

AlphaPet® Containment Training Tips

Please do not allow your dog to run freely in the yard during the training period (approx. one week), and avoid leaving the property for walks unless you leave by car or carry your dog (be sure to remove the collar and leave it home). This is to prevent confusing the dog about leaving the yard.

Scroll down to Section C for tips on taking your dog off the property

A. First Training Session

Think of the training as being **80% psychological and 20% physical**. The training **MUST** be done with a training leash, in order to establish the correct communication between you and your dog. We recommend using a six foot length, single-ply leash.

Keep in mind that your dog is not being “shocked” when he receives a correction. A quality containment system receiver will create a mild stimulation (unless you increase the receiver correction to a higher level). This mild stimulation is similar to “stim” (a procedure that a physical therapist might use with a human patient).

1. Before you begin training, it is necessary to place flags (approximately 10 feet apart. The flags should be about 1 to 2 feet to the inside of where the wire is.
2. Initially with the collar being held in your hand (from the strap) and NOT on your dog, bring the dog near the flags, pick up a flag and wave it at your dog. You would then say **“watch out - bad flag”**. Drop the flag to the ground and walk your dog several feet back from the flags. *This step is NOT repeated in subsequent steps.*
3. While out of the correction zone place the collar on your dog's neck, and walk your dog toward the flags (do NOT warn your dog or pick up a flag, instead you should stay focused on your dog). If your dog gets a correction (that is ok), it is merely an indication that your dog hasn't made a connection yet that the flags represent danger. If your dog avoids going near the flags and doesn't get a correction (that is also ok). In either case, the goal is to have your dog resist going near the flags again, thereby creating tension in the leash. Once the tension is established and maintained you would then say **“watch out - bad flag”**.
4. Hold the tension on the leash for about 12 seconds during which time you would repeat the warning **“watch out - bad flag”** approximately 3 or 4 times.
5. After successfully achieving avoidance, you would then create slack in the leash and walk toward your dog. Praise him and soothe him for a few minutes, petting him around the neck, head and ears.
6. After the initial training session, it would be helpful to walk him in the safe areas of the property. DO NOT allow him to walk near the flagged zone. If and only if he approaches the boundary, you should simply steer him away from that area, and give him a chance to enjoy the safe areas.

[CLICK ON THIS LINK TO RETURN TO ALPHAPET.COM \(https://alphapet.com/\)](https://alphapet.com/)

(Continue to next page)

B. Reinforcing The Training (what to do AFTER the first training session)

Following the initial training session, you will need to reinforce what your dog already knows.

1. If your dog ventures into the correction zone during training, while on a leash, he will first hear a beeping sound from the receiver/collar, and associate that sound with the correction (a mild stimulation). DO NOT warn your dog if he enters the correction zone. It is better to allow him to get the correction, if he ignores the flags, as this would simply be an indication that he hasn't learned the consequences of approaching the flagged zone. If he remains in the zone for more than a few seconds, CALMLY steer him out of the zone. Continue to hold the handle of the leash in your hand to maintain tension, and with your other hand placed a couple of feet from the handle, begin to "pivot" your dog away from the correction zone (try to maintain tension on the leash during the pivot). This would then position you between the dog and the correction zone (once your dog holds firm in his conviction to avoid the flag zone, you then reinforce his decision - refer to #3 below).
2. When your dog demonstrates that he does not want to go near the flags, or if after he receives a correction, and he retreats toward the interior away from the flagged zone, your dog is then making the correct choice (to simply avoid danger - and that is a good thing). Again DO NOT warn your dog, until you begin to implement the next step (#3).
3. As your dog is choosing to either avoid the flags or has retreated toward the interior of your property, several feet away from the flags (in the event he did get a correction), then you MUST maintain TENSION on the leash to help your dog focus on what he is trying to avoid. This tension is merely your dog's communicating with you that he doesn't want to go near the flags. Help HOLD the tension for approximately 12 to 15 seconds and repeat **"watch out - bad flag"** approximately 3 or 4 times (for a total of approximately 12 seconds). After holding the tension, then create slack in the leash and IMMEDIATELY begin to praise your dog (walking toward him as you continue the praise). Soothe him for a few minutes, by petting him around the head, neck and ears (DO NOT rub a submissive dog's belly, as this only encourages submissive behavior).
4. After a training session, it would be helpful to walk him in the safe areas of the property. DO NOT allow him to walk near the flagged zone. If and only if he approaches the boundary, you should simply steer him away from that area, and give him a chance to enjoy the safe areas.
5. If possible, try to train your dog twice a day for a week. If you are unable to train twice a day or every day, it is usually ok (however, ideally it helps to repeat the training twice a day).
6. After your dog has a good understanding of avoiding the flags (approximately one week), then you can release your dog for short periods of time unattended. Observe your dog during these free times, and be prepared to reinforce the verbal **"watch out"** should your dog venture too near the boundary. Gradually increase the time your pet is allowed outdoors unattended for the first few weeks.
7. ***Be sure to check out our additional tips in section D and E. Our summary at the end will inform you of the best approach to successful containment training.***

