

# Zimzala K9 Training

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## Canine Good Citizen Care and Responsibility

### *Puppy Test*

#### **KUSA Canine Good Citizen Test**

Five (5) questions should be asked around vaccinations and deworming, house training, socialisation, teething, chewing, and exercise.

*Kindly note that KUSA provided questions that the evaluators should ask handlers, but deliberately did not provide an answer sheet. The idea is for the answers to be very specific to the handler and their dog, as well as their home situation and lifestyle. Evaluators should be looking for responsible pet ownership and not the ability to recite answers from a booklet.*

*In an attempt to guide and educate dog owners and handlers, we have provided relevant and up to date information pertaining to each question as put forth by the Kennel Union of Southern Africa. We believe you'll find it of value.*

#### **Legal Matters**

##### **1. What is a dog's rights?**

A dog owner should be aware of a dog's needs and rights and they are:

- *Water* – a dog needs a constant supply of clean drinking water.
- *Food* – dogs have a right to good balanced food, and the correct daily allowance as required for the breed size and the dog's age.
- *Shade* – a dog needs a shady place it can retire to in the heat of the day.
- *Exercise* – all dogs need exercise and where possible they should be taken to places; they can safely run free. Exercise should be appropriate and tailored to the breed and the dog's age.
- *Companionship* – dogs are social animals, and need other dogs and/or family members to provide social interaction.
- *Health care* – dogs have right to health and veterinary care, should they be in pain or become ill.

##### **2. Does your dog require a licence?**

New City of Cape Town Animal By-Laws require pet owners to register their dogs and/or cats and, if necessary, to apply for a permit to keep more than the allowed number on their property.

##### **3. According to your area's by-laws how many dogs are allowed in one household?**

In the absence of a determination made in terms of the provisions of subsection (1) and subject to the provisions of subsections (3) and (4), no person may keep more than:

- two dogs, or allow more than two dogs, over the age of six months, to be kept in or at a dwelling unit;
- three dogs, or allow more than three dogs, over the age of six months, to be kept in or at a dwelling house;
- four dogs, or allow more than four dogs, over the age of six months, to be kept in or at a large dwelling house;
- six dogs, or allow more than six dogs, over the age of six months, to be kept on an agricultural property; or
- three dogs, or allow more than three dogs, over the age of six months, to be kept on at any other premises.

**4. Name two ways you can provide dog's identification.**

- Microchip implant.
- Tattoo, usually in the dog's ear.
- Collar and name tag containing owner's contact details.

## Health Matters

**1. When and why do dogs need vaccinations?**

Vaccines are special medications that have been designed to stimulate the body's immune system so that it will produce the disease-fighting antibodies that are necessary to help protect the body against diseases.

- Dogs must be vaccinated to help protect them from all the infectious and contagious diseases out there.
- When puppies are born, the mothers pass on some immunity to their young through the colostrum in their milk, but unfortunately, this protection is temporary and the best way to ensure long-term protection for your pet is to provide it in the form of vaccinations against all the common diseases.
- You should talk to your vet about your pet's lifestyle.
- Many factors affect your pet's risk of exposure to disease and these include their contact with other animals, the time they spend travelling or boarding, and whether they live indoors or outdoors.
- Veterinarians typically recommend that your pet be protected against the most common diseases, or the ones that are most easily spread and can cause serious illness.
- They might also recommend additional vaccines based on your pet's risk factors for other diseases.

Here are the vaccination guidelines prescribed by the South African Veterinary Association (SAVA) for dogs:

- First vaccination at 8 to 9 weeks.
- Second vaccination at 11 to 12 weeks, which includes the first rabies vaccination.

- Revaccinate at 14 to 16 weeks, which includes the second rabies vaccination.
- Revaccinate at 1 (1) year.
- Revaccinate every 3 years, including rabies.
- The best protection and prevention against these infectious diseases in your pet is vaccination
- It is bad husbandry to allow your pet to get sick from a preventable disease.
- Discuss any queries you may have with your veterinarian.
- Ask your veterinarian about the risk of any disease that may be specific to the area and environment where you live.

