



# Board and Train

So you have decided to sign up a board and train program, GREAT! To ensure that you and your pup get the maximum benefits out of everything this training program has to offer here are some tips to help prepare you and your pup for their training, as well as a general schedule of events that your pup will participate in during their stay.

## Preparing for your Board and Train Program

1. **Create a more structured routine for your dog** - We highly recommend referencing our [Improving Your Relationship With Your Dog](#) guide and implementing as many of the recommendations prior to starting your dog's training program.
2. **Scheduled feeding time routine** - Meal time is a simple and great opportunity to start instilling routine and discipline in your dog's life. Feed your dog on a regular schedule, and try to keep it the same each day. Require your dog to perform some task prior to giving them their food. This could be as simple as sit if they know the command or just have them go into their kennel.
3. **Reduce unstructured free time** - Its sometimes nice to just hang out around the house and let our dogs roam free, but too much free time can give our dogs the wrong message. Once they are in training, your dog will have zero unstructured time. But, structured time can include potty breaks, play time, exercise, bonding, training, puzzle games, interactive toys, and crate time or resting. Each of these tasks have a purpose which is what makes them structured activities.
4. **Increase exercise** - Training takes a lot of energy and endurance, so making sure your dog is physically and mentally prepared to work long days will help them get the most out of their training.
5. **Potty Training Routine** - Potty training is one of the primary components of your dog's training program and we make potty training the highest priority in training. However, if your dog is struggling with potty training, every accident they have prior to the start of their program will make the process of potty training even more difficult. Refer to [Airborne K9's Potty Training Guide](#) and implement this process for any dog with potty training difficulties.
6. **Create a list** - Make a list of any problem behaviors that you'd like to see changed in your dog or list any specific skills you'd like your dog to learn during training. You can provide this list to your dog's trainer at drop off to ensure your training can meet your training goals or get as close to meeting your goals in the time allowed.

## Drop-Off Day

Your dog's trainer or a member of the Airborne K9 Team should have coordinated a specific time for your dog to be dropped off for their training. If you're not sure what time to drop off your dog, call or text (910) 364 - 9188 and a team member will be happy to help.

### 1. Prior to Drop-Off

1. Get a good night's rest - make sure your pup gets a solid night of rest prior to being dropped off for training.
2. No major changes to your regular routine the night prior to being dropped off.
3. Make sure your dog is clean and healthy - any health issues can greatly impact training, and any type of contagious illness or parasites will require training to be postponed.
4. **NO BREAKFAST!** - This is the most important part of preparing for training. The first day of training can be very stressful for some dogs. We want the dogs a little extra hungry and motivated by food on their first day. We use lots of treats to help your dog feel more

at ease in their new environment, so we want them to have plenty of room to eat lots of treats.

5. Remote collar - If you opt'd for the remote collar training, make sure that your dog is wearing their remote collar, and that it is charged and turned on.

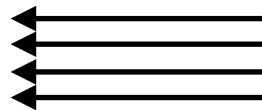
## 2. What to Bring

1. **Kennel** - Your dog will not likely be staying in their personal kennel for the majority of their stay, but we will use their individual kennel to teach them crate training.
  2. **Food** - Your dog will get tons of treats during training, so we generally will feed less than half of their normal meal amounts. Some dogs are so full at the end of the day that they don't even want to eat dinner.
  3. **Vaccination Records** - Your dog must be up to date on rabies, distemper, parvovirus, bordatella vaccinations, and must be heart worm negative or up to date on heart worm treatment if positive.
  4. **Bowls** - Bring two bowls, one for food and one for water. Your dog will not be sharing their food or water bowls with any other dogs to prevent the spread of any possible illness.
  5. **Remote Collar** - If the remote collar is E-Collar Technologies brand, you do not need to bring the charger for the collar.
3. **What not to Bring** - Blankets, pillows, toys, raw hides, bones, chews, treats, raised bowl stand, or Kongs.

## What Will my Dog's Schedule Look Like?

6:30: Wake up and potty  
6:45: Water and food, then back in the kennel  
7:30: Potty break and transportation to training facility  
8:00: Potty break, exploration, and then kennel

9:00: Potty break  
9:05: Training Session  
9:15: Play Session  
9:20: Kennel



This progression repeats about every hour throughout the entire training day at the facility.

5:30: Potty break and transportation to boarding location.  
6:00: Potty break, water break, kennel, and dinner.  
7:00: Potty Break and short training walk or play time  
8:00: Potty break and short exploration walk  
9:00: Last potty break before bed\*

\*Puppies under 6 months or dogs with significant potty training requirements will receive additional potty breaks up to 3 times throughout the night.

## What will my dog learn?

### Basic Obedience

1. Indoor heeling with low distractions
2. Sit-stay up to 1 minute at 6 feet
3. Down-stay up to 3 minutes at 6 feet
4. Place-stay up to 5 minutes at 6 feet
5. Coming when called indoors
6. Basic manners

### Intermediate Obedience

1. Outdoor heeling in moderate distraction
2. Sit-stay up to 3 minutes at 30 feet
3. Down-stay up to 5 minutes at 30 feet
4. Place-stay up to 10 minutes at 30 feet
5. Coming when called outdoors
6. Addressing significant problem behaviors