



# DISCOVER



# 4-H DOG CLUBS



**EXTENSION**  
UtahStateUniversity



# DISCOVER 4-H DOG CLUBS

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Special thanks to Jennifer Saunders, 4-H Program Assistant, Fergus County, Montana

## Description

The Discover 4-H Clubs series guides new 4-H volunteer leaders through the process of starting a 4-H club or provides a guideline for seasoned volunteer leaders to try a new project area. Each guide outlines everything needed to organize a club and hold the first six club meetings related to a specific project area.

## Purpose

The purpose is to create an environment for families to come together and participate in learning activities that can engage the whole family, while spending time together as a multi-family club. Members will experiment with new 4-H project areas.

## What is 4-H?

4-H is one of the largest youth development organizations in the United States. 4-H is found in almost every county across the nation and enjoys a partnership between the U. S. Department of Agriculture (USDA), the state land-grant universities (e.g., Utah State University), and local county governments.

4-H is about youth and adults working together as partners in designing and implementing club and individual plans for activities and events. Positive youth development is the primary goal of 4-H. The project area serves as the vehicle for members to learn and master project-specific skills while developing basic life skills. All projects support the ultimate goal for the 4-H member to develop positive personal assets needed to live successfully in a diverse and changing world.

Participation in 4-H has shown many positive outcomes for youth. Specifically, 4-H participants have higher participation in civic contribution, higher grades, increased healthy habits, and higher participation in science than other youth (Learner et al., 2005).





## Utah 4-H

4-H is the youth development program of Utah State University Extension and has more than 90,000 youth participants and 8,600 adult volunteers. Each county (Daggett is covered by Uintah County) has a Utah State University Extension office that administers the 4-H program.

## The 4-H Motto

"To Make the Best Better!"

## The 4-H Pledge

I pledge: My HEAD to clearer thinking, My HEART to greater loyalty, My HANDS to larger service and My HEALTH to better living, For my Club, my Community, my Country, and my world.

## 4-H Clubs

What is a 4-H Club? The club is the basic unit and foundation of 4-H. An organized club meets regularly (once a month, twice a month, weekly, etc.) under the guidance of one or more volunteer leaders, elects its own officers, plans its own program, and participates in a variety of activities. Clubs may choose to meet during the school year, only for the summer, or both.

## Club Enrollment

Enroll your club with your local Extension office. Each member will need to complete a Club/member Enrollment form, Medical History form, and a Code of Conduct/Photo Release form (print these from the [www.utah4h.org](http://www.utah4h.org) website or get them from the county Extension office).

## Elect Club Officers

Elect club officers during one of your first club meetings. Depending on how many youth you have in your club, you can decide how many officers you would like. Typical officers will include a president, vice president, pledge leader, and secretary. Other possible officers or committees are: song leader, activity facilitator, clean-up supervisor, recreation chair, scrapbook coordinator, contact committee (email, phone, etc.), field trip committee, club photographer, etc. Pairing older members with younger members as Sr. and Jr. officers may be an effective strategy to involve a greater number of youth in leadership roles and reinforce the leadership experience for both ages. Your club may decide the duration of officers—six months, one year, etc.



## A Typical Club Meeting

Follow this outline for each club meeting:

- Call to order–President
- Pledge of Allegiance and 4-H Pledge–Pledge Leader (arranges for club members to give pledges)
- Song–Song Leader (leads or arranges for club member to lead)
- Roll call–Secretary (may use an icebreaker or get acquainted type of roll call to get the meeting started)
- Minutes of the last meeting–Secretary
- Business/Announcements–Vice President
- Club Activity–arranged by Activity Facilitator and includes project, lesson, service, etc. These are outlined by project area in the following pages.
- Refreshments–arranged by Refreshment Coordinator
- Clean Up–led by Clean-up Supervisor



## Essential Elements of 4-H Youth Development

The essential elements are about healthy environments. Regardless of the project area, youth need to be in environments where the following elements are present in order to foster youth development.

