



**SPOT  ON**™

VIRTUAL SMART FENCE

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TRAINING PLAN B

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## Welcome to the SpotOn™ Virtual Smart Fence System

The SpotOn™ Virtual Smart Fence System is the first invisible “fence” that works as well at home as it does on the go. Whether you are planning to use it in the backyard or the backwoods, SpotOn is committed to providing reliable options for training your dog the way that works best for *both of you*. This is why both collar and training program have been carefully developed hand-in-hand with professional dog trainers.

At SpotOn, we believe any time invested in training your dog is time well spent—resulting in an overall better partnership with your dog, which means less frustration and less stress for both of you.

This plan promotes positive reinforcement methods as a first line of training, to help ensure the most positive training experience for both *you* and *your* dog.

Follow the steps in this training plan to leverage the strength of positive reinforcement to teach your dog to make appropriate decisions. Training with positive reinforcement can take longer than a traditional training plan, but we believe it is the best way to train your dog if you have determined through the SpotOn training survey that this is the right training plan for your dog.

So, get your treats, rally your patience, and enjoy the training experience.

### About Training Plan B

Training plan B is meant to teach your dog to stay within your yard, while maintaining a positive and fun training environment. While we have suggested a schedule of time that we feel is appropriate to complete this plan, you should move through training at your dog’s pace. If your dog seems confused or needs extra help, consider adding more repetitions or modifying the exercise to make it easier.

Training Plan B takes approximately 28 days to complete, though you may find your dog needs a few more or less days to finish training depending on how quickly he learns.

## Glossary of Terminology

- **Alert Tone:** The bright, chirping tone on your SpotOn collar. Your dog will be trained so that when they hear this tone, they return to the target, or “home base.”
- **Reward Marker:** A consistent sound that tells your dog that they are doing something correctly. For this training, the Reward Marker will be the word “yes.”
- **Contact Points:** Stainless steel probes which contact the pet’s skin and deliver a static correction, if static correction feature is enabled.
- **Warning Tone:** The buzzing tone on your collar. This warns your dog they are about to cross the Boundary Line.
- **Boundary Line:** The outer limit of a fence area. If your dog crosses the Boundary Line, they will receive a static correction. This will not be used in Training Plan A.
- **Proofing:** This exercise is about making your training “stick” in a variety of situations. training in a variety of exciting situations will help your dog learn to work through distractions.
- **Repetitions (Reps):** The number of times a specific exercise is performed
- **Set:** The number of cycles of reps that are completed.
- **Static Correction:** A mild, harmless electric stimulation that is intended to garner your dog’s attention and disrupt their behavior. Thus, allowing you to train an alternative, behavior that can be reinforced.
- **Target:** The flat white square in your collar box. You will train your dog to return to this “home base” when they hear the “Alert Tone” and touch the target with their nose.

## Materials needed

- Target (provided)
- Flags: (provided)
- A 6-foot leash (not provided)
- A 15-30ft leash (provided)
- Treats: (Your goal throughout training is to reinforce good behavior with treats without your dog becoming full. In order to do this, treats should be about the size of your pinkie fingernail. Consider changing up the type of treat you use in order to keep your dog’s motivation high.)

## Training Exercises

### Step 1: Teaching your Dog the Magic of Yes

Before we begin formal training, we will do a little preliminary work on teaching your dog to recognize a “reward marker.” A reward marker tells your dog that he has made the correct decision. When training a reward marker, we will use any sound that is clear, sharp, and that can be delivered quickly. For this training, we are going to use the word “Yes” reinforced with a yummy treat.

#### Exercise B1: Conditioning Your Reward Marker (Days 1-2)

1. Count out 10 tiny bites of treat.
2. Say the word “yes” in a sharp, bright tone.
3. Wait ½-1 second and then deliver a treat.
4. Repeat until you’ve given 10 treats.

#### Helpful Hints:

- This exercise really *is* that easy! All you have to do is say the word “yes” and follow it up with a treat. How do you know when your dog’s got it? If you say the word “yes”, and your dog turns away from what he was doing and snaps to attention, you’ve done it correctly! Stay consistent in your tone when saying “yes”.
- Location, location, location! Make sure to practice this exercise in several different locations both inside and outside of the home. That way your dog will begin to generalize the cue.
- Want a little extra credit? You can practice this exercise every time you give a treat simply by saying “yes” directly before you present the treat.
- Finding this too easy? If your dog has done this exercise in his previous training, or seems to be picking up on the reward marker with no problem, feel free to move onto Step 2!