## 2. How would you give your puppy the best start in life, for the first year, in terms of nutrition?

The growing puppy starts out needing about twice as many kilojoules per kilogram of body weight as an adult dog of the same breed. Breeders should start feeding puppies solid food at approximately 4 weeks after birth, as the mother's milk will no longer be sufficient for their fast-growing needs. Food is best offered to puppies in multiple, well-spaced meals. By the time a puppy joins his new family, his daily requirement should be divided in about 3 – 4 meals per day, and at least 3 meals until he is at least 6-7 months of age.

### **Raw feeding**

Species and biologically appropriate food that, allows your dog's systems to work effectively and hopefully building his immune system through a diet that puts very little stress on the body, and ultimately helps protect him from degenerative diseases and other health complications associated with poor nutrition, is what raw feeding is all about. It is however crucial that the raw diet is balanced, containing the correct ratio of protein, carbohydrates, fats and minerals. The adventurous can do their homework and do DIY, and for those who would prefer the benefits without the "brain" work, there are good reputable raw food companies who offer hygienic, well prepared, balanced, complete meals.

### *Young Puppies (1-6 months)*

- Must be fed 8-10% of body weight per day, divided into 4 portions.
- Recommended feeding times: 6h00, 11h00, 15h00/16h00 and 20h00/21H00.
- Meals can be reduced to 3 times per day between 12 and 16 weeks of age, but let your puppy be your guide.

### *Adolescent Puppies and Junior Dogs (6-24 months)*

- Most breeds start to skip their lunch between 5 and 7 months of age. However, some breeds, such as Labrador Retrievers, Flatcoated Retrievers, and many others will always willingly eat what, and whenever something is on offer! Thus, again look at your pup's individual appetite and weight. It is up to you to keep them at ideal weight, as they may always be "hungry" for more.
- Maintain the 8-10% body weight per day, until you notice your dog is picking up weight, getting a bit padded around the ribs. Then you will know it is time to start

cutting back a bit, until you find the right percentage for optimal weight and healthy growth.

- If in doubt consult a raw Feeding Calculator (Doggobone Active Raw Food has one on their website).
- Please note this is a general guide. You want to be able to feel the ribs, though not pronounced, they must be easily discernible.
- The rib test is your best guide!!!!
- Puppies that carry too much weight place a lot of strain on unformed, and soft tendons and joints. This is the main cause of Hip, Elbow and other joint related problems.

#### *Adult Dogs (24 months and older)*

- Adult dogs require 2-3% of body weight per day, and this is very variable. Age, life style, and activity levels play a huge role.
- Remember that each dog is different and to use discretion.
- High energy always on the go dogs with active lifestyles may need more, while calmer, quieter, couch potato dogs may need less.
- When doing additional training where treats are used - remember that this will impact on your dog's diet and total food intake, and of course on their weight!!
- Use the weight chart below as a guideline to keep your dog at optimal weight.

#### **Dry Food**

There are many reputable dry food brands on the market. Owners must do their homework and choose a brand that would suit their dog's breed and a food that is age appropriate. Ensure that quality products are used during manufacturing, and that the manufacturer has a good, reputation and is veterinary endorsed. Most brands have a range that will take a dog from puppyhood, through all the stages of life. Know that each dog is an individual, and that general guidelines is exactly that, a guideline. Feed the recommended ration, but then check your puppy and/or adult dog by doing the rib tests, and ensuring that your dog maintains an ideal weight. It is important to note the following:

#### *Young Puppies (1-6 months)*

- Choose a brand that is specific for your puppy's age.
- Some brands offer breed specific food too.
- Follow the package guidelines for daily ration, but remember that each puppy is an individual, and ensure that your puppy maintains ideal weight with the quantity offered.
- That the daily ratio is split into 3 meals for the first 6 months.
- Water should always be available to your puppy, but especially when feeding a dry food diet.