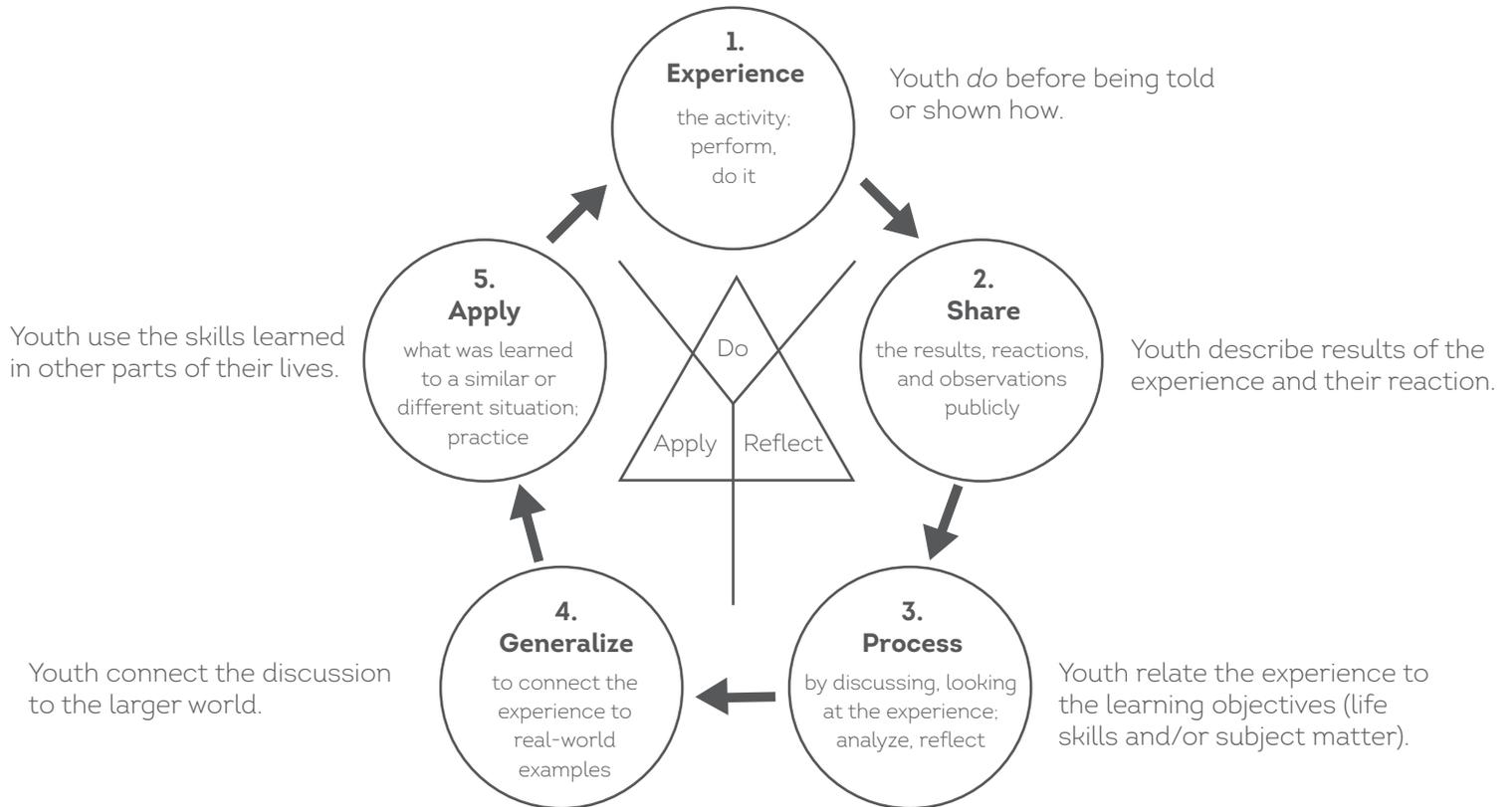
1. **Belonging:** a positive relationship with a caring adult; an inclusive and safe environment.
2. **Mastery:** engagement in learning; opportunity for mastery.
3. **Independence:** opportunity to see oneself as an active participant in the future; opportunity to make choices.
4. **Generosity:** opportunity to value and practice service to others.

(Information retrieved from: <http://www.4-h.org/resource-library/professional-development-learning/4-h-youth-development/youth-development/essential-elements/>)



## 4-H “Learning by Doing” Learning Approach

The Do, Reflect, Apply learning approach allows youth to experience the learning process with minimal guidance from adults. This allows for discovery by youth that may not take place with exact instructions.



