

White Band Class Syllabus

Goals:

- To be comfortable being handled and performing in a public situation.
- To comfortably wear a harness and leash.
- To move forward and turn left and right on foot cues.
- To target a hand and a dot target.

Week 1 – Humans only

Introduction, statement of goals

Discussion of harness types and fitting

How to use a clicker

Agility commands for the human:

- Be a tree
- Right turn
- Left turn

Explanation of targeting

Week 2 – Rabbits begin training

Harness fitting

Introduce explorer game

Leash walking and “be a tree”

Week 3

Harness check

Explorer game review

Intro to hand targeting

Review “be a tree”

Learn forward foot cue

Week 4

Harness check

Explorer game review

Learn left and right foot cues

Review hand targeting

Teach dot targeting

Introduction of obstacle course

Week 5

Explorer game review

Practice obstacle course

Targeting review: hand and dot

Week 6

Explorer game

Target review

Obstacle course review

Test into Yellow Band

White Band Class Info

Practice time: Rabbits are crepuscular, which means they are most active at dawn and dusk. Your rabbit's best practice times are early in the morning, before work or school, and in the evening.

Explorer game: Practice daily. This is a critical socialization experience for rabbits who are not used to strangers.

Be a tree: Walk your rabbit on her leash. If it is warm and dry enough, a trip to the yard is nice, otherwise in the house will work just fine. Focus on the rabbit trying other directions when restricted by the leash. Remember, when the rabbit chooses the right general direction, let him lead you. Precise guiding comes a bit later.

Socialization trips: Rabbits can be easily overwhelmed. You can help avoid this by taking your rabbit out in public. Many pet supply stores welcome well-behaved rabbits. If the floor is overwhelming (or too dangerous due to dogs or children), let the rabbit ride in the cart or in a small carrier bag. You may want to bring a towel for the rabbit to sit on in the cart.

Foot cues: With the rabbit on a leash, stand directly behind her, heels together and toes apart. This is the cue to hop forward. Wait until the rabbit moves forward and walk with her for a short distance. If she is particularly food motivated, tossing a treat 2 or 3 feet in front of her may get her started. If you do need to use a treat, try to phase it out as soon as possible.

Charge the clicker: Count out 5 to 10 treats. Sit on the floor with your rabbit. When she looks at you, even very briefly, click and treat. For the first few clicks, present the treat as close to the click as you can. Once you think your rabbit might be starting to understand that a click equals a treat, try clicking while the rabbit is not looking at you. If she turns her head for a treat, you know that you can begin to train with the clicker. If she does not turn for the treat, continue to click and treat when she looks at you a few more times and then repeat the check.

Hand targeting: While sitting with the rabbit offer your hand an inch or two from the rabbit's nose and say your hand target command (i.e., "Hand."). When she reaches over to sniff it, click and reward from your other hand. Repeat in sets of 5. As the rabbit becomes more consistent and starts to look for the hand before your command, you can start to move your hand farther away. Hand targeting is most useful when you want the rabbit to go to a specific spot within reach.

Dot targeting: Place a treat or two on your dot and say your dot target command (i.e., "Dot."). Wait a few seconds until the rabbit looks at the empty dot target for a new treat. Click and then feed the treat ON the dot. Repeat 5 times. Once this behavior is consistent, begin to give the treat from your hand after the rabbit touches the dot. If the rabbit continues to target the dot, and not the treat, begin to move the dot an inch or two to either side or above the rabbit's head. Dot targeting is useful for getting the rabbit to move away from you or to lead a rabbit through an enclosed obstacle like the tunnel.

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Week 2

Explorer Game: By now your rabbit should realize that the game means that good things are coming. It is a good way to condition your rabbit to focus on you, so continue to reinforce the game so it will be available to you in stressful situations.

Charge the clicker: Count out 5 treats. While playing the Explorer game, when your rabbit comes up to you, click and treat. This reinforces that you are the source of good things, and teaches the rabbit that the click sound means that a treat is coming.

The combination of the Explorer Game and Charging the Clicker will be a good warm-up for several weeks to come.

Be a Tree: Walk your rabbit on its leash. If it is warm and dry enough, a trip to the yard is nice, otherwise, in the house will work. Focus on the rabbit trying other directions when restricted by the leash. Remember, when the rabbit chooses the right general direction, let him lead you. Precise guiding comes a bit later!

Foot Cues: With the rabbit on a leash, stand directly behind it, heels together, toes apart. This is the cue to hop forward. Wait until the rabbit moves forward, and run with him for a short distance. If he is particularly food motivated, tossing a treat 2 or 3 feet in front of him may get him started. The reward, in this case, is getting to run. If you need to use a treat, try to fade it out as soon as possible. If your rabbit has a friend, hopping towards his friend is often an excellent motivator here as well.



