



The Northwest Sled Dog Association Presents

Skijor Clinic - FREE

Sunday Jan, 5th, 2020, 9 AM - noonish

At Crystal Springs Sno-Park, Snoqualmie Pass, WA

Exit 62

Instructor is Mary Welborn

Skijor Clinic Outline
Karen Behm and Mary Welborn (winter.recreation@gmail.com)

First hour will be standing around in parking lot reviewing gear. Plan on leaving your dog in the car and bring snow boots and warm coat to stay warm while discussing basics. Then we will “hit the trail with dog in harness” and have a slowish skijor with tips and help. There will be some extra gear available for use.

- **Goals for class**

- Student goals & previous experience? Where?
- Skijoring
 - Great winter sport for human + dog
 - Team building
 - Patience building
 - Class goal – provide basics for **safe** and enjoyable skijor experience!

- **Gear**

- **Poop bags and a fanny pack to carry full ones.**
- Dog harness – don’t ask your dog to pull from a collar
- Belt for human (climbing belt fine)
- Tug line
 - 8-12 ft long. Longer gives you time to avoid dog if she stops. Shorter less inclined to tangle
 - **Shock cord essential.** Not too stretchy (bungee jump) and not too stiff. Protects dog and human backs
 - Quick release. Have it at end next to you. Useful for untangling – not squirrels
- Skis – track skis fine, skate skis easier to maneuver, especially if strong dog

- **Trail Etiquette**

- No Poop on trail. Do public service if necessary. Don’t leave bags to collect later.. ☹
- Ski under control – be able to stop
- Move to the side to allow other skiers to pass
- Don’t clothesline anyone!
 - Ski on the same side of the trail as your dog
 - If in the track, keep the dog close to your side
- Keep your dog out of the Nordic track “Off the track”
- Alert skiers if you will overtake from behind
 - Watch skiers pole tips – they are often at dog-eye-level
 - Tuck poles in when passing other teams or skiers

- **Meeting other dogs**
 - Head-to-head on a narrow trail – stressful situation for many dogs
 - Know your dog – friendly dogs often get into trouble. They rush in and may get an unfriendly reaction. You may not know the “other dogs story” - many do not want to be greeted. Dogs do not need to greet when they are in harness working, please do not stop.
 - *Teach “on-by”*, excellent skill for any trail or urban walking. Train constantly and consistently.
 - Have a short tag-leash on your dog – you have little/no control with the tug line and pulling on it may escalate the situation between the dogs.
 - Carry treats for reward or distraction – readily accessible in a pouch

- **Skills for the human to learn**
 - **Patience**
 - Anticipate what your dog is likely to do
 - Keep the line untangled – lift it up as soon as your dog stops
 - Don’t wrap the line around your hand, hook to human harness.
 - Did I mention **Patience**?
 - Don’t put your dog in a compromising situation. Set your dog up for success. You are responsible for the actions of your dog. No one else.

- **Skijor skills/words**
 - *Use whatever words work for you, that you can remember correctly, and that are distinct from other activities*
 - **Mush! or Lets go! or Hike! or OK!**
 - **On by! Or “Straight On”** Used with skiers and other dog teams. One of the best commands to master along with “**wait**”. Practice practice practice.
 - **Go Left/ Go Right** (Gee and Haw are fine so long as you know which is which)
 - **Steady, or Easy** (+ snowplow)
 - **Whoaaah** (+strong snowplow)
 - **Look!**
 - **Untangle**
 - **Off the track!**
 - **Wait** – oh so very useful. Use when you want your dog to wait, but there will always be a release (usually “OK”) and your dog knows fun will commence.

- **Starting out**
 - Keep your dog leashed
 - Put on your belt
 - Attach line to you and dog
 - Put on skis
 - Lastly – undo dog’s leash
 - He/she will poop 100 yds down the trail and you start all over again 😊

- **Getting your dog to Pull**

- Go out with other skijorers
- Join NWSDA and learn from the experts
- Practice pulling a small loaded sled
- Throw snowballs ahead for them to chase (not for retrievers!)
- Send a family member skiing ahead (best for social dogs)
- Use a shorter tug line to attach your dog to a lead dog – they have to chase
- **Name** the successful activity so they make the association!

- **Fitness**

- Neither you nor your dog can go from couch to Iditarod...
 - Build up fitness level
 - Constant running is not a dog's natural way – stop, sniff, run...
- Watch his/her energy and enthusiasm
- Provide breaks – but YOU decide where they occur – random locations
- Don't overdo a pup, young dog, or a senior dog
- In soft snow conditions, remember it can be a lot more work for the dogs and potential is there for wrist strains.

Sign up:

Team Driver _____

Email _____

Emergency Contact: _____ Phone: _____

Hold Harmless Agreement

I agree to be responsible for my conduct, the conduct of those in my party, and the conduct of my dog. I agree that I and those in my party will act courteously and professionally and show respect for the clinic venue, land managers and toward the NWSDA organization. I understand that sled dog sports may be dangerous, and I accept any risk involved with my participation in this event. I hold harmless NWSDA, clinic leaders, land managers and any participating landowners for any injury to myself members of my party, my dogs or damage to my personal property that may occur at this event. I give permission to NWSDA to use any images of me or my dogs obtained at this event in any way the club deems appropriate and release any claims to compensation for such use.

Signature _____ Date Submitted _____

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Check here if OK to use photos on FB either the CCWRC or NWSDA websites.

LOCAL VETERINARIANS

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Valley Veterinary Hospital
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Email : valvet@fairpoint.net

Cascade East Animal Clinic
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Cle Elum, WA 98922
Phone: [1-509-674-4367](tel:15096744367)

Essentials for Skijoring or Snowshoeing

In no particular order

1. Skijor harness – don't ask your dog to pull from a collar. See gear list
 2. Poop bags (minimum 5) – best to double-bag the load + have space in your pack to carry them. Be prepared to do public service if you want to retain the privilege of dog-friendly trails. No one likes brown piles and we all (dogs included) like clean water and no parasites to pass on from dog to dog.
 3. Leash – always carry a leash and be ready to secure your dog!
 4. Treats – high powered ones as you want to be the *most exciting* thing around in case there are intense distractions!
 5. Booties – You can order cheap booties online for about a dollar a bootie. No need to have the expensive “boot” variety. Vaseline or Musher's Secret are also quite effective.
 6. Food – especially important for those longer tours. Snacks for all.
 7. Water and container - dehydration can be serious and eating snow is not always enough. Water for human is equally as important as you need to be functional.
 8. First aid kit, ace wraps, gauze, tape.
 9. Coat – especially for short-haired dogs and after exercise
 10. Sunscreen – for pale noses.
 11. Maps. Know where you are and where you are going.
 12. Know your and your dogs limits. You may have a slow walk / ski back to the car.
- Have cell phone or PLB – personal locating beacon.