## 4-H Mission Mandates

The mission of 4-H is to provide meaningful opportunities for youth and adults to work together to create sustainable community change. This is accomplished within three primary content areas, or mission mandates, - citizenship, healthy living, and science. These mandates reiterate the founding purposes of Extension (e.g., community leadership, quality of life, and technology transfer) in the context of 21st century challenges and opportunities. (Information retrieved from: [http://www.csrees.usda.gov/nea/family/res/pdfs/Mission\\_Mandates.pdf](http://www.csrees.usda.gov/nea/family/res/pdfs/Mission_Mandates.pdf))

- Citizenship:** connecting youth to their community, community leaders, and their role in civic affairs. This may include: civic engagement, service, civic education, and leadership.
- Healthy Living:** promoting healthy living to youth and their families. This includes: nutrition, fitness, social-emotional health, injury prevention, and prevention of tobacco, alcohol, and other drug use.
- Science:** preparing youth for science, engineering, and technology education. The core areas include: animal science and agriculture, applied mathematics, consumer science, engineering, environmental science and natural resources, life science, and technology.

## Getting Started

1. Recruit one to three other families to form a club with you.
  - a. Send 4-H registration form and medical/photo release form to each family (available at [utah4h.org](http://utah4h.org))
  - b. Distribute the Discover 4-H Clubs curriculum to each family
  - c. Decide on a club name
  - d. Choose how often your club will meet (e.g., monthly, bi-monthly, etc.)
2. Enroll as a 4-H volunteer at the local county Extension office (invite other parents to do the same)
3. Enroll your club at the local county Extension office
  - a. Sign up to receive the county 4-H newsletter from your county Extension office to stay informed about 4-H-related opportunities.
4. Identify which family/adult leader will be in charge of the first club meeting.
  - a. Set a date for your first club meeting and invite the other participants.
5. Hold the first club meeting (if this is a newly formed club).
  - a. See *A Typical Club Meeting* section above for a general outline.
    - i. Your activity for this first club meeting will be to elect club officers and to schedule the six project area club meetings outlined in the remainder of this guide. You may also complete a-d under #1 above.
  - b. At the end of the first club meeting, make a calendar outlining the adult leader in charge (in partnership with the club president) of each club meeting along with the dates, locations, and times of the remaining club meetings.
6. Hold the six project-specific club meetings outlined in this guide.
7. Continue with the same project area with the 4-H curriculum of your choice (can be obtained from the County Extension Office) OR try another Discover 4-H Club project area.



## Other Resources

Utah 4-H website: [www.Utah4-h.org](http://www.Utah4-h.org)

National 4-H website: [www.4-h.org](http://www.4-h.org)

4-H volunteer training:

To set up login:

<http://utah4h.org/htm/volunteers/get-involved/new-volunteer-training>

To start modules: <http://4h.wsu.edu/volunteertraining/course.html>

(password = volunteer)

## References

Information was taken from the Utah 4-H website ([utah4h.org](http://utah4h.org)), the National 4-H Website ([4h.org](http://4h.org)), the Utah Volunteer Handbook, or as otherwise noted.

Lerner, R., M. et al., (2005). Positive youth development, participation in community youth development programs, and community contributions of fifth grade adolescents: Findings from the first wave of the 4-H Study of Positive Youth Development. *Journal of Early Adolescence*, 25(1), 17-71.

**We would love feedback or suggestions on this guide; please go to the following link to take a short survey:**

<http://tinyurl.com/lb9tnad>

# 4-H DOG CLUB *Meetings*



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## 4-H *Club Meeting 1* The Barking Basics



### Supplies

- Training chain dog collar
- Your dog
- Proof of current vaccinations

There are two types of dog collars -- the prong and the regular chain. Each has pros and cons. The choice of collar is ultimately up to you and what you feel comfortable with. For more information go to: <http://www.petprofessional-guild.com/chokeandprongcollarpositionstatement>

The purpose of this meeting is get the handler comfortable with collars and general safety tips when working with dogs. It is very important for the safety of the handlers and the other dogs participating. The instructor of the clinic needs to make sure all dogs are up to date on vaccinations. This meeting also introduces members to the basics of heel, sit and turns they will be doing for the show!

