

LP Canine Fitness, Cactus K9 Club, & 5 Star Dog Training Present:
Canine Fitness Foundations Seminar
February 23-24, 2019
Kamloops, BC (5 Star Dog Training Facility)

Instructed by Lisa Petterson CPCFT.

Any questions regarding this seminar, please contact Lisa: lpcaninefitness@gmail.com 250-833-2292

Cactus K9 Club contact information: cactusk9club@gmail.com

SATURDAY, FEBRUARY 23rd 2019 - Session 1 - Intro To Canine Fitness

Lecture - AUDIT only - unlimited participants, ~1.5 hrs (morning)

Mandatory for all working teams (*special considerations may be made*), recommended for auditors

- Benefits of fitness training
- Safety & signs of pain/fatigue
- Record keeping and goal setting
- Brief overview of dog anatomy
- Foundation skills for fitness
- Weight and body condition
- Assessment and baseline tests
- Measurements

SATURDAY, FEBRUARY 23rd 2019 - Session 2 - Fitness Foundation Exercises Part 1

Up to 12 working spots (2 groups of 6, pairs alternating), Unlimited audit spots

~3 hrs (afternoon) - Mandatory for all working teams in Part 2 (*special considerations may be made*)

- Stationary foundation exercises
- Position changes part 1

SUNDAY, FEBRUARY 24th 2019 - Session 3 - Fitness Foundation Exercises Part 2

Up to 12 working spots (2 groups of 6, pairs alternating), Unlimited audit spots

~3 hrs (morning)

- Position changes part 2
- Exercises for body awareness
- Adding fitness into your daily routine

SUNDAY, FEBRUARY 24th 2019 - Session 4 - Sport Dog Specifics

Audit only, ~1.5 hrs (afternoon)

- Injury prevention
- Warm ups & Cool downs
- Stretches
- Cardio, Sprint work, Free exercise
- Training Schedule/Planning
- Foundation exercise progressions
- Body condition testing and weight management
- Special considerations for agility
 - Weave poles
 - 2o2o contacts
 - Jumping

POST SEMINAR - Online Fitness Course! Start Date March 1st or 15th, 2019 (to be finalized)

What's included:

- 8-week online course with 8 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 12 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
- Bonus lectures on warm up/cool down, weight management, and nail trimming.
- "Fitness Tracker" document, to track your dog's progress

Regular cost = \$325 per dog +GST. Seminar Working Spot Cost = \$165 + GST per dog (~50% off!!)

This discount is ONLY available if you purchase a working spot in each available session at the seminar! Auditors will not receive an online discount. You can pre-register for the online course, or purchase after the seminar for the same discounted price.

Email and etransfer to: Lisa Petterson lpcaninefitness@gmail.com

Or mail cheques and registration to: Lisa Petterson, 1570 16th St SE, Salmon Arm BC, V1E 2E9

Registration is 'first come first served'. Please include in registration - Page 2, 3, 4, & 5.

Handler Info

Your name: _____

Address: _____

City: _____ Province/State: _____ Postal code/Zip: _____

Phone: _____ 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: _____

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.

There are NO refunds. Make sure your dog is able to participate before paying!

If your dog has recently recovered from injury, please include your Veterinarian's signature below, allowing them to participate in this seminar.

Dog's Name: _____

Veterinarian Name: _____

Veterinarian Signature: _____

REGISTRATION DUE BY FEBRUARY 9th, 2019

No late entries will be accepted.

Cheques will not be deposited until after the closing date.

PLEASE CHECK BOX TO LEFT OF SESSION YOU ARE PARTICIPATING IN

✓	SESSION	COMBO	PRICE (includes GST 5%)
	Session 1 and 2	Audit 1, Work 2	\$173.25
	Session 1 and 2	Audit both	\$105.00
	Session 1, 2, and 3	Audit 1, Work 2 & 3	\$262.50 (10% off)
	Session 1, 2, and 3	Audit all three	\$141.75 (10% off)
	Session 1, 2, 3, and 4	Audit 1, Work 2 & 3, Audit 4	\$294.00 (15% off)
	Session 1, 2, 3, and 4	Audit all four	\$178.50 (15% off)
	**Session 1, 2, 3, and 4 + ONLINE course post-seminar	Audit 1, work 2 & 3, Audit 4, and work online	\$467.25 (discounted all sessions + discounted online)

ALL SESSIONS PLUS ONLINE FITNESS COURSE POST-SEMINAR! = \$445 + GST! (Total \$467.25)

** ONLY available to those who have working spots in Session 2 AND 3!

Repeat Student Discount

*Repeat students (already taken online or in person fitness course/program) = **\$270 + GST (Total \$283.50)** for 4 sessions (working sessions 2 and 3) (20% off!)