Targeting: While sitting with the rabbit, offer your hand an inch or two from the rabbit's nose. When he reaches over to sniff it, click and offer a treat from your other hand. Repeat in sets of 5. As he gets it, and starts to look for the hand you can start to move it farther away and at other angles.

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Week 3

Explorer Game: By now your rabbit should realize that the game means that good things are coming. It is a good way to condition your rabbit to focus on you, so continue to reinforce the game so it will be available to you in stressful situations.



Charge the clicker: Count out 5 treats. While playing the Explorer game, when your rabbit comes up to you, click and treat. This reinforces that you are the source of good things, and teaches the rabbit that the click sound means that a treat is coming.

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Foot Cues: With the rabbit on a leash, stand directly behind it, heels together, toes apart. This is the cue to hop forward. Wait until the rabbit moves forward, and run with him for a short distance. If he is particularly food motivated, tossing a treat 2 or 3 feet in front of him may get him started. The reward, in this case, is getting to run. If you need to use a treat, try to fade it out as soon as possible. If your rabbit has a friend, hopping towards his friend is often an excellent motivator here as well. Add left and right turns. Walk the rabbit from the living room to the kitchen, and get a treat. Set up a course of chairs or books or other objects and walk around them.

Targeting: While sitting with the rabbit, offer your hand an inch or two from the rabbit's nose. When he reaches over to sniff it, click and offer a treat from your other hand. Repeat in sets of 5. As he gets it, and starts to look for the hand you can start to move it farther away and at other angles.

Dot Targeting: Feed a treat or two on your dot. Wait a few seconds until the rabbit looks at the empty target for a new treat. Click, and feed the new treat ON the dot. Repeat 5 times. Start to move the dot an inch or two to one side or the other.

White Band Class

Week 4

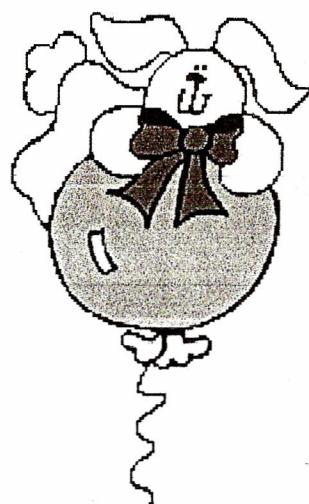
Warm up using the Explorer Game. By now your rabbit should understand that this is the beginning of good things for rabbits!

Foot Cues: Practice leash walking using foot cues for forward, left and right turns. Use Be a Tree if the foot cues fail and the rabbit tries to go its own way.

Targeting: Practice hand targeting from up to 6 inches away. The rabbit should need to hop one hop to touch the target on some of the reps. Mix them up! Some reps should be easy, and some harder. Use up and down as well as left, right and straight. (Up targeting can be easily turned into the sit-up-and-beg trick. Amaze your families!)

Dot Targeting: Rabbits should recognize your dot by now. Place it at various angles to the rabbit, anywhere from 2 inches to about a foot away. Try sending the rabbit away from you to the target.

Next week will be the Yellow Band test. Don't get too worried about it. It will involve hopping through a course of cones and jump standards. You will be asked to show hand targeting (two out of three tries) and dot targeting at about 6 inches (also two out of three tries). No time limits. Relax...you can all do this!



Yellow Band Class Syllabus

Goals

- To willingly jump vertical jumps up to 4 inches high.
- To hop straight up and over the A-frame.
- To hop directly through a straight tunnel, exiting at the far end.
- To jump a spread jump 2 inches wide by 4 inches high.

Week 1 - -----

- Review leash walking through standards
- Hop over ground poles (review)
- Review targeting
- Jump single jumps at 2 inches
- Sequencing with mixed ground poles and 2" jumps

Week 2 - -----

- Review mixed jumping sequences
- Review Dot targeting
- Intro A-Frame using targeting
- Introduce spread jump (2 x 2)
- Practice course of jumps

Week 3 - -----

- Review jumping 2" sequences
- Add corners
- Jump to A-frame combinations
- Review targeting
- Tunnel intro in pairs

Week 4 - -----

- Review jumping 2" sequences
- Review targeting
- Review tunnels, work alone
- Jump courses with 2 or more corners
- Jump mixed courses with 2" and 4" jumps

Week 5 - -----

- Target review
- Review A-frame
- Review tunnel
- Review jumps
- Testing and Awards

Yellow Band Class Syllabus

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Week 4 - _____

- Review jumping 2" sequences
- Review targeting
- Review tunnels, work alone
- Jump courses with 2 or more corners
- Jump mixed courses with 2" and 4" jumps

Week 5 - _____

- Target review
- Review A-frame
- Review tunnel
- Review jumps
- Testing and Awards

Yellow Band Class Week 1

Practice time: With the addition of equipment, it becomes harder to practice at home, but you can still work on the necessary skills with a bit of imagination. Of course, you can also buy or build equipment if you wish, but many skills can be rehearsed with things you may have on hand.