## Dog Obedience *Equipment*



When beginning the dog obedience class, make sure handlers are aware the collar should be shaped like a P when they put it on the dog. After the collar has been placed on the dog, handlers should be able to gently pull the collar and it should retract back into its loose fitting position. Handlers should also know that they should not put the training lead on while the dog's normal collar is on. The dog needs to know that when the training lead is on, it is time to work. When the other collar is on, it's play time. If you make this association, the dog will be more willing to work for you.

### WATCH THIS!

Collar Demonstration

<http://youtu.be/P8D404QQ2uE>

Heeling Exercise

<http://youtu.be/hWcZFPnB0pE>



**DOG SAFETY:** The first thing you need to address is dog safety. Make sure you tell members that the dogs need to be a safe distance apart. When you have many dogs in one spot, issues with safety could happen. It is not recommended that someone bring an aggressive dog to obedience class. This is a basic obedience class, not a dog behavioral class. Also, make sure members are aware of signs such as tails between legs, growling, etc. Handlers need to be respectful of the other dogs as well. They should not run up to a dog and start touching it. Ask the handler to practice safe dog approaching techniques.

The next thing that needs to be done is an equipment check. Make sure the collar is on correctly and that it is not too small for the dog. The collar should not choke the dog and should fit it with not too much slack. Make sure the members don't have both collars on at once as described above.

**MANNERS/ETIQUETTE:** Instruct handlers to use the appropriate techniques when approaching each other's dogs. Make sure handlers take dogs out to the bathroom before class starts. Be sure to watch the dogs. Prior to what some may believe, there is actually a way two people with dogs are supposed to have their dogs greet each other. That is something you will have to look up on your own.

**HEELING:** The first thing that will be taught to the handlers and their canine companions is heeling. When a handler is in dog obedience class, the dog is always on the left side. The member always leads off with the left foot. The reasoning behind this is that the left foot is the closest to the dog. If the member always leads off with the left foot, the dog knows it's time to move. When the handler leads with the right foot, the dog is to stay. This will make sense later. When the handler is ready to heel the dog, he or she must lead off with the left foot and ask the dog to heel. command = results. The dog should not be jerking the handler around. This is when corrective action needs to be taken. This gentle jerk on the collar with the command to heel gets the dog to focus on the handler.



**SIT:** The next thing that is taught in this meeting is to sit. Sit goes along with heel really well. The sit is always going to be your home spot for the dog. The sit is simply done when you are heeling. The member stops and asks the dog to sit. Some dogs know sit because it is the universal first command that most dog owners teach. You will have some dogs that sit and some that don't. If you get a dog that won't sit, just ask the handler to say "sit" and then push down on the dog's behind. If you have members who already have dogs that are sitting from the heel position, check them. There is a behavior called the "lazy sit," and if they do it in a show situation, they will get docked. The dog should be sitting on its feet, not lazily on its behind. This is something you should watch for. When the dog is sitting, this is a prime transition into the heel. Emphasize the leading off with the left foot to start directly with the heeling. Don't forget to also emphasize command= results. Dogs can't read handlers minds. They have to be told.



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**URNS:** The last thing that is taught is turns. In dog obedience, there are three types of turns. The left turn, the right turn, and the about turn. The left and right turns are pretty easy. Have the handlers sit their dogs and do the heel command and get them walking. When you say left turn, all they do is turn left. When you say right turn, the handler and dog go right. The one that is a little unique is the about turn. The about turn is when the dog and handler are walking and they basically turn around and go the opposite direction. With the turns, no command is needed. They are basically done by handler control.

**WATCH THIS!**

<http://youtu.be/JBgHQJ7VquM>



- If you have a handler whose dog is very high energy, try advising the member to take his or her dog for a walk before class. Dogs need to be walked a lot. It may have more energy if the dog is stuck at home all day and doesn't have room to play.
- If you have a handler who is using treats, that is great. But let them know that the treats will have to be gone by show time. A big part of dog obedience is verbal. Verbal praise is the best reward. After a dog is done with turns or sitting, a simple "good heel" or "good job" is all that is necessary. A TON of praise can cause the dog to lose focus.
- Training should be fun! If the handler is upbeat and having fun, the dog will think it is fun, too!



