

Canine Fitness and Conditioning Seminars

With Lisa Petterson, Canine Fitness and Conditioning Coach

October 21 and 22, 2018

Slocan Park, BC (at Love 2 Play building)

SATURDAY

Session 1 - Intro to Canine Fitness

Lecture only

1.5 hrs (morning)

Mandatory for all working teams, recommended for auditors

- Benefits of fitness training
- Safety
- Signs of pain/fatigue
- Record keeping and goal setting
- Importance of other canine body workers
- Brief overview of dog anatomy
- Intro to correct form and posture
- Foundation skills for fitness
- Weight and body condition
- Assessment and baseline tests
- Measurements

Session 2 - Intro to Fitness Foundation Exercises

4 hrs (afternoon) (2 groups of 6, pairs alternating)

- Stationary foundation exercises
- Position changes
- Exercises for strength and body awareness
- Adding fitness into your daily routine

SUNDAY

Session 3 - Sport Dog Specifics AUDIT ONLY

3 hrs (morning)

- Injury prevention - Warm ups and Cool downs
- Stretches
- Cardio & Sprint work
- Free exercise
- Training Schedule/Planning
- Body condition testing and weight management
- Specific exercises for agility
 - Weave poles
 - 2o2o contacts
 - Jumping - take-off and landing
 - Quick turns

POST SEMINAR - Online Fitness Course

- 6-week online course with 6 lessons containing videos, photos, and written descriptions of the exercises and progressions
- Private Facebook group where lessons will be posted - group will stay open for *minimum* of 8 weeks!
- Post **unlimited** videos, photos, and questions to the group for unlimited feedback
- Progressions of the fitness foundation exercises covered in seminar that can be easily modified to suit your dog's individual level of training and fitness
- Lectures on warm up/cool down, weight management, and nail trimming.
- "Fitness Tracker" document, to track your dog's progress (word and excel versions available, printable or online)

Regular cost for online course= \$275 per dog.

Purchase with seminar = \$155 per dog

Please note that Lisa Petterson offers Canine Fitness and Conditioning, NOT rehabilitation.

All dogs who participate in the Canine Fitness Seminar should have veterinarian clearance, and when concerns are noted, the student will be directed to seek appropriate care from their veterinarian, chiropractor, or other canine care provider. This seminar is not suitable for dogs recovering or rehabilitating from injury, or puppies under 10 months of age. Lisa cannot diagnose or treat injury, disease, or illness.

Mail cheques and registration to: Lisa Petterson, 1570 16th St SE, Salmon Arm, BC V1E 2E9
Or email and etransfer to: lpcaninefitness@gmail.com

PLEASE also email jeanne.dogs@gmail.com that you have sent in your registration and which sessions!

Your name: _____

Address: _____

City: _____

Province/State: _____ Postal code/Zip: _____

Phone: _____ Cell: _____

Email (please print clearly): _____

Dog Info (no need to complete if you are auditing)

Dog's Name: _____

Age: (must be at least 10 months) _____ **Breed:** _____

Please list any traumas, injuries, surgeries, or accidents that this dog has experienced (and dates of events): _____

Please list any medical conditions that this dog has, and current medications that may impact the dog's ability to participate in this seminar: _____

Prices

SESSION	COMBO	PRICE
Session 1 and 2	Audit 1, Work 2	\$175
Session 1 and 2	Audit both	\$100
Session 1, 2, and 3	Audit 1 + 3, work 2	\$225
Session 1, 2 and 3	Audit all	\$160
**Session 1, 2 and 3 + ONLINE course post seminar	Audit 1 + 3, work 2 and online	\$380 (must have working spot in session 2)

Repeat students (already taken online or in person fitness course/program) = \$215 for 3 sessions (working session 2)

Total paid: \$ _____ Cheque enclosed etransfer # _____

Cancellation and Refund Policy

All cancellations must be in writing and will be confirmed by return email. Your cancellation will not be valid without a written confirmation of receipt from Love 2 Play.