**Schedule:** 6 sets of 10 repetitions per day for 2 days

### Step 2: Teaching the Return to a “Target” or Home Base

The goal of this step involves teaching your dog to touch his nose to a target on cue. We will begin with the target in your hand. The exercises in Step 2 should be done outdoors, inside of your Virtual Fence Area (don’t create it yet, just be in the yard).

#### Exercise B2: Teaching a Nose Touch to the Target (Days 3-4)

1. Gather the following materials:
  - a. 45 treats
  - b. A normal leash
  - c. The white Target from your box
2. Place your dog on a leash and stand with the target in one hand. Place your cup of treats on a table within easy reach.
3. Present the target to your dog. Each time your dog offers to touch his nose to the target, reward the behavior with the word “yes” and deliver a tasty treat.

#### Helpful Hints:

- Worried your dog won't know what to do? Don't be! A dog's natural curiosity tends to shine through so that you easily achieve the first few touches. After that, be patient. You may be surprised to see your dog offer you a touch more quickly than you think.
- Dogs often feed off of your body language. So, if you stare at them, they may stare back into your eyes or avoid eye contact all together. Instead of looking at your dog, try gazing at the target to give your dog a clue as to what he should be doing.
- If your dog is struggling to grasp the concept of the target, try smearing some peanut butter or squeeze cheese on it to encourage him to sniff it out.
- Have a mouthy mutt who tries to fetch the target? Then try to time your reward marker so that your "yes" comes a split second *before* your dog's nose hits the target.

**Schedule:** 3 sets of 15 repetitions with a 2-minute break in between sets. Repeat twice daily for 2 days.

### Exercise B3: Teaching the Alert Tone Means Touch the Target. (Days 5-7)

1. Gather the following materials:
  - 45 treats
  - A normal leash
  - The Target
2. Turn on your SpotOn collar and open the cell phone app. Activate Bluetooth and select "training mode."
3. With your dog on leash, present the target to your dog by holding it in your hand and positioning it in front of your dog's nose.
4. Press the button for the Alert Tone and wait.
  - If your dog touches the target when he hears the Alert Tone, mark with a "yes" and then deliver the treat.
  - If your dog does not touch the target after 2-3 seconds, prompt him by pointing toward or gently waving the target in front of him. Again, be patient, Rome wasn't built in a day!
5. On day 2 of this exercise, stick the Target into the yard with the provided stakes. Put your dog on leash and walk him toward the target. Repeat the exercises above. This step teaches your dog to come back to the center of your yard when he hears a tone.

#### Helpful Hints:

- If you notice your dog trying every trick they know in hopes of getting a treat, simply wait for him to stop trying so hard and direct him to touch the target.
- If your dog is not visibly responding to the Alert Tone (perking his ears up, brightening his eyes, touching the target) after 2 days, repeat this exercise for 1-2 more days.

**Schedule:** 3 sets of 15 repetitions. Repeat twice per day for 3 days.

- **Day 1:** Target held in trainer's hand.
- **Days 2 & 3:** Target staked into the ground.

### Step 3: Training the Virtual Fence Boundary

Training your Fence Boundary will consist of two parts: creating the fence/setting flags for you to follow and training the dog to the boundary.