Homework in dog obedience? What? The biggest part of dog obedience, as with most things, is practice! Tell the handlers to practice every day! At the very least, every other day. Have them practice what they learned in class as well as the command = results technique. Dogs are a lot of work. Nothing will come instantly. Also have them practice praising the dogs, but not too much.



## Reflect

- What foot do you lead off with when you are heeling?
- What are the three different types of turns?
- Do you put both collars on your dog at the same time?

## Apply

- How can learning to properly introduce your dog help you in other situations like walking or going to the dog park?
- How can teaching your dog obedience make life at home a little easier?



## 4-H *Club Meeting 2* Sit, Stay, Good Dog



### Supplies

- Just the training collar
- Proof of vaccinations, if forgotten first meeting

The purpose of this meeting is to review what was taught at the last meeting. You will introduce pacing, as well as the sit, stay and return to the dog, and the simple down command.

## Ready *Heel*



First, review what you taught last time. Always ask who worked with their dogs and who practiced. Do a quick check on collars. Then have the handlers do heeling, sitting, and turns.

**PACING:** In the dog obedience show, handlers will be asked to do different pacing speeds with the dog. There are three types—fast, normal, and slow. The fast pace is having the dog at a fast pace. The member should be jogging, not running. This is going to be different with members who have small dogs. They don't necessarily have to jog to get their dog to go fast, they can just walk quickly. The normal pace is just the normal pace used when the handler and the dog walk. The slow pace is a little more difficult. The handler should be able to walk VERY slowly and the dog should change its pace accordingly.

**SIT, STAY, RETURN TO THE DOG:** The dog is going to start by sitting next to the handler. This is where the leading off with the right foot comes into play. The handler should sit the dog and then have the dog stay. The handler will then leave the dog with their right foot. The handler will then walk to the end of the leash and then stand in front of the dog. The handler should be facing the dog at this point. When the judge has said the member should continue, he or she will go toward the dog on the right side and go back around the dog and be back in the home sit position. The dog doesn't move at all in this exercise. All the movement should be by the handler.

**DOWN:** Down is another trick some dogs may already know. This is fine—they are just a little ahead. Have the handlers have the dogs sit. Then the handler is going to give the command “down” or “lie down.” The dog should then lie down right next to the handler. Once again, watch for the “lazy down.” The dog should be laying down on its legs, not with its bottom hanging out.

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## Watch *This*



### WATCH THIS!

<http://youtu.be/JBgHQJ7VquM>

- You don't have to do the jumping that is shown in the video. It is just to show you how the sit, stay, return to dog works.

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## *Tips*



- If you have a handler who is having trouble getting to the end of the leash, advise him or her to just stand right in front of the dog. After a while, he or she needs to work his or her way out to the end of the leash.
- If a handler is having difficulty getting the dog to lie down, go over and advise him or her to give the command "down." Then pull the leash down to the ground. Make sure the member isn't choking the dog. After a while, the dog should associate the command with the exercise.



### Reflect

- What foot do you lead off with when you are leaving your dog?
- What side do you return to when you are going back to your home sit at the sit, stay, and return?

### Apply

- Do you have a friend who walks faster than you? Why?



## 4-H *Club Meeting 3* Everybody Down



The purpose of this meeting is to review what has been previously taught. It is also to teach the handlers about the down, stay, and return to your dog exercise and the sit, stay, recall, and finish exercise.

## Ready *Heel*



Review everything that you have learned prior to this meeting. It is also a good test to see if the handlers have been working with their dogs.

**DOWN, STAY, RETURN TO DOG:** This exercise is just like the sit, stay, and return to dog. Instead of the dog sitting, the dog is lying down. The handler does all of the same actions like standing in front of the dog and returning on the right side. Also, check that the handlers are leading off with that right foot!

**SIT, STAY, RECALL, AND FINISH:** This exercise starts out just like the sit and stay. The handler also goes to the end of the leash and stands facing the dog, but instead of the handler returning to the dog, the dog has to come to the handler. When the handler is standing in front of the dog, the command to “come” or “here” should be used. The dog should go and sit directly in front of the handler. Once the dog has sat in front of the handler, usually the judge will advise to finish. This is when the dog is to stand up and walk around the handler and go back to the home sit.

