

DOG MUSHING OS11100

Curriculum Outline

Sled Dog Confirmation and Breeds

- Allow 15 minutes for students to share field day experiences and observations
- Dog “combinations”
 - Siberian
 - Bred for arctic climate, eats little food, strong for small size, slow but steady, independent
 - Pointers
 - Strong Barrels, fast over short distances, willing to please, short coats, eats lots of food
 - Sight hounds
 - Fast, deep chest cavity, short coat, not as strong as Siberians or pointers

*The type of dog you desire can change based on the specific mushing sport. Sprint racing dogs and distance dogs are very different, and many dogs that may not be race worthy may still make a great rec sled dog.

- Sled dog “shape”
 - Sloped croup, low tail set, tall withers, strong chest
 - Scapula and pelvis should be the same size
 - Humerus and femur should be the same size
 - Elbows set under the dog
 - No “cow hocks” or flat feet

*If possible have a couple dogs of different builds to show students the difference.

Kennel care

- Allow 15 minutes for students to share field day experiences and observations

Kennel

- Follow all municipal ordinances
- Keep it clean
 - Helps prevent parasites, bacteria build up, and run off pollution
 - Allows you to analyze stool (what comes out of the dog is a good indication of what is happening inside the dog)
- Noise control
 - Maintaining schedules and keeping dogs adequately exercised helps prevent them from getting bored or barking at random times
- Population control
 - Responsible breeding

- Adequate tie out or kennel to prevent accidental breeding
- Spay and neuter if it is known that a dog is not going to be bred
- Clean houses, bowls and buckets

Confining

- Kenneling
 - Cleaner if there is a deck underneath that can be hosed
 - Dogs tend to get less bored
 - Easier to play with other dogs
 - Freer movement
 - More expensive
 - If a dog gets sick it is more easily spread and it is harder to tell which dog may have loose stool
- Tie outs
 - Cheap
 - Dogs get used to lines and understanding how to untangle themselves
 - Dogs get dirtier
 - Should have enclosure around perimeter to protect the dogs and keep loose dogs from running off
- Housing
 - Insulated dog houses for short haired dogs
 - Should not be too large so that dogs can heat the space
 - Adequate straw
- Exercise outside of mushing
 - Sled dogs need mental breaks like any athlete but still need to burn energy
 - Free play groups, or bikejoring are fun for dogs and outside of normal “work”

*Provide pictures of several different dog yards. Ask students to point out what they see as pros and cons of each.

Health care and injuries

- Regular vet care
 - Many mushers do their own shots for their dogs, but rabies must be done by a licensed veterinarian
 - Each dog should receive a brief physical post-run looking for stiffness, lameness, dehydration, feet issues, etc. from the musher
- Common injuries/ailments
 - Feet
 - Broken toes, torn pads, torn nails
 - Apply ointment and rest dogs as needed for injuries to heal
 - Pulled muscles

- Often seen as lameness shown more in movement of limb rather than applied pressure
 - Stretch, apply heat and animal safe massage oils
 - Bite marks
 - Depending on severity, trim hair and clean minor bites regularly checking for infection, for severe bites seek veterinarian attention
 - Frostbite
 - Reheat and keep from refreezing, for severe frostbite seek veterinarian attention
 - Heat exhaustion
 - Catch early!, bag dog if on a run, cool with water/snow, keep out of sun
 - Diarrhea and vomiting
 - Depending on severity, for minor cases remove food for 24 hours to allow stomach to settle and monitor for worsening conditions, for severe cases seek veterinarian attention especially when blood is present or dog is incapable of keeping fluids
 - Other injuries or trauma
 - Broken bones
 - Stabilize and seek veterinarian attention
 - Choking
 - Abdominal thrusts, CPR
 - Stabilizing
 - Muzzle even the best dogs, pain may cause them to bite as a reflex
 - Support spine and injured limbs

*The hardest job for a musher is having to decide when it is too much for the dog and when it is time to let go.