[CLICK ON THIS LINK TO RETURN TO ALPHAPET.COM \(https://alphapet.com/\)](https://alphapet.com/)

(Continue to next page)

C. Training Your Dog for a Walk Outside the Boundary (only after a few weeks)

1. When you take your dog off the property, remove the collar and attach a leash. Always leave the property from the same spot in the yard, such as the driveway or sidewalk. Suggest that you are “going for a walk” to encourage your dog to follow you.
2. You can start the new training concept inside your house, instructing your dog to sit and stay. Remove the containment training collar and attach a leash.
3. Take several steps back from your dog and suggest he come to you (you can place a towel on the floor, creating a “magic carpet”, or put a bandana around your dog’s neck, or use an object such as a safety cone and move it from one side to the other side of the exit path). Doing any of these will provide a secondary cue for your dog to help him understand that there must be a ritual process to leave the property.
4. After you do this ritual exercise for a few days INSIDE your house, you can then do the same exercise in a SAFE area of your yard, for an additional few days.
5. After you have established this ritual, you can introduce the concept to the specific area that you’ve chosen to exit the property for your walks. ALWAYS be sure to REMOVE the containment training collar before exiting!

D. Collar Fit is Critical !

1. Make sure the containment training collar is snug enough to keep the posts in good contact with your dog’s skin. If your dog has a heavy coat, trim the fur under the receiver. Longer contact posts are available for very heavy-coated dogs. You should place the containment training collar on your dog at least fifteen minutes before you do a training session. This will help your dog not associating the collar directly with the training.
2. Remove the containment training collar after each training session. After the one week training period, the dog may wear the receiver collar during the day, but you should remove it at night and check the neck area under the coat for signs of irritation. Should the neck develop a sore, the collar is too tight. Loosen the collar to allow the area to recover and, if necessary, apply an antibiotic salve.

E. Things to Know About Training Your Dog With a Hidden Fence

1. **Boundary Training** - It is necessary to teach your dog to remain within the designated boundary of your property by following the training we’ve recommended. Consistency and patience is important! In about a week, your dog will know his boundaries and will be a safe and happy dog in your yard!
2. **Your Dog’s Response to Stimulation** - Stimulation has been a safe and effective part of dog training systems for over forty years. All dogs respond differently when they feel a mild stimulation. Some dogs may demonstrate little, if any reaction, while others may yelp or jump back. Some dogs “freeze”. Do NOT try to comfort your dog if he receives a correction from the dog training system or it will reinforce his anxiety. Keep in mind that a dog’s personality and traits differ among breeds and within the same breed.

(Continue to next page)

F. Summary

1. Creating the right environment - **attitude and consistency is important!**.
2. Keep the training “light”. Use lots of praise. Keep your dog’s spirits high.
3. Use high happy tones for praise. Use low tones for negative commands.
4. Use the common “**watch out - bad flag**” or “**careful**” ONLY when there is tension on the leash.
5. Limit the training session to no more than 5 or 10 minutes (12 to 15 seconds of tension and saying “**watch out - bad flag**”, followed by a few minutes of quality time).
6. Keep your dog on a leash while in the yard for at least five days
7. If you are training more than one dog, train each dog separately, so there are no distractions.
8. Once your dog has demonstrated that he wants to avoid the flags (after five days) it is okay to use naturally occurring distractions such as a neighbor or children.
9. NEVER call your dog to “come” or give a recall command when you are outside the boundary.
10. NEVER walk your dog through the flags to the other side during a training session. *If your dog pulls past the flags*, restrain him with the leash and encourage him to return to the inside (he will get a correction during this period, however once he is several feet inside, the correction will stop). If this occurs, you should then use that as a training reminder by saying “**watch out - bad flag**”.
11. Always reinforce the “avoidance” or “retreat” concept by saying “**watch out - bad flag**”, but only with TENSION on the leash.
12. Adjust the receiver collar periodically to make sure it is fitting properly, change the battery at the suggested interval and keep the contact posts clean.
13. After the one week training period, your dog may wear the receiver collar during the day, but remove it at night. Check your dog’s neck area and make sure there isn’t any irritation.

[CLICK ON THIS LINK TO RETURN TO ALPHAPET.COM \(https://alphapet.com/\)](https://alphapet.com/)

Note: Training Tips are our proprietary containment training methods. Sections D and E are courtesy of DogWatch, Inc.