

# Exercise Plan for the Dogs of Dog Sled Rides of Winter Park

In order to comply with PACFA rule 12.00 B.1.c(2), the below written plan of exercise and conditioning is in force at Dog Sled Rides of Winter Park. All staff members have been instructed as to the importance of keeping to this plan and the importance of maintaining the required, voluminous records.

## Definitions

1. Cart trip: A trip in which the dogs are tethered to a four-wheeled cart that they pull that rolls that may or may not have additional weight in the cart in the form of paying customers, non-paying customers, miscellaneous cargo or simulated weight in the form of friction caused by a dragging weight. There may be eight to sixteen dogs tethered to each cart. Cart trips may last from twenty minutes to one hour with the majority of trips being forty-five minutes with paying customers.. During each trip, there are planned and unplanned stops to rest the dogs, take pictures, observe or avoid wildlife, deal with obstacles on the trail and water the dogs. The actual time that the dogs are pulling is approximately eighty percent of the total trip time.
2. Dog yard: A one and a half acre fenced area in which the dogs live, tethered near their individual houses.
3. Exercise group: A group of dogs that exercises together. Dogs are divided into groups based on the sex and energy levels of the dogs. The goal is to create harmonious groups where each of the dogs in the group feels comfortable in the group.
4. Exercise yard: A three acre fenced area adjacent to the dog yard. The yard is mostly wooded with a few grassy areas.
5. Scooter trip: A trip in which the dogs are tethered to a two-wheeled scooter that they pull that rolls that has one driver on the scooter. There may be one to three dogs tethered to each scooter. Scooter trips may last from ten minutes to one hour with the majority of trips being twenty-five minutes with a staff member driving.. During each trip, there are planned and unplanned stops to rest the dogs, observe or avoid wildlife, deal with obstacles on the trail and water the dogs. The actual time that the dogs are pulling is approximately eighty percent of the total trip time.
6. Services: Each of the different trips is considered to be a service.
7. Sled trip: A trip in which the dogs are tethered to a sled that they pull that slides that may or may not have additional weight in the sled in the form of paying customers, non-paying customers, miscellaneous cargo or simulated weight in the form of friction caused by a dragging weight. There may be six to twelve dogs tethered to each sled. Sled trips may last from twenty minutes to one hour with the majority of trips being forty-five minutes with paying customers. During each trip, there are planned and unplanned stops to rest the dogs, take pictures, observe or avoid wildlife, or deal with obstacles on the trail. The actual time that the dogs are pulling is approximately eighty percent of the total trip time.

## Primary Exercise Plan

The primary exercise plan is in effect when the demand for our services is high. The demand for services fluctuates depending on the general global economy (especially the unemployment, savings and inflation rates of the United States), the local weather, and the time of year.

Each dog is scheduled to run an appropriate number of trips per day based on their ability level. The minimum number of trips per day is zero. The maximum number of sled trips is three per day, six days per week. The maximum number of cart trips is one per day, seven days per week. The maximum number of scooter trips is one per day, seven days per week. The actual number of trips that each dog runs depends primarily on the demand for each of these services. In practice, each dog runs about seventy-five percent of their individual

assigned maximum levels.

## Secondary Exercise Plan

When demand for our services is low, and the dogs are running less than twenty-five percent of their individual maximum levels, the secondary exercise plan goes into effect.

Each dog is assigned to an exercise group. The current exercise groups can be found at any time on our website at [www.dogsledrides.com/wintepark/dogs.php](http://www.dogsledrides.com/wintepark/dogs.php). During the time in which the secondary exercise plan is in effect, zero to four different exercise groups are rotated from their houses into the exercise yard each day. Each group remains in the exercise yard between one and eight hours with the average being one and a half hours. There are no actual exercise requirements from the dogs, and they are left to decide for themselves what level of activity they choose to exert during their time in the yard. On average, the dogs spend eighty percent of their time in the yard sniffing and peeing.

## Additional Exercise Plan

When the dogs are not participating in the primary or secondary exercise plans, they each have access to 113 square feet of space. They are allowed to walk, trot, run or sleep for as many hours per day (up to twenty-four) as they wish in this space.

## Average Annual Calendar

Our schedule throughout the year varies with the weather. On average, our year looks like this:

January through mid April: We run sled trips with paying customers five to seven days per week.

Mid April to mid May: The dogs are rotated in and out of the exercise yard.

Mid May to mid November: We run scooters and carts, and rotate the dogs in and out of the exercise yard.