- Full refund up to September 15, 2018 minus \$25 administrative fee
- 50% refund up to October 1, 2018
- No refunds for cancellations after October 2, 2018

I have read, understand and agree to the above:

Name (print)

Signature

Date

LOVE 2 PLAY DOG TRAINING

2440 Highway 6, Slocan Park, BC V0G 2E0 www.love2play.ca

RELEASE AND WAIVER OF CLAIMS

The undersigned, who is a spectator or participating in activities, including, but not limited to agility, obedience or trick training, in consideration of use of facilities covenants and agrees as follows:

General Release. The undersigned hereby releases and waives any claims that the undersigned may now or hereafter have against the dog training facility, dog training activity sponsor(s), Jeanne Shaw, her instructors, coaches or their assigns from and against any and all liabilities, losses, damages, costs or expenses of whatever kind or nature, including attorney's fees, which the undersigned may incur as a result of any injury to the undersigned or their dog(s), or personal property of the undersigned as a result of the undersigned's activities undertaken at said facility including, without limitation, personal injury and damages thereof including loss of income, earnings, bodily injury, pain and suffering, emotional or mental distress and any and all medical expenses.

Assumption of Risk. The undersigned acknowledges and understands that the dog training activities undertaken involve potential risk of personal injury and injury to personal property including dogs which may result from the undersigned's participation in dog training activities. Such injuries may be caused by other participants, the undersigned, facility conditions including, but not limited to, uneven or damaged terrain, the presence of moisture or mud, obstacles and obstructions upon or under the terrain and other natural or man-made conditions which may be hazardous to the undersigned or create hazards to the undersigned's activities. The undersigned further acknowledges that these dog training activities are potentially dangerous and assumes all risk of injury and I or damage which may result from any reason whatsoever thereby.

Binding Effect. The foregoing provisions shall be fully binding upon and shall be effective against the undersigned, its heirs, successors, legal representatives or assigns and shall apply to the actions of the undersigned personally, the undersigned's family, guests, employees or agents.

IN ADDITION: I hereby agree to abide by the rules of Love 2 Play Dog Training, **that no dog shall be physically reprimanded while engaged in any activity sponsored by or affiliated with Love 2 Play Dog Training**, or while on the premises leased or rented by Love 2 Play Dog Training (with the exception of dogs committing acts of aggression towards people or other dogs). **I further understand that any violation of this agreement could lead to the immediate termination of my involvement in the event or activity (including being asked to leave the premises) without refund of any monies paid for that event or activity.**

I have read and understand and accept this Waiver.

Signature

Print Name

(_____)_____.

Date

Phone Number

MEDIA RELEASE:

I am aware and agree that Love 2 Play or its authorized photographer may take photographs of me, my family, guests and dogs for Love 2 Play's use in promotional materials including, but not limited to, printed material, website, social media, press releases, and fliers. I have read, understand and agree to the above.

Signature

Print Name

(_____)_____.

Date

Phone Number

Lisa Petterson - Canine Fitness Coach Waiver of Liability

Owner/Handler Name:

Dog 1 Name: (the "Dog")

Dog 2 Name: (the "Dog")

I acknowledge that I am voluntarily participating in dog training activities with **Lisa Petterson**, which may take place at the Quonset Hut, my personal residence, the instructor's home or any public location.

Assumption of Risk - I understand and acknowledge that participation in dog training has inherent risks including, but not limited to: minor or serious injuries (including death) to myself, my Dog, or other persons or dogs; damage to property; or other losses. I am aware that any dog, regardless of training, handling, or environmental circumstances, is capable of biting and causing damage to myself, another person, or another dog. I agree to assume all risks of such occurrences.

Waiver of Negligence - I waive any and all claims that I have or may have in the future against, release from all liability, and agree not to sue **Lisa Petterson** for any injury, death, property damage or other loss that I, my friends, family members, or my dog may sustain due to any cause whatsoever, including but not limited to, negligence, breach of contract, breach of duty, statutory or otherwise, or mistakes or errors of judgment of any kind.

Indemnification - I assume full responsibility for injury or damage caused by myself, my friends, my family members, and my Dog during any dog training activity. I agree to indemnify and hold harmless, **Lisa Petterson** from and against any and all claims that may be made against them or costs, fees, expenses or liability (including, without limitation, lawyers' fees on a solicitor and own client basis) incurred by **Lisa Petterson** that may arise due to: any act or omission of myself, my friends, my family, or any party for whom I am liable at law; or aggressive behaviour by the Dog or any other dog under my control.

I have been given the opportunity to read and understand the terms of this Agreement before signing it and have in fact done so. I understand that by signing this Agreement, I am relinquishing substantial legal rights and I sign this Agreement voluntarily and of my own free will.

Signature:

Signature of Parent/Guardian if under 19 years of age:

Date (dd/mm/yy):