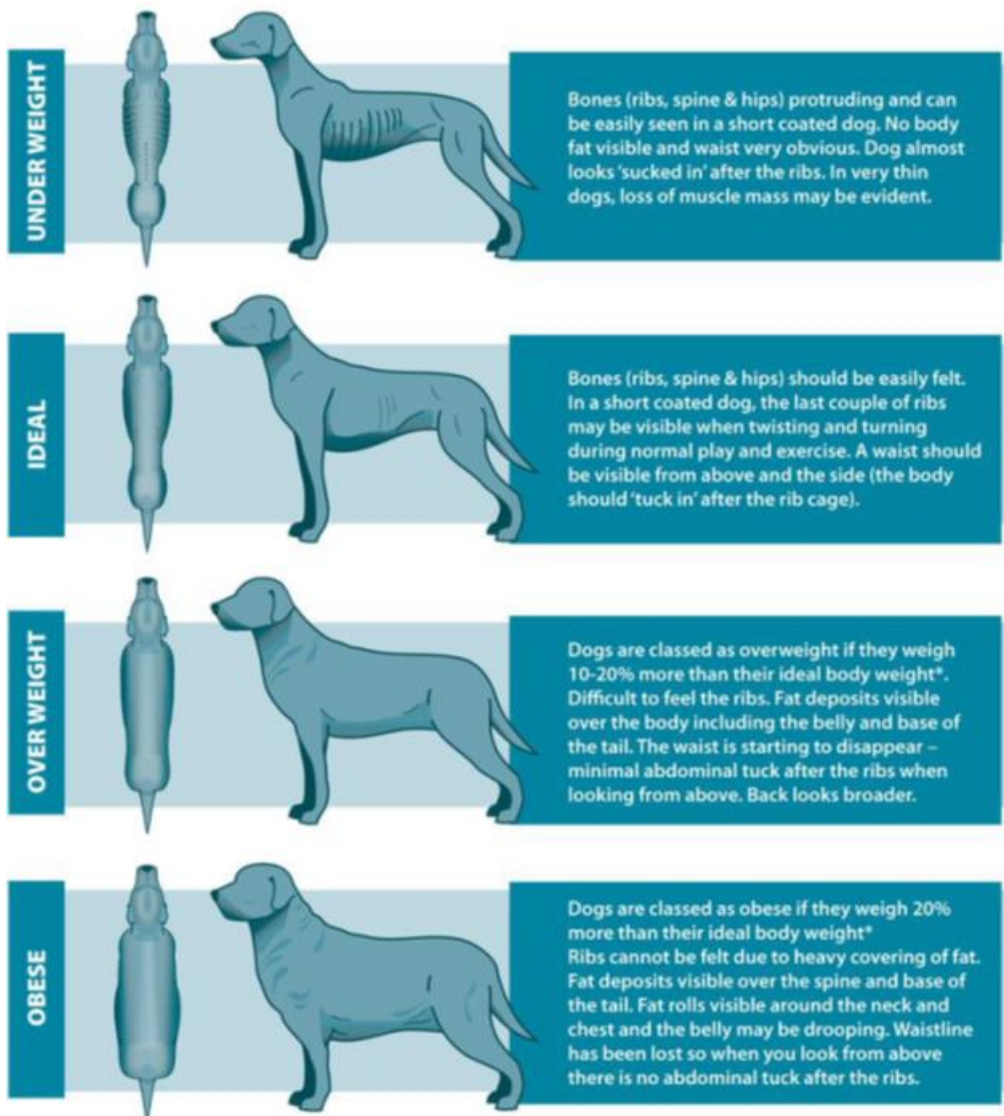
#### *Adolescent Puppies and Junior Dogs (6-18 months)*

- When dogs reach adolescence, their nutritional needs will change. It is important to then switch to an appropriate food for this life stage.

- Breed size matters, as large breeds require a food that will maintain slow growth of long bones.

*Adult Dogs (24 months and older)*

- Most breeds (smaller breeds can reach adulthood sooner) will reach maturity between 24 - 36 months of age. This will be the time to again adjust the food accordingly, to maintain a healthy body weight.
- Breed, activity level, whether spayed or intact, and many more factors will influence your dog's dietary requirement and food ration.



### 3. How often would you deworm your puppy?

Puppies are very susceptible to worm infestation, especially ringworm, which could be passed on by the dam. Therefore, puppies should be dewormed at least once a month, for the first six (6) months of life. There after every three months should suffice.

**4. What do you consider a suitable treat to give to your puppy?**

When looking at suitable treats for puppies one should keep the following aspects in mind:

- Treats should be healthy and make up part of your puppy's daily food allowance.
- It should be safe and not pose choking hazards.
- Though you want to use daily food portions for daily training, extra special, high value treats are handy when training new behaviours and in environments that may pose distracting. During these times the following will be suitable:
  - Liver cake.
  - Small squares of cheese.
  - Apple.
  - Carrots.
  - Dehydrated vienna/hotdogs.
  - Liver paste.
  - Cooked chicken.
  - Blue berries

Keeping in mind not to give too much, as a runny tummy can be a possibility.