Mid November to second week of December: We run carts, scooters and sleds, depending on weather, with customers or without customers and a drag attached.

The rest of December: We run sleds six days per week.

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Jeff Martin, Owner, Dog Sled Rides of Winter Park

Date

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Shauna J. Omlie DVM

Date

Byers Peak Veterinary Clinic

Fraser, Colorado

Consulting veterinarian

## Annual Estimate of Activity for 2011

Name	Age as of 6/1/2011	Sleds	Carts	Scoters	Exercise Sessions
Ace	3 years and 3 months	254	48	20	97
Allie	3 years and 9 months	231	40	18	97
Ammo	1 years and 4 months	125	36	16	97
Apollo	5 years and 7 months	178	28	11	97
Apu	8 years and 0 months	173	42	15	97
Austin	7 years and 11 months	182	38	16	97
Belle	10 years and 6 months	0	3	3	101
Bert	7 years and 2 months	257	51	3	97
Bo	5 years and 1 months	158	20	23	97
Boots	13 years and 0 months	46	14	5	97
Brutus	3 years and 9 months	253	53	25	97
Bulldozer	13 years and 0 months	51	10	2	97
Carlie	7 years and 8 months	138	12	10	97
Charles	10 years and 6 months	75	10	2	97
Clarabelle	8 months	32	26	23	97
Cowgirl	7 years and 12 months	108	26	6	97
Daisy	8 months	41	24	21	97
Dan	3 years and 9 months	243	36	18	97
Deshka	3 years and 11 months	42	24	3	97
Diesel	9 years and 0 months	115	35	15	97
Duke	10 years and 1 months	73	21	10	97
Ellanor	6 years and 8 months	66	5	4	97
Emma	5 years and 1 months	227	45	16	97
Ernie	7 years and 2 months	251	51	2	97
Gary	3 years and 3 months	255	46	21	97
Goofy	8 months	39	23	26	97
Gus	10 years and 5 months	103	40	15	97
Hairy	3 years and 9 months	250	49	22	97
Hefty	13 years and 0 months	26	8	1	97
Hermes	10 years and 2 months	98	22	8	97
Horace	7 years and 11 months	169	39	14	97
Howard	11 years and 9 months	29	17	8	97
Jack	3 years and 4 months	179	40	9	97
Jake	10 years and 5 months	85	18	11	97
JB	1 years and 7 months	192	48	15	97
Jessie	5 years and 1 months	163	33	6	97
Jim	7 years and 5 months	4	2	15	32
Kage	1 years and 7 months	194	46	11	97
Kerri	2 years and 9 months	244	52	28	97
Leif	3 years and 11 months	252	43	15	97
Luke	5 years and 1 months	165	38	17	97
Lulu	5 years and 1 months	150	34	18	97
Malibu	8 years and 0 months	146	22	5	97
Manjula	8 years and 0 months	142	20	6	97

Mechi	14 years and 2 months	0	0	0	198
Merlin	15 years and 7 months	0	0	0	0
Michael	2 years and 9 months	239	46	22	97
Michyla	10 years and 4 months	17	10	2	97
Mickey	8 months	34	27	19	97
Minnie	8 months	36	21	20	97
Miss Kitty	7 years and 12 months	166	31	16	97
Misty	2 years and 9 months	242	29	12	97
Mitch	11 years and 9 months	46	12	6	97
Molly	3 years and 3 months	232	38	16	97
Norm	3 years and 9 months	221	31	16	97
Otto	8 years and 0 months	183	40	18	97
Q	12 years and 1 months	31	13	2	97
Rain	10 years and 3 months	87	18	3	97
Ranger	7 years and 12 months	171	28	21	97
Rhiana	10 years and 6 months	62	12	2	97
Rosco	5 years and 1 months	159	31	10	97
Sammy	10 years and 5 months	96	29	13	97
Sara	12 years and 0 months	17	14	6	97
Shawn	2 years and 9 months	237	35	9	97
Smokey	3 years and 9 months	230	32	15	97
Soccer	7 years and 5 months	156	11	11	97
Stella	7 years and 11 months	141	15	8	97
Terence	8 months	43	22	24	97
Tink	8 months	38	28	25	97
Toph	7 years and 11 months	66	28	11	97
Tuesday	7 years and 11 months	152	19	10	97
Turkey	5 years and 6 months	238	53	12	97
Uli	10 years and 2 months	88	16	6	97
Vegas	7 years and 11 months	174	24	10	97
Willie	8 years and 0 months	160	26	2	97