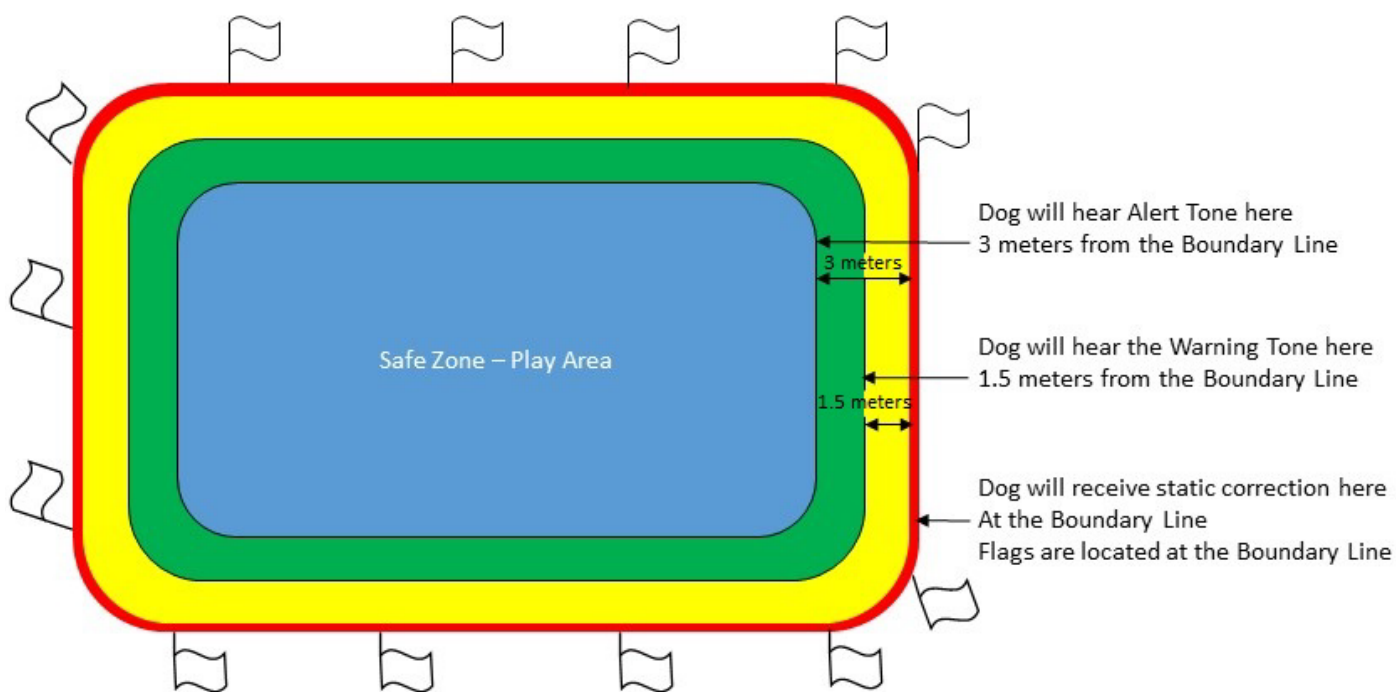
#### Exercise B4: Creating a Virtual Smart Fence (Day 8)

1. Place the flags in the ground along the perimeter of your yard where you'd like your dog to stay.
2. On the **Home Screen**, press the left navigation button to select "Create Map."
3. Following the instructions on the collar, go outside, holding the collar with the GPS antenna at shoulder height, and wait for it to acquire a GPS signal. In an area with no obstructions (i.e. buildings, trees, etc.) this process normally takes less than 60 seconds. When the collar has acquired satellite connection, the letters GPS will appear in green at the top-center of the collar's display screen.
4. From the collar menu, press the right navigation button to select "Custom."
5. While holding the collar at a comfortable chest height and GPS antenna facing up, walk a path around the area in your yard where you'd like your dog to stay, using the flags as your guide.
  - a. At any time, should you choose to cross a physical barrier, like a stream, you may activate the "Pause" feature of the collar by selecting "Pause", then walking to your next flag point and selecting "Resume". Doing this will draw a straight line between the point where you paused the system and the point where you resumed.
6. When you've closed a perimeter by returning to your starting point, press the right navigation button to select "End" from the collar's menu.
7. The collar will prompt you to save the map. Press the right navigation button to select "Yes" and save your map to the Smart Collar's memory.
8. Activate your fence either through the app, or through the selection screens on your collar. Select "Activate/Delete Map", and choose the corresponding map with the fence that you just made and choosing "ACTIVATE."

#### Helpful Hints:

- Make a note of which flag you started with. Come close to the point at which you began walking the Boundary Line, without passing that first flag before closing the fence.
- If your Virtual Smart Fence Area is large, consider adding several targets to the area to offer the dog an easy choice. Our recommendation is one target for every 1/2 acre.
- Note that when you snap the Boundary Line closed, it will draw a straight line from the point where you hit "end" to the point where you began walking the Boundary Line. Please double check your map on the app to make sure you haven't inadvertently created a conflicting barrier. You can also walk from inside the Fence Area to the Boundary Line and verify the tones occur as appropriate.
- Your collar is automatically set to issue an Alert Tone 3 meters (approximately 10 feet) before your dog reaches the Boundary Line and a Warning Tone at 1.5 meters (5 feet) from the Boundary Line.