- Calming treats to promote rest and build a general calm state of mind, and very handy when teaching your dog to be happy on his own, can be the following:
  - A nice big juicy bone, with some meat for to pull and gnaw at, to help puppy teeth through the teething phase.
  - A Kong stuffed with sugar free peanut butter, and some of your pup's daily food, berries and more to keep them busy and chewing (can be frozen to last a bit longer and soothe those aching gums).
  - In summer times bone broth, frozen with pieces of food and treats, to provide extended "licking" time.

**5. What level of activity is acceptable for your:****a. 8-week-old puppy**

8-week-old puppies should still spend at least 95% of their time sleeping. They require short play sessions after a nap, and/or potty. On the property play is enough, and they don't need walks.

**b. 6-month-old puppy**

6-month-old puppies can have short walks, and on the property play. Walks should be mostly viewed as training sessions, with many sniffing opportunities. The general rule of thumb is 5 minutes for every month of life. Free run/or play is advised rather than long onlead walks.

**c. 12-month-old (medium breed)**

At 12 months of age a dog is ready for a more active lifestyle, though larger breeds should still limit their activities, and walking/running distance, as their growth plates are not fully closed. Exercise such as swimming, running and walking can be added to their daily routine, but should be limited, and built up over a period

of time. Walks of up to 60 minutes should be safe, but ideally where most of the running/walking is interrupted with opportunities to sniff and explore, and preferably off lead if safety allows. Exercise should always be breed and dog appropriate, as a German Short Haired Pointer will have vastly different requirements and capabilities compared to an English, and/or French Bulldog. The impact on your dog's joints and structure should always be a main consideration. The aim should never be to "tire" a dog, but rather to maintain a fit, healthy physical condition.

### General Training & Outings

#### 1. How would you teach a new puppy to potty outside?

##### *There are 5 important steps for successful house training*

- Prevent accidents from happening. Confine your puppy to a set area by using a crate, a play pen and/or use umbilical cord method by keeping your puppy close with a lead attached to your waist – this is crucial if you are unable to keep an eye on your pup and supervise what she is doing. Allowing a puppy free roam of the house is setting her up for failure. She is bound to get it wrong, as she will naturally seek out the furthest room or spot to go eliminate.
- Reward when your puppy gets it right in the appropriate area. Just before your puppy goes, say "quick-quick", "potty" or "toilet" some cue that you want to use, this will teach your puppy to go on cue. As soon as your puppy is finished, click and calmly, calmly reward her huge success. Don't be in hurry to go inside, move away from the toilet spot, stay outside playing a fun game for 5 to 10 minutes before going back inside. If your puppy is not successful within 5 minutes, take her inside, confine or keep an eye on her the whole time, try again 10-15 min later. You want your puppy to learn that the fun starts after the elimination. This way they quickly get their business done and know a fun game will follow. Puppies who are rushed inside directly after elimination, learns to hold out, wait, because the fun of being outside stops as soon as they've eliminated. The only time you take out, get it done and go back inside is in the middle of the night – they do learn to know the difference and eventually learn to sleep through the night too.
- Anticipate be proactive and know when your puppy needs to go next. An active puppy usually needs to "go" every 30-60 minutes. Puppies have 2 to 4 bowel movements on a typical day. Create opportunities to go outside after eating, sleeping, playing and training. It is good to keep a daily log.
- Prepare know what to do when accidents happen – don't scold, don't yell – this can teach them to hold back when you are in the area and only "go" when you are out of sight. Rather, act normal, calmly pick your puppy up and take him outside. Wait to see if he is finished, reward with a treat & praise followed by a fun game. This way you build a positive association and trust. Clean the area when your puppy is not around, you don't want to clean up while your puppy is watching you.