*Have dogs available for students to practice physicals on

Dog Mushing OS11100

Risk Management Plan

Spring 2013

Description

An in-depth introduction to dog powered sports. Topics include dog sledding history, veterinary care, racing technique, and equipment. This course builds student experience through hands-on field classes and kennel visits, assisting with a dogsled race, and a dogsled/ski trip. There will also be a multi-day trip to the Kellogg farm over spring break. Students will follow a slow progression when learning to mush. Before any dogs are harnessed and lined out, students will find their balance while being towed on a sled by a snow machine. When it is finally time to hook up dogs, student will not use more than 4-6 dogs depending on the size and ability of the student. They will be running a 2 mile, relatively flat trail in Willow. Students will also have a classroom session each week where safety habits will be reinforced and studied.

Objectives

For Students to understand:

- History of dog sledding and mushing styles
- Dog and equipment care
- Racing kennel operations
- Mushing techniques
- The literature of dog mushing

Participants

- **Instructors:** Debra and James Castro:
 - Owners/Operators of Susitna Sled/Kayak
 - James has helped teach OS Swiftwater
 - Kennel is clean, organized with friendly dogs
- **TA:** Annie Grenier (First Aid and CPR certified)
- **Students: (tentative, as of 2.1)**

Risk Management Plan

This class will have many inherent risks including but not limited to, transportation, potential animal inflicted injuries, cold weather injuries, and athletic injuries caused by handling or mushing dogs. Every effort will be made to mitigate these risks, so the students can learn in a fun, safe, and controlled environment.

Transportation

All transportation of students will be in APU vans driven by an APU certified driver. All seatbelts will be worn at all times and all speed limits will be followed. There is a good chance that there will be snow on the roads on travel days. Drivers will not drive faster than is safe to drive on such conditions. If conditions are severe, field days will be canceled. If the weather gets worse while we are at the kennel in Willow, the class has been given permission to spend the night in home of the kennel owners. The instructors will ensure that no unnecessary risk will be taken when transporting students.

Animal Inflicted Injuries

Because of the unpredictable nature of animals, it is impossible to eliminate the chance of a bite wound or other animal inflicted injuries. However, every opportunity to mitigate that risk will be taken. Students will be given direct instructions on how to handle sled dogs in a way that the dogs are used to being handled. Students will also be under constant supervision while handling dogs. Any behavior from a student that will knowingly provoke a dog to bite will not be tolerated. No dog with a known bite history will be mushed or handled by a student of in the class. Susitna Sled and Kayak Kennels was chosen specifically for their well mannered dogs.

Athletic Injuries

Athletic injuries are hard to prevent, but students will be required to wear proper gear and will be reminded to remain focused by both instructors and peers. All students will wear helmets when mushing. One instructor will be on a snow machine in the immediate area of mushing students to provide quick response in case of injury or loose team.

Cold Weather Injuries

All students will be required to dress appropriately for outdoor activities. Any student not dressed properly will not be allowed to participate. Instructors are providing hand warmers and a cold weather safety class, so that all students will be aware of the signs, symptoms, and effects of cold weather and cold weather injuries. All overnights will be spent in a heated house, and most activities will be done within short distances of houses or other heated structures. Any student showing signs of cold weather related injuries will be able to enter any of these and stop the injuries before they become serious.

Communications: Instructors will have radios to communicate at events and field days. Instructors will also have cell phones at all times. Paul Twardock will be the in town contact for the course in the event of an emergency.

Emergency Response Plan

The course will follow APU's Emergency Response Plan in the event of an injury.

Syllabus:

OS 11100 Dog Mushing 2 credits Spring 2013

Instructors: Debra Castro, James Castro, Annie Grenier

Course Description:

An in-depth introduction to dog powered sports. Topics include dog sledding history, veterinary care, racing technique, and equipment. This course builds student experience through hands-on field classes and kennel visits, assisting with a dogsled race, and a multiday dogsled/ski trip. Lab fee required.