**Schedule:** Depending on the size and terrain of the property, approximately 30 minutes-1 hour.



**Note:** Navigation systems, (like GPS), use a combination of satellite signals and geometry to determine your position. They typically require a minimum of 4 satellites before a position will be calculated. At any point during the day the number of satellites (up to 24), satellite geometry and the local environment can impact the location accuracy, causing variations in the reported position. The SpotOn Virtual Smart Fence System minimizes these variations by using 3 navigation constellations (GPS, GLONASS, Galileo) and a minimum of 8 satellites at any given time. This is more accurate than your car GPS and the GPS feature on your smart phone. Because of the variation (which exists with all navigation systems), you may notice that the location of your Virtual Smart Fence varies by a few feet from time to time. Variations can be as great as 10 feet, but are typically much less.

#### Exercise B5: Training Your Dog to the Virtual Smart Fence (Days 8-15)

1. Activate the app and make sure the correction level is at "0" or "off".
2. Activate the fence map that corresponds to the location in which you are working, fit the collar around your dog's neck, and take him to the Fence Area.
3. With your dog on a 6-foot leash (attached to his regular collar), walk your dog toward each individual flag until the Alert Tone sounds.
4. Upon initiation of the Alert Tone, wait for your dog to turn and run toward the staked target.
  - a. If your dog hears the Alert Tone and moves toward the target, mark with a "yes", give him lots of love, and a treat.
  - b. If your dog does not turn and run toward the staked target after ½-1 second, prompt him towards the target by pointing and moving towards it. Reward your dog with a verbal "yes" and a treat when he touches the target.
5. Continue teaching your dog the Boundary Line by walking a full lap around the fence, approaching each flag until the Alert Tone is elicited, and praising the dog for returning to the target when he hears the Alert Tone.



6. Once your dog is reliably moving away from the Alert Tone to touch the target, swap your 6-foot leash for a long leash and allow your dog more freedom to roam. If your dog approaches the Boundary Line and does not respond to the Alert Tone within ½-1 second of hearing it, prompt your dog to touch the target by motioning toward it with your hand or cueing him verbally.
7. When you've noticed that your dog is turning to touch the target upon hearing the Alert Tone with 75-85% proficiency (or better), congratulations! You are ready for the next step.

### **Helpful Hints:**

- Proper fit is essential. The collar should be snug around your dog's neck, but not too snug. It should be just loose enough to fit two fingers between the collar and your dog's neck. For best results, the collar should be positioned so that the display is facing the ground and the GPS antenna is facing the sky. The collar should not spin or rotate, even when your dog is in motion.
- Not sure if your dog heard the Alert Tone? Use the flags as a guide to help determine if your dog has triggered the Alert Tone.

### **Schedule:**

- Two 15-minute sessions per day on a 6-foot leash for 3 days.
- Two 15-minute sessions per day on a long leash for 5 days.

### **Exercise B6: Training the Warning Tone & Boundary Line (Days 11-12)**

1. Take your dog to the Virtual Fence Area, fit the collar around his neck, and activate the fence map that corresponds to the location in which you are working. Set the collar's static correction level to "1".
2. Attach a long leash to your dog's collar. Standing close to the target, allow your dog to wander toward and trigger the Alert Tone.
  - a. Upon triggering the Alert Tone, if your dog returns to and touches the target, reward him with a verbal "yes" and a treat.
  - b. If he continues through the Alert Tone, he will hear the Warning Tone. If your dog continues moving through the Warning Tone, he will receive a static correction about 1.5 meters after the Warning Tone (at the Boundary Line). Using your leash, bring the dog back to you and direct him to the target when he moves back into the Virtual Fence Area.
3. Repeat this exercise until you see that your dog is turning toward the target when he hears the Alert Tone and/or is respecting the Warning Tone and not moving forward when he hears it. If you notice that your dog is either unaware of the static correction when he receives it, or if the intensity of the correction seems so low that your dog does not hesitate to run through the Warning Tone, raise the Static Correction level on your collar by one and begin training Exercise B6 from the beginning.
4. Your dog should be responding to the Alert Tone/Warning Tone with 90-95% proficiency before moving on to the next exercise. If you find that your dog is not achieving this milestone, repeat this exercise for 2-3 more days or until your dog has reached 90-95% proficiency.