### WATCH THIS!

<http://youtu.be/dqHsectSiU4>

- This video is actually a GREAT example of the down stay and the sit stay. The trainer also does a good job showing how you can just stand in front of the dog if you are not comfortable with going to end the leash.

The Recall Exercise

<http://youtu.be/SLyYgEGtICs>

- When the dog is sitting in front of the handler, make sure it is square with him or her. Make sure the dog's butt is not hanging out and it is sitting on its feet.



### Reflect

- How often should you be working with your dog?
- What side of the dog do you return on?

### Apply

- What other animals have certain criteria that is shown at the fair?



### Supplies

- Two cones (or you can use two people out of the audience for “posts” for the figure 8 exercise.)

The purpose of this meeting is to once again review. You will teach the members the Figure 8 and the stand for exam exercises.

## Ready Heel



This meeting you will review what you have previously learned. It is good for the dogs and the handlers. Repetition will help the dog so it is not being taught one time and then never again. It also helps the handlers remember what they need to know for show day!

**FIGURE 8:** The Figure 8 exercise is exactly how it sounds. On show day the judge will have two cones and place them on the course. The handler is to take the dog and sit it in between the cones. When the judge gives the go ahead, the handler can choose to go left or right. He or she will then lead the dog around the two cones in a Figure 8 fashion. At some point in the middle of the exercise, the judge will have the dog sit, so practice that too.

**STAND FOR EXAM:** The stand for exam exercise is probably one of the harder ones. The handler is going to have the dog in the home sit. Then the handler has the dog stand. The command “stand” can be used when training. The handler will give the “stay” or “wait” command. He or she will then leave the dog and go to the end of the leash, just like the sit, stay. Then the judge will come and examine the dog. The dog cannot move! It has to stay standing the whole time and is not allowed to jump on the judge or sit down, or the handler will be docked significant points. After the judge has examined the dog, the handler will then return on the right side and finish.

### WATCH THIS!

Good demonstration of the Figure 8

<http://youtu.be/JBgHQJ7VquM>

- The stand for exam exercise is very difficult for some dogs. This exercise will definitely need to be practiced. If the dog won't stand, advise the handler to lift the dog up and use the command "stand." Don't forget command=results.



### Reflect

- Where do you start the Figure 8?
- What is the exercise called when you stand your dog?

### Apply

- What are the different levels of dog obedience?



## 4-H Club Meeting 5

### Why Must I Sit for so Long?



The purpose of this meeting is to teach the handlers the long sit and the long down.

## Ready Heel



**LONG SIT:** The long sit is for 1 minute. The handlers will start the dog in the home sit. Then the handler will leave the dog and go stand in front of it. The dog will have to stay in the sit position for the full minute. This exercise can also be difficult due to the distractions of people moving around and noises. If the dog breaks the 1 minute sit, have the handler go back to the dog and sit with it. If he or she goes back and tries to correct the dog, it will distract the other members who are trying to do the long sit.

**LONG DOWN:** The long down is for 3 minutes. The handler starts in the home sit and then gives the "down" command. Like the long sit, he or she will leave the dog and then go and stand in front of it. The dog has to stay lying down for the full 3 minutes. If the dog breaks the 3 minutes, just have the handler go back to the dog and have it do the home sit. Again, the member should try and do this with the least amount of distraction possible.

## Tips



- When doing the exercise at the meeting, try walking around and seeing if the dogs will break the sit or the down exercises. It is a good way to test the dogs.



## Reflect

- How long is the long sit?
- How long is the long down?
- If your dog breaks during either exercise, what do you do?

## Apply

- Think of a time you have had to sit for a long time. Was it hard?
- What did you do? Fidget, look around, or fall asleep?



## 4-H *Club Meeting 6*



We are the Champions!



The purpose of this meeting is to review everything you discussed in previous meetings.