Learning objectives: For students to understand:

History of dog sledding and mushing styles

Dog and equipment care

Racing kennel operations

Mushing techniques

The literature of dog mushing

Course Schedule:

2/5: Intro Equipment, Cold Injuries;

2/7: Willow

2/14: Exon Mobile Open Race

2/21: Willow

2/27: Fur Rondy Races: optional volunteer/spectator day

2/28-2/29 Extra Credit Volunteer Opportunities for Fur Rondy

3/7-3/8: Iditarod Saturday or Sunday

Spring Break: 3/8 – 3/12: Kellogg Campus and Willow: Susitna Sled and Kayak

3/21: Willow

3/28: Final

Brief Course Outline:

Introduction to Equipment

Introduction to Mushing history and literature

Kennel Component:

- Dog anatomy, breeding, and care
- Equipment use and care
- Sled designs and history
- Kennel operations
- Dog handling
- Training techniques and scheduling

Trip Component:

- Trip planning
- Personal Care including basic cooking and meal prep
- Canine and human equipment and food preparation
- Sled and dog handling
- Route finding
- Field care of dogs and humans
- Risk Management

Primary Text: Book: Miki and Judy Collins: Dog Driver, 2nd Ed. Alpine Publications Crawford CO ISBN: 978-1-57779-094-5

Secondary Readings:

1000 Miles By Dogsled: Hudson Stuck

Dog Drivers Manual: Mikki and Julie Collins

Yukon Alone: John Balzar

Mushing Magazine (available at grocery stores)

Method: The class will meet one weekday evening in a classroom, and Saturdays in the field. The course includes a 4 day trip over spring break. The class will stay at the Kellogg Campus, but students will be sleeping in a partially heated yurt and cooking their own meals.

Grading: Grades will be based on attendance in class, degree of improvement in skills, and quality of written work.

Attendance and Participation: 80%

Journal: 10%

Homework: 10%

A=100-90%

B=89-80

C=79-70

D=69-60

F=50 or less

Requirements:

1. Be on time for class and not miss more than 2 classes.
2. Keep a journal on the class. Include each day's activities, class notes, what you learned, what went well and what you need to work on.
3. Be an active participant in the class, which includes positive 'expedition behavior.'
4. Complete any readings or other assigned homework.
5. Complete the 4 day spring break trip.

Risk Management: This is an active class requiring students to be in the outdoors during all types of weather. Risks include injuries from dogs, sledding cold weather, animals on trails, and driving to and from events. Injuries and illnesses may include physical/mental trauma, frostbite and immersion foot, hypothermia, loss or damage to clothing and equipment, and death. Students are responsible for their own well being and informing the instructor of injuries and illness.

Equipment: Students are responsible for acquiring their own gear. Some gear may be available to rent from Outdoor Programs, or borrowed from Outdoor Studies. Note: Outer garments like jackets, pants, and gloves will get trashed by the dogs jumping on you, pawing you, etc. They will also have the distinct "kennel" smell: not great. So DO NOT bring your brand new Patagonia puffy jacket. If you do bring a tough old rain or ski jacket to go over it! See equipment list below.

Food: Students are responsible for being well fed. Being in the outdoors in a cold environment requires a healthy diet with plenty of calories. On the spring break trip students will be responsible for bringing their own meals to be cooked at the Kellogg Campus. Students will organize themselves to coordinate meals.

Equipment List:

Head

- Synthetic ski hat
- Neck Gaiter, Buff, or Face Mask
- Ski Helmet

Hands

- Liner gloves
- Thick Ski Gloves and/or Mittens

Sleeping (for Spring Break Trip)

- 20°F synthetic sleeping bag
- Sleeping bag compression sack
- Full length closed cell foam or
inflatable sleeping pad

Toiletries (for Spring Break trip)

- Toilet paper
- Handy wipes
- Hand disinfectant
- Toothbrush and paste

Eating and Drinking (For Spring Break Trip)

- Bowl
- Mug
- Spoon

Miscellaneous

- Sunglasses or Ski goggles
- Headlamp
- Journal/pencil
- Bandanna
- Lip balm

- Sunscreen
- Personal first aid kit (band aids, anti-inflammatory, athletic tape)
- Chemical Foot and hand warmers (buy in bulk @ Costco)

Optional

- Camera
- Crazy creek chair
- Binoculars
- Paperback novel
- Personal listening device (for van rides)

Food

Lunch and snacks for each Saturday outing

Insulated water bottle

For Spring break

4 dinners, 5 lunches, and 4 breakfasts. Dinners and Breakfasts will be cooked in either small groups or as a