**Helpful Hints:**

- If your dog does cross the Warning Tone or Boundary Line (leaves the Virtual Fence Area), he will not receive the Warning Tone or static correction upon reentering the Fence Area. When the dog re-enters the Virtual Fence Area, the dog will elicit the Alert Tone. If trained properly, the Alert Tone should trigger the response of coming back to the target for reward.
- Always keep your dog on leash until he stops moving through the Warning Tone. If your dog goes through the Warning Tone, the leash will help your dog to make the correct decision (run back to the target) and not make an incorrect decision (continue running away from the Fence Area or just freeze).
- 3 strikes . . . you're out! If your dog runs through the Warning Tone more than 3 times in any single session, raise the Static Correction level on the collar by one and retrain exercise B6 from the beginning.

**Schedule:**

- Two 15-minute sessions per day of training for 2 days.

**Exercise B7: Proofing the Fence Area (Days 13-17)**

Once you have found the Static Correction level that is appropriate for your dog to work under, and your dog is responding with 95% proficiency (meaning that he has stopped testing the Alert Tone/Warning Tone under low distraction), you may begin proofing your Fence Area under higher distractions.

1. Take your dog to the Virtual Fence Area, activate the fence that corresponds to the location in which you are working. Fit the collar around your dog's neck.
2. Set up distractions outside of the Boundary Line. These may include a friend walking by with another dog, a ball bouncing outside of the Virtual Fence Area, or someone jogging by.
3. Attach a 6-foot leash to your dog's collar, not to the SpotOn collar. Following your dog while holding the leash, allow the dog to wander within the Virtual Fence Area.
  - a) Upon triggering the Alert Tone, if the dog returns to and touches the target, reward him with a verbal "yes" and a treat.
  - b) If the dog continues through the Alert Tone, he will receive the Warning Tone. If you hear the Warning Tone, using your leash, bring the dog back to you and direct to target when he gets back into containment. Praise and reward the dog for hitting the target.

**Helpful Hints:**

- You may be asking yourself why you would reward your dog if he breeched the Warning Tone only to receive a static correction. After all, aren't you just rewarding bad behavior? The answer is NO! The Warning Tone's purpose is to tell the dog to stop moving forward. If your dog chooses to come back into the Fence Area he will trigger the Alert Tone. If upon hearing the Alert Tone, your dog runs to touch the target, reward him!
- Note that the level of Static Correction that is needed while working your dog through distractions will likely be higher than the level of stimulation needed while working your dog under low distractions. This is normal. If your dog runs through the Warning Tone more than 3 times throughout the duration of training Exercise B7, raise the Static Correction level on the collar by one level and retrain exercise B7 from the beginning.

- Once you learn the appropriate level of Static Correction for your dog, you may start each session off at this level of Static Correction.

**Schedule:**

- Two 15-minute sessions per day of training on a long leash for 2 days.
- Two 15-minute sessions per day of monitoring the dog from a vantage point where you are not in the same space as him for 3 days.

**Exercise B8: Observation (Days 18-19)**

The goal of this step is to monitor how well your dog stays inside of the Virtual Fence Area. Only proceed to this step once your dog is at 85-95% proficiency at step A7 and avoids the Warning Tone, regardless of distractions or temptations.

1. Adjust the Static Correction level to an appropriate level for your dog. (This should be consistent with the level that you were using in Exercise B7).
2. Unclip the leash or drop it and allow it to drag on the ground. Allow your dog to run free in the Virtual Fence Area. Remain outside with your dog, spending this time alternating between playing and training with your dog and momentarily preoccupying yourself with another task within the Fence Area.
3. If the dog triggers the Alert Tone, Warning Tone or Static Correction, and returns back inside of the Virtual Fence Area; praise your dog, offer him a treat, or play with him.
4. If your dog leaves the Virtual Fence Area, retrieve your dog and walk him back into the Fence Area.

**Helpful Hints:**

- If your dog leaves the Virtual Fence Area more than 3 times throughout the duration of training Exercise B8, raise the Static Correction level on the collar by one level and retrain exercise B8 from the beginning.

**Schedule:**

- Two 20-minute sessions per day of observation for 2 days.

**Fading the Reward**

Once your dog is reliably staying within the fence area without testing boundaries, you may start allowing him freedom to roam his new territory without direction from you. You may also begin to wean off of rewarding your dog every time he moves toward his target by only rewarding him every few touches. After a week or two, you may stop using treats altogether.

You may notice that when you quit rewarding your dog for touching the target, he stops relying on the target when he elicits the Alert Tone. But even if he chooses to not touch the target, he should still move toward the center of the virtual fence area.