## Ready *Heel*



Your handlers officially have the knowledge to become successful dog obedience masters! Well...not really but they are close! You need to review everything you have taught in previous meetings. If you have a handler who is struggling this might be a good time for you as an instructor to do a little one on one with him or her. Definitely stress that they practice, practice, practice! If handlers are not practicing, it is going to show on fair day! Wish them luck! It means a lot if you as their teacher go and watch them on fair day. They get excited to show you what they learned and how much they have improved!

## *Tips*



- If a handler is having a lot of difficulty, offer to meet with him or her outside of the meetings, if it works in your schedule to do so. Sometimes a little extra help is what is needed.



## Reflect

- What letter should your collar be in when you put it on your dog?
- Where do you stand when you are doing a down, stay, return to your dog?
- Can your dog move during the long down or long sit?

## Apply

- What other projects allow you to show an animal?
- How can dog obedience help you with future dogs?



## More to *Discover*

Congratulations on completing your Discover 4-H club meetings! Continue with additional curriculum in your current project area, or discover other 4-H project areas. Check out the following links for additional 4-H curriculum.

1. <http://utah4h.org/htm/discover4hclubs>
2. <http://www.4-h.org/resource-library/curriculum/>
3. <http://utah4h.org/htm/resource-library/view-all-curriculum>

## Become a 4-H Member or Volunteer

To **register** your Utah club or individuals in your club visit:

<http://www.utah-4.org/htm/staff-resources/4-h-online-support>

<http://utah4h.org/htm/about-4-h/newto4h/>

Non-Utah residents please contact your local 4-H office:

<http://www.4-h.org/get-involved/find-4-h-clubs-camps-programs/>



## Stay *Connected*

### Visit Your County Extension Office

Stay connected with 4-H activities and news through your county Extension office. Ask about volunteer opportunities and don't forget to register for your county newsletter. Find contact information for counties in Utah here:

<http://extension.usu.edu/htm/counties>

## Enjoy the Fair!

Enter your project or create a new project for the county fair. Learn about your county fair and fair judging here:

<http://utah4h.org/htm/events-registration/county-fairs>



## Participate in Local or State 4-H Activities, Programs, Contests or Camps

For Utah state events and programs visit:

<http://utah4h.org/htm/events-registration>

<http://www.utah4h.org/htm/featured-programs>

For local Utah 4-H events and programs, visit your county Extension office.

<http://extension.usu.edu/htm/counties>

Non-Utah residents, please contact your local 4-H office.

<http://www.4-h.org/get-involved/find-4-h-clubs-camps-programs/>



## Discover *Service*

### Become a 4-H Volunteer!

 <http://www.youtube.com/watch?v=UBemO5VSyK0>

 <http://www.youtube.com/watch?v=U8n4o9gHvAA>

To become a 4-H volunteer in Utah, visit us at:

<http://utah4h.org/htm/about-4-h/newto4h/>

### Serve Together as a 4-H Club or as an Individual 4-H Member

Use your skills, passions, and 4-H to better your community and world. You are needed! Look for opportunities to help in your area or participate in service programs that reach places throughout the world (religious groups, Red Cross, etc.).

## Hold a Club Service Project

USU Collegiate 4-H Club hosted "The Gift of Giving" as a club activity. Club members assembled Christmas stockings filled with needed items for CAPSA (Community Abuse Prevention Services Agency).

<http://tinyurl.com/lu5n2nc>



## Donate 4-H Projects

Look for hospitals, nursing homes, or other nonprofit organizations that will benefit from 4-H projects. Such projects include making quilts for CAPSA or Primary Children's Hospital, or making beanies for newborns. During Utah 4-H State Contests, 40 "smile bags" were sewn and donated to Operation Smile.

## Partner with Local Businesses

92,000 pounds of processed lamb, beef, and pork were donated to the Utah Food Bank in 2013 by multiple companies.

<http://tinyurl.com/pu7lxyw>

## Donate Money

Clubs or individuals can donate money gained from a 4-H project to a worthy cause. A nine-year-old 4-H member from Davis County donated her project money to help a three-year-old battle cancer.

<http://tinyurl.com/mqtfwxo>



## Give Us Your *Feedback*

Help us improve Discover 4-H curriculum. We would love feedback or suggestions on this guide; please go to the following link to take a short survey:

<http://tinyurl.com/lb9tnad>