* at <https://vimeo.com/dogagingproject/jog>.

- The Handler should be positioned at the Start line with your dog on a leash. This person should be someone whom your dog respects and who can control your dog's activity on leash.
- The Timer should be positioned such that they can see the Start and Finish lines of the course. Make sure this person knows how to use a stopwatch or the stopwatch function on their smartphone. For more details, watch *"STOPWATCH" Demonstration Video* at <https://vimeo.com/dogagingproject/stopwatch>.
- The Handler can use a treat, toy in the hand, or calling and clapping to motivate your dog. Just make sure that they use 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 this activity it is important that your dog is on a loose leash without any tension. You should not be pulling your dog, and your dog should not be pulling you.
- Make sure that your dog is jogging, NOT walking or running, for the entire course. Some dogs may need to begin several feet behind the Start line to get to the proper gait speed before they cross it.
- For each repetition, the Timer should announce: *Ready, Set, Go*, and the Handler should begin jogging from the Start line to the Finish line with the dog jogging beside them on a loose leash.
- While the dog must be jogging for this activity, the Handler may be walking or jogging, depending on the size of the dog.
- The Timer should start the stopwatch when the dog's first paw crosses the Start line and stop the stopwatch when the dog's first paw crosses the Finish line.
- Record the number of seconds it took your dog to jog from Start to Finish 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 the Handler and your dog maintain a consistent jogging pace 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, 10-meter jog 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

Jogging Activity	Did your dog successfully complete the course? Y/N	Please indicate the time it took your dog to jog from Start to Finish to the nearest 0.01 seconds:	Notes (optional):
Trial #1			
Trial #2			
Trial #3			

STEP 3: Please watch "*TIMED 10-METER RUN*" *Demonstration Video* at <https://vimeo.com/dogagingproject/run>.

- The Handler should be positioned at the Start line with your dog off-leash.
- The Timer should be positioned at the Finish line such that they can see the Start line.
- 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 at their top speed.
- The Handler can use a treat, toy in the hand, or calling and clapping to motivate your dog. Just make sure that they use 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.
- Make sure that your dog is running, NOT walking or jogging, for the entire course. Some dogs may need to begin several feet behind the Start line to get to the proper gait speed before they cross it.
- 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 crosses the Start line and stop the stopwatch when the dog's first paw crosses the Finish line.
- Record the number of seconds it took your dog to jog from Start to Finish 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 runs at full speed straight from the Start line to the Finish line without any detours or changes in speed 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, 10-meter run 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

Running Activity	Did your dog successfully complete the course? Y/N	Please indicate the time it took your dog to run from Start to Finish to the nearest 0.01 seconds:	Notes (optional):
Trial #1			
Trial #2			
Trial #3			

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