If at any time you think that your dog is struggling to understand what is expected of him when he elicits the Alert or Warning Tone, if he attempts to run through the outer fence line, or if your dog

seems stressed or confused while in your yard, give your dog a refresher by revisiting exercise B3 for a few training sessions.

## Step 4: Taking the Fence With You

The SpotOn Virtual Smart Fence is unique in that you can set up to 10 different fence areas and store them inside of the app on your phone. Once your dog is fully trained to his home fence area, it's time to take your training on the road and work your dog in a new location.

### Exercise B9: Setting Up a Portable Fence Area (day 20)

You can set up a Portable Fence Area, just as you did at home. The portable fence feature can be used at a park that you frequent, at a friend's home, at a vacation home, or anywhere else you choose. Your location is only limited by your creativity! The process for setting up a Portable Fence Area will be the same as in Step 3: Exercise B4. Please refer to this section for information on setting up a Portable Fence Area.

The process for training a Portable Fence Area in a new location is a shortened version of Step 3. You will find that the dog's grasp of the concept of staying within a fence area improves and takes less training time with each new location. Depending on your dog's learning abilities, by the time your dog has had training in 4-6 unique portable fence areas you can expect them to navigate a new portable fence area with minimal training efforts.

### Exercise B10: Training a Portable Fence Area (day 20-26)

1. Go to a new location and create a portable fence area using your collar and the provided flags and targets. (For more information, please revisit Step 3: Exercise 4)
2. Take your dog to the fence area, fit the collar around his neck, and activate the fence map that corresponds to the location in which you are working.
3. Follow the procedures for Step 3: Exercises 5, 6, &7.

#### Helpful Hints:

- Dogs do generalize concepts to new locations, but it takes practice. In the first 3 locations, covered by this training plan, go through the steps to train your dog to the portable fence area at least 2-3 times in each unique location. This is especially important if the portable fence area is in a location that you plan to come to frequently.

#### Schedule:

- Two 30-minute training sessions per day of portable fence area training for 6 days.

## Step 5: Working a Circular fence.

A circular fence is a helpful tool that will keep your dog contained into either a 20-yard, 50-yard, 100-yard, 500-yard, or 1,000-yard radius from the center point that is originally set. A circular fence can be set up in just minutes and is a great tool to use at the beach, park, campsite, or other similar location.

### Exercise B11: Setting up a Circular Fence (day 27)

1. Toggle down to the "Create Map" screen.

2. Toggle to select the “Circle” feature.
3. Position yourself in the precise spot that you would like to be the center of your circular fence. Stake a target into the ground at your feet.
4. Toggle to select the radius of the circle that you would like to create. Hold the GPS antenna above chest level pointing to the sky and select “Enter”.
5. As soon as you select “Enter” your map will be drawn and activated.

### **Helpful Hints:**

- You may not save a circular fence for use at a later date. When you deactivate this map, it will be deleted from the App’s memory.

### **Exercise B12: Training a Circular Fence (day 27-28)**

1. Set up a 20-yard Circular Fence.
2. Attach a long leash to your dog’s regular collar. Standing close to the target, allow your dog to wander and trigger the Alert Tone.
  - a. If your dog triggers the Alert Tone and then moves to the center of the Fence Area, reward him with a verbal “yes” and a treat or a game.
  - b. If your dog continues through the Warning Tone, he will receive a Static Correction at the Boundary Line (1.5 meters after the Warning Tone). If your dog receives a Static Correction, use your leash to direct him back into the Fence Area.
3. When you are sure your dog understands the concept of the Circular Fence, you may unclip the leash and allow him to wander throughout the Circular Fence.

### **Helpful Hints:**

- Depending on how far away your dog is from you, you may not be able to easily hear the Alert Tone. Use the flags as a guide to help determine if your dog has triggered the Alert Tone or Warning Tone.
- By this point in training, your dog should be very familiar with the tones and what they mean. Training the Circular Fence should move along rather quickly provided your dog is successfully navigating other Fence Areas. For safety’s sake, please begin with your dog on a leash until you feel comfortable allowing him to run free.
- Start with the smallest possible Circular Fence for training. Once you are confident that your dog understands his Circular Fence, feel free to try out larger Circular Fence Areas.

### **Schedule:**

- Two 30-minute sessions of training for 2 days.