



WAIT

Level 2

Goal: When we say “Wait”, the dog stops and waits for a cue to move forward. This is especially important when we go through doors or up or down a curb. This will also be helpful when teaching a dog to wait before jumping out of a car.

This behavior can be life saving for a person with absent seizures who needs the dog to stop them from crossing the street. The dog must then be taught to stop at every curb and not move until given the OK to do so.

Material: clicker, treats.

TRAINING PLAN		
1.	Getting started	Find or create an existing threshold. It can be a rope or leash that you lay across the floor, a curb, a step or an open door. With the dog on leash, walk up to the threshold, click and treat the dog multiple times behind the threshold as you take a step forward. This will reward the dog for just standing there. Click and treat the dog for looking at you and standing still. He should be on one side of the threshold and you on the other. After a few seconds, move back towards the dog behind the threshold and go back from where you started, then repeat the sequence. Repeat this step while gradually increasing the duration between your clicks (and treat).
2.	Increasing criteria	At this point, the dog should expect to stop right behind the threshold. Walk up to the threshold with your dog, stop briefly then take a step over the threshold. Click and treat the dog behind the threshold. If the dog crosses the threshold, move towards them. When they back up behind the threshold, click and treat. Gradually move 2-3 steps away from the dog (this is similar to building distance for a “Stay”). After a few seconds, go back to the dog and walk him back to where you started (behind the threshold).
3.	Adding the cue	Repeat the step above. As the dog stops at the threshold, say the word “Wait”. Wait for the dog to give you eye contact, then invite them to cross over the threshold with a “Let’s go” or a “Free”. Repeat 50-100 times before moving to the next step.
4.	Building duration	Gradually delay your click. At this point, you should no longer have to click immediately as the dog stops, but wait a few seconds before you click and treat. Keep increasing the duration, until the dog maintains the position for at least 20 seconds while you’re on the other side of the threshold.
5.	Building distance	Walk towards the threshold with the dog on leash, say “Wait” and cross the threshold as you drop the leash. Walk a few steps, then click and treat for staying in position and looking at you (Eye contact). Gradually increase your distance away from the dog. Gradually move further and further away from the dog until you can walk up to 10 feet away stop for a few seconds, then come back to the dog. Pick up the leash and invite the dog to walk over the threshold (Let’s go).



6.	Building distractions	Repeat the previous steps while gradually increasing the level of distractions. Raise your arms up in the air, click and treat. Keep building up slowly until you can do jumping jacks in front of the dog, then start working on other positions, like sitting or lying on the floor after you've crossed the threshold, turning your back to the dog, tapping on the wall or the door, etc.
7.	Going through doorways	Repeat the steps above while going through doorways. The goal is to teach the dog to stop, give you eye contact and wait for your signal to move forward. With the dog on leash, move towards the door, reach for the door knob and wait for the dog to give you eye contact. Click and treat. As long as the dog maintains the position and doesn't move forward, slowly open the door. Click and treat for keeping the position. If the dog moves forward, close the door and start over. Once you're able to open the door fully, wait for the dog to give you eye contact and move forward, inviting the dog to move with you with a "Let's go". Occasionally ask for a "Wait", move through the doorway and click and treat the dog for not moving with you. For dogs that tend to push through doorways, you can teach them to automatically sit at the doors. Do not teach an automatic "Sit" if the dog will be trained for mobility assistance.
8.	Generalization	Sitting at doorways will only be used when leaving your home or facility, having access to the back yard, getting out of the crate or kennel or when getting out of the car. When taking the dog out in public, only expect the dog to stop and give you eye contact before you go through doorways. Repeat the steps in different areas with all sorts of doors.
9.	Fluency	Gradually build up the level of difficulty until you can successfully get your dog to "Wait" in different places and with different levels of distractions. Use it in everyday life situation anytime you need the dog to stop for a few seconds and wait for your cue to move forward.

CONGRATULATIONS! If you've come this far, you have taught the dog a solid response to the word "Wait".