Total paid: \$ _____ **ettransfer # _____** **Cheque/cash enclosed**

PLEASE NOTE:

**Cheques will not be deposited until February 10th.
Payment must be received by the closing date (February 9th).**

For upcoming events:

Would you like to be on Lisa Petterson's email list (canine related events in Salmon Arm and online courses)? **YES PLEASE** **NO THANKS**

Would you like to be on Cactus K9 Club's email list (canine related events in Kamloops BC)? **YES PLEASE** **NO THANKS**

Cancellations/Refunds Policy:

Refunds will only be given if the seminar is cancelled due to lack of participants - there will be **no refunds** on seminars for any other reason. If unable to attend the seminar due to injury or illness, payment may be used towards a future workshop or online course with Lisa Petterson, to be used within 8 months. Credits will only be given with advanced notice of non-attendance.

Initial: _____

I understand that Lisa Petterson and Cactus K9 Club have the right to refuse me or my dog at any time for any reason, including but not limited to behaviour and health. **Initial:** _____

Photo/Video Release - I agree to allow Lisa Petterson and/or Cactus K9 Club to use any photos/videos of me and/or my dog, for promotional, educational, and instructional purposes, online and in print. **Initial:** _____

Signature: _____ **Date:** _____

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): _____

5 Star Dog Training

250-320-5787

www.fivestardogs.ca

Handler Information:

Name: _____ phone: _____ email: _____

Address: _____ City: _____ Postal Code: _____

Dog Information:

Dog's Name: _____ Birth Date: _____ Breed: _____

Date of last vaccination or titre: _____ Vet: _____

Class Information:

Class Registering for: _____ Day of Class: _____ Time: _____

RELEASE OF LIABILITY AND INDEMNITY AND INDEMNITY AGREEMENT

By signing this document you will waive certain legal rights, including the right to sue.

Please read carefully

Re: Dog Training Classes and Events to be held at 5 Star Dog Training, Kamloops, B.C. (hereinafter referred to as "the Classes")

To: 5 Star Dog Training and its Executive, Directors and Members;

AND TO: The Instructor(s) all of whom are hereinafter collectively referred to as "the Releasees"

I am aware that classes, practice sessions and events have, in addition to the usual dangers and risks inherent in the sport of dog training, such as being bitten, further dangers and risks including but not limited to slipping, collision with other participants or instructors or spectators, and I freely accept and fully assume all such dangers and risks and the possibility of injury, death or property damage to me, my next of kin or my dog and the losses, costs and damages which may result there from.

That I freely accept and fully assume all such dangers and risks associated with being a participant of Classes, practices, events being held on the property leased by 5 Star Dog Training, including but not limited to the possibility of injury, death or property damage to me, my next of kin or my dog and any losses, costs and damages which may result there from.

In consideration of the Releasees accepting my application for Classes: I HEREBY AGREE AS FOLLOWS:

1. TO WAIVE ANY AND ALL CLAIMS that I may have against the Releasees;
2. TO RELEASE THE RELEASEES FROM ANY AND ALL LIABILITY for any loss, damage, injury or expense that I may suffer or that my dog may suffer or that my next of kin may suffer as a result of my participation in the Classes due to any cause whatsoever, INCLUDING ANY NEGLIGENCE ON THE PART OF THE RELEASEES;
3. TO HOLD HARMLESS AND INDEMNIFY THE RELEASEES from any and all liability for any property damage, personal injury or death to any third party, or their dog, resulting from my participation in the Classes;
4. THAT this Release of Liability shall be effective and binding upon my heirs, next of Kin, executors and administrators and assigns in the event of my death.

I am of the full age of nineteen (19) years and I HAVE THE LEGAL AUTHORITY to sign on behalf of any next of kin which may accompany me to the Classes and I HAVE READ AND UNDERSTOOD THIS RELEASE OF LIABILITY PRIOR TO SIGNING IT, and I am aware that by signing this Release of Liability I am waiving certain legal rights which I or my heirs, next of kin, executors, administrators and assigns may have against the Releasees.

Dated the _____ day of _____ 20 _____

Signature of Participant

Parent or Guardian

Must be signed by the participant or parent or guardian and witnessed before the participant will be permitted to participate in classes.