



Forestry Commission  
England

Paws  
Outdoors



# dog activity challenge

Have a great time  
in the forest with Fido



Can you and your  
dog weave jump and  
balance your way  
around on this trail?

Try these new  
challenges to  
help keep you  
and your dog  
fit and healthy.

## Look after yourself and your dog

- ❀ **Don't overdo it.** If you or your dog gets out of breath, take a rest. If you do not take regular exercise, consult your doctor before trying this trail. If your dog is recovering from an illness or injury, seek advice from your vet.
- ❀ **Watch out** for snagging collars, avoid check chains, pinch collars and slip leads whilst using this trail.
- ❀ **Clean up after your dog.** Please pick up mess and take it home or bin it, or 'stick and flick' – use a stick to remove any waste.
- ❀ **Be aware.** Keep an eye open for other forest users.
- ❀ **Check the activities before you use them.** Please have a quick look around the trail before use to ensure there are no sharp objects or litter that could hurt your dog.
- ❀ **The trail may be wet and muddy at times.** Please use with caution, sensible footwear is recommended for all owners.
- ❀ **Make sure your dog is always under control.**



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## Woody Weaves

Can you guide your dog through the wood weaves?  
Try jogging along beside your dog or weave in and out yourself beside.

### Did You know?

In agility competitions, dogs have to enter the weaves with the first pole on their left, irrespective of which side the handler is on.



How fast  
can you go?



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## Run & Fetch

Throw a frisbee or ball and get your dog to bring it back.

Sticks can splinter and hurt your dog, so play with safe dog toys, big enough not to be swallowed.

Did you know?

Our forests have lots of places where your dog can run off the lead.



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## Jump Around

Help your dog jump  
over the hurdles.  
Stand in front of the log  
and encourage your  
dog to jump over.

Try throwing your  
dog's favourite  
treat or toy to  
encourage them.



### Did you know?

Apart from being the fastest breed  
(over 40 mph), greyhounds can also  
jump the furthest, clearing up to 30  
feet (9 metres) in a single leap.



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## Log Walk

Will your dog be able to balance along the log walk? Help them by standing at the side or the far end and call them to you.



Can you balance along the log too?

### Did You know?

In North America there are over 20 breeds of 'Treeing Dog', including the Majestic Tree Hound and the Leopard Tree Dog. They were originally bred to track mammals that lived in trees like raccoons and squirrels.



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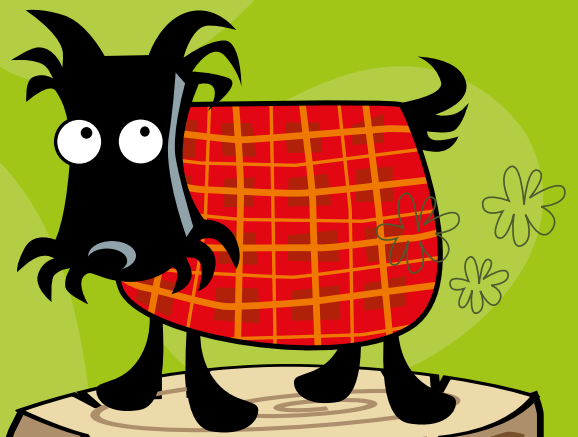
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## Stay Put

Encourage your dog to stay put on a certain spot to help them listen better. Try to get them to sit and stay before jumping down.

### Did you know?

Whilst their skeletons are quite similar, dogs have around 100 more bones in their body than humans, and carry 75% of their weight on their shoulders and front legs.



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Well done.  
What a team!



Enjoy the rest  
of your walk.  
Remember  
our dog code  
through the rest  
of your visit.

During your visit, please  
follow our dog code

**Control your dog**

Always ensure your dog is in sight and comes back when called.

**Protect farm animals & wildlife**

Never let your dog approach or chase farm animals or wildlife.

**Know where you can go**

In some areas, dogs are not allowed or must be kept on a lead.

**Keep your dog safe & healthy**

Regularly worm and vaccinate him and ensure he wears a collar with your contact details.

**Consider others**

Never let your pet approach other people, dogs or horses uninvited.

**Clean up**

Always bag and bin your dog's waste, or use a stick to flick any waste into the undergrowth.



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