- Clean up the soiled area thoroughly, as previous mistakes can make the area smell attractive for a next time. Soak up the excess urine. Make use of products that does not have ammonia or vinegar/acid – this is crucial – Sunlight Liquid is a good detergent. However, it is better to use enzyme-based products that breaks down the bacteria and totally eliminates the smell. Let it stand and dry for 24 hours to give the enzymes the opportunity to break down the urine. After thoroughly cleaning the area you can scatter some food over the area, as puppies don't like to soil the place where they eat.

**2. How would you occupy a new puppy at home if you need to leave him/ her unattended for a short while?**

When you leave a puppy unattended at home, the first requirement that he is secure, safe, and that the area where you leave him does not pose any dangers. It is also important to note that you should not leave your puppy too long, especially no longer than 1 hour if he is enclosed in a crate. You have a couple of options to keep him busy and entertained for the time that you are away:

- Stuff a KONG with part of his breakfast, lunch or dinner. Add some peanut butter, blueberries, raw food or kibble (pre-soaked in a meaty broth) and other nice high value reward, freeze it and when you go out you hide it in the room, or give it to your puppy just before you leave.
- Make use of slow-release toys such as the KONG WOBBLE to add a portion of their food (especially hand if the dog is fed dry food/kibble).
- Big meaty bones are a good option, as long as it is safe – big enough not to be swallowed, or able to splinter and break into smaller pieces.
- Scatter breakfast or dinner on the lawn if outside, or even inside over the floor. This will keep your puppy entertained and stimulated, hunting for his food while he is alone.

**3. What are the benefits of crate training? (Name two for the test)**

Being crate trained is a wonderful life skill for any puppy or older dog, and a very handy management tool for owners, to keep their dogs safe, out of harm's way and prevent them from getting into trouble.

- It is very handy for house training, as puppies don't like to soil their sleeping area, thus keeping them confined for short periods, when sleeping, or when you can't watch them, will help them learn to hold until taken outside.
- It is a safe space, their place, and most dogs learn to love their crates, as it acts as a doggy den.
- It is a valuable life skill, if your dog needs to go to the vet, and is required to stay over, it is of immense comfort to know they are happy to be confined, and that the crates at the vet's practice can serve as a source of comfort to your dog.
- For owners who compete in dog sports it is a valuable tool to keep their dogs safe and calm, for those times when you can't be with them and have to leave them alone for a short while.

- It assists when traveling in a car. Again, offering a safe and comfortable space for the dog, knowing they are contained while driving and on the road.

#### **KUSA Code of Practice**

- This Code of Practice applies to all Kennel Union Affiliated Clubs *and any other approved organisation* which may wish to host Canine Good Citizen Tests. Copies of this Code must be given to all evaluators, instructors and participants participating in *KUSA* Canine Good Citizen Tests.
- It is the responsibility of the Club *or other organising body* to ensure that the welfare of the dog is paramount. No activity shall be conducted which permits, encourages or develops aggression in a dog.
- Clubs *or other organising bodies* should ensure that their evaluators and instructors are conversant with acknowledged methods of dog training and understand the rudiments of dog behaviour. Preference should be given to motivational methods of training which take into account the breed and nature of each individual dog.
- Evaluators must be alert to the differing levels of experience of both the owners and the dogs and should be courteous at all times.
- Any person who witnesses harsh handling of a dog at any Test organised by an Affiliated Club *or other organising body* must report the matter to *the management thereof*.
- At the start of each training course the importance of good behaviour, the socialisation of dogs and the theory of training, should be discussed. Advice must be given on choosing suitable collars, leads etc. and the benefits of positive identification (microchips, tattoos, discs) and certain training articles.
- The same handler and dog must complete each test as a team. Either the owner or another designated person may handle the dog. Once the test has commenced the owner may not interfere with his dog if another person has been designated to handle the dog.
- All participants and evaluators shall be at the site where the test is to be held at least thirty (30) minutes before the scheduled time of commencement. The Evaluator shall have discretion to postpone the starting time of the test for a reasonable time if participants are delayed. Any participant who is not present at the end of such postponement shall be regarded as withdrawn from the test and shall not be allowed to participate.
- The offering of food or baiting a dog is to be discouraged during testing.
- Owners/handlers must be reminded to carry some form of “poop scoop” and to remove fouling caused by their dog.
- Clubs *and other organising bodies* should promote all aspects of responsible dog ownership, at every opportunity.

**\*\*\* Enjoy your training!! \*\*\***