Explorer Game: This familiar game continues to cement the bond between rabbit and human. It adds a familiar touch which will help the rabbit to relax in a strange environment.

Leash Walking: This will continue to be helpful for the entire life of the rabbit. With the nicer weather available, the yard is a great place to practice, but practicing in the house helps to cement the foot cues too.

Jumping: Most homes have some sort of small thing that a rabbit can jump over. Try a yardstick or a couple of bricks set end to end. Perhaps a pair of shoes might make a bunny sized jump? Think creatively! The thing to avoid is jumping back and forth over the same jump. If you only have one, jump it, and travel around before jumping it again.

Socialization trips: As the weather warms, it becomes easier to take the rabbits out. Trips to the park are fun. Rabbits are easily overwhelmed, and can shut down. You can help avoid this by taking your rabbit out in public. PetCo and PetSmart will welcome a polite rabbit. If the floor is overwhelming...and it will be at first...let him ride in the cart or a small carrier bag. When he is relaxed enough to take treats, you are well on your way! Do be cautious of other pet owners, particularly those with dogs who may see your rabbit as prey. Putting the rabbit in the cart helps to safeguard him from predators.

Yellow Band Class

Week 2

Practice time: With the addition of equipment, it becomes harder to practice at home, but you can still work on the necessary skills with a bit of imagination. Of course, you can also buy or build equipment if you wish, but many skills can be rehearsed with things you may have on hand.

Explorer Game: This familiar game continues to cement the bond between rabbit and human. It adds a familiar touch which will help the rabbit to relax in a strange environment.

Leash Walking: This will continue to be helpful for the entire life of the rabbit. It is difficult to get out in the winter, but practicing in the house helps to cement the foot cues.

Jumping: Most homes have some sort of small thing that a rabbit can jump over. Try a yardstick or a couple of bricks set end to end. Perhaps a pair of shoes might make a bunny sized jump? Think creatively! The thing to avoid is jumping back and forth over the same jump. If you only have one, jump it, and travel around before jumping it again. Add some width to your jumps also. A couple of inches is enough. Rabbits should understand that jumps can be wide as well as tall.

A-Frame: This is difficult to practice at home. If you have access to any type of ramp, it can be helpful. Stair work helps with this as well. Going up is easy for most rabbits. Down is harder. Use your dot target to encourage the rabbit down ramps or stairs. Start with short distances, or one stair, and work up as the rabbit gains confidence. Also practice the hand cues, as you will not be able to use the foot cues on the equipment.

Socialization trips: Again, cold weather can make these difficult, but they remain important. Rabbits are easily overwhelmed, and can shut down. You can help avoid this by taking your rabbit out in public. PetCo and PetSmart will welcome a polite rabbit. If the floor is overwhelming...and it will be at first...let him ride in the cart or a small carrier bag. When he is relaxed enough to take treats, you are well on your way! Do be cautious of other pet owners, particularly those with dogs who may see your rabbit as prey. Putting the rabbit in the cart helps to safeguard him from predators.

Yellow Band Class

Week 3

Practice time: With the addition of equipment, it becomes harder to practice at home, but you can still work on the necessary skills with a bit of imagination. Of course, you can also buy or build equipment if you wish, but many skills can be rehearsed with things you may have on hand.

Explorer Game: This familiar game continues to cement the bond between rabbit and human. It adds a familiar touch which will help the rabbit to relax in a strange environment.

Leash Walking: This will continue to be helpful for the entire life of the rabbit. It is difficult to get out in the winter, but practicing in the house helps to cement the foot cues.

Jumping: Most homes have some sort of small thing that a rabbit can jump over. Try a yardstick or a couple of bricks set end to end. Perhaps a pair of shoes might make a bunny sized jump? Think creatively! The thing to avoid is jumping back and forth over the same jump. If you only have one, jump it, and travel around before jumping it again. Add some width to your jumps also. A couple of inches is enough. Rabbits should understand that jumps can be wide as well as tall.

A-Frame: This is difficult to practice at home. If you have access to any type of ramp, it can be helpful. Stair work helps with this as well. Going up is easy for most rabbits. Down is harder. Use your dot target to encourage the rabbit down ramps or stairs. Start with short distances, or one stair, and work up as the rabbit gains confidence. Also practice the hand cues, as you will not be able to use the foot cues on the equipment.

Tunnels: Rabbits love any kind of tunnel, the hard part is getting them to come out. Practice tunnels can be of any size, or length. Work on targeting to get the rabbit out. A treat on the far end is always helpful! If you have no tunnel, often furniture, like a coffee table, will create the correct atmosphere. Practice sending in, and calling out of the tunnel

Yellow Band Class

Week 4

Warm up using the Explorer Game. By now your rabbit should understand that this is the beginning of good things for rabbits!

