

## STEP IN HARNESS & DOUBLE ENDED LEASH



Stand to the side of your dog, and if necessary place your dog between your legs to keep the dog still.

The harness should be snug but not tight at all points. The adjustable loop should be in the middle of the dog's chest, closest to the head and between the front legs. The vertical (girth) strap should be vertical and not pulled forward. Ensure that there are no twists in the straps.



Attach the larger clip of the double ended leash to the rings on the top of the harness, above the dog's shoulders. Attach the clip to both rings to help reinforce the plastic parachute clip.



Slide the small(er) clip through the loop on the dog's chest. Attach it to the ring on the side of the harness, next to the dog's shoulder on the side farthest away from you.



Hold the leash in both hands, as shown. The leash should be flat across the dog's chest. When you are walking, keep your body up near the dog's shoulders and head rather than behind the dog. When the dog pulls out of balance, use the "ask and release" method to bring him back into balance. Try not to have constant tension on the leash. If a dog is really pulling, try to have frequent stops so that they are not successfully pulling you forward. This will allow you to better influence and work with your dog.



Clip the harness together when you are done. This will help prevent twists in the harness.

## **Loose Lead Walking with the Step In Harness and Double Ended Leash:**

- Your goal is to be able to walk your dog without any tension on the leash.
- You want to be up by the shoulders or head when you are walking your dog.
- Your dog is good at reading body language. Make sure that you face your body (and head) in the direction that you want to proceed.
- If you want your dog to stop take a small quarter turn towards your dog and he should stop.
- Have two hands on the straps of the leash fairly close to your dog. If he starts pulling, you want to alternate between the two points of contact, to meet the tension and release it slowly and smoothly so that he comes into balance and stops pulling. Essentially, you put slight tension against your dog (so that he has resistance to pull against) and then release it slowly, so that he comes into balance, then he has nothing to pull against. Using a ASK and RELEASE with the leash.
- The idea is to get your dog to understand that when there is no tension on the leash, then he is in balance as opposed to your dog pulling and you having to pull back so that there is balance.
- If your dog gets ahead of you and is really pulling, then either stop and have your dog come back to you (you can make funny noises and entice your dog to you at first) and then reinforce your dog when he comes back or change directions.
- To start walking on a loose leash, it is very good to walk unpredictably (not in a straight line and even around and over different objects), your dog will have to pay more attention to you. You can also try and change speeds by slowing down, speeding up, walk in an unpredictable pattern and stopping more often.
- Make sure you remember to praise your dog when they are walking nicely.
- Remember that dogs can learn to pull in any piece of equipment.
- The harness needs to be used with you communicating to your dog by talking to your dog, using the ASK and RELEASE technique and your body to indicate which direction you would like your dog to go while you are traveling in an unpredictable pattern.