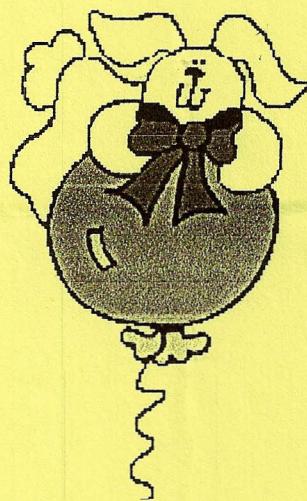
Foot Cues: Practice leash walking using foot cues for forward, left and right turns. Use Be a Tree if the foot cues fail and the rabbit tries to go its own way.

Targeting: This continues to be useful to practice, especially for tunnels!

Jumps: Rabbits should jump 4" high and wide. They should be starting to look for jumps. Work on turns from one jump to another.

Contact Obstacles: Continue to practice ramps and tunnels, they will be in all agility courses.

Next week will be the Green Band test. Don't get too worried about it. It will involve running a shortened, easy-crooked course. You may use targets for the A-Frame and tunnel if needed. No time limits. Have fun! Relax...you can all do this!



Green Band Class Syllabus

Goals

- To willingly jump vertical jumps up to 8 inches high.
- To hop straight up and over the Bridge.
- To hop directly through a curved tunnel, exiting at the far end.
- To jump a spread jump 4 inches wide by 8 inches high.
- To respond correctly to verbal cues for Forward, Right, and Left

Week 1 – _____

- Review Foot/Hand cues and intro verbal Forward cue
- Review Yellow obstacles, especially A-Frame
- Intro Bridge
- Review Jump sequences

Week 2 – _____

- Jump sequences, increasing to 6"
- Review verbal Forward cue
- Intro Right and Left verbal cues
- Intro curved Tunnel
- Practice sequences

Week 3 – _____

- Review sequences as verbal cue practice
- Review Bridge in sequences
- Increase spread to 4"
- Practice curved tunnel, curve tightens
- Intro multiple tunnels, one straight, one curved

Week 4 – _____

- Review jumping heights increase to 8"
- Mixed height jump sequences
- T sequences for verbal reinforcement

Week 5 – _____

- Review as needed
- Medium Crooked course
- Cone course w/ all verbal cues
- Testing and Awards

Blue Band Class Syllabus

Goals

- To willingly jump vertical jumps up to 12 inches high.
- To Jump through a tire jump 10 to 12 inches high.
- To hop directly over a teeter, with the center at 6 inches high.
- To jump a spread jump 8 inches wide by 8 inches high.

Week 1 - -----

- Review Green Obstacles
- Work on Tunnel call outs, with treats/targets
- Intro "Airy" jumps
- Review Jump sequences with emphasis on landing and running.

Week 2 - -----

- Jump sequences, increasing to 10"
- Intro Teeter board, on floor
- Increase Spread to 6" at 8" height
- Increase "Airiness" of jumps
- Practice sequences

Week 3 - -----

- Review "Airy Jumps
- Intro Tire jump
- Increase spread to 8" at 8" height
- Practice Teeter on floor or raised if ready
- Increase height to 12", if ready

Week 4 - -----

- Review jumping heights up to 12", spreads up to 8"
- Mixed height jump sequences
- Tire Jump at comfortable height
- Teeter at comfortable height

Week 5 - -----

- Review as needed
- Medium Crooked course with Tire and $\frac{1}{2}$ height teeter added.
- Testing and Awards

Purple Band Class Syllabus

Goals

- To willingly jump vertical jumps up to 16 inches high.
- To Jump over a water jump 10 to 12 inches wide.
- To hop directly over a teeter, with the center at 12 inches high.
- To jump a spread jump 12 inches wide by 10 inches high.
- To recall from 5 to 6 feet away.

Week 1 – May 8

- Review Blue Obstacles
- Work on Tunnel call outs, with treats/targets
- Intro Recall for treats
- Review Jump sequences with emphasis on landing and running.

Week 2 – May 15

- Jump sequences, increasing to 14"
- Increase Teeter board to 8"
- Increase Spread to 10" at 8" height
- Practice sequences

Week 3 – May 22

- Intro Water jump
- Increase spread to 8" at 8" height
- Practice Teeter at comfortable height
- Increase height to 16", if ready

Week 4 – May 29

- Review jumping heights up to 16", spreads up to 12"
- Mixed height jump sequences
- Tire Jump at comfortable height
- Teeter at comfortable height

Week 5 – Jun 5

- Review as needed
- Recall
- Difficult Crooked course
- Testing and Awards