

OWNER RESOURCE 02 / 05

Plan a Calmer Walk

Give yourself options before pressure rises.

ABOUT CANINE UK

Canine UK starts with audit before assumptions. We look at the individual dog, their health, behaviour, environment and everyday life, alongside the needs and capabilities of their owner. Our approach puts safety, welfare, practical progress and owner understanding first.

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Prepare the route. Keep options open. Review the walk.



Canine UK photo collection. Cover image is illustrative, not a behaviour diagnosis or technique demonstration.

Plan a Calmer Walk

Give yourself options before pressure rises.

The route is part of the plan. Choose conditions that match the dog in front of you and what the handler can safely manage. A shorter or quieter walk can be a valid choice.

Check before leaving

Consider the dog's movement, sleep, excitement, appetite, response to handling and recovery. Today's plan may need to become a shorter welfare or toilet break. Check equipment condition, comfort and security. The handler needs a stable grip and the ability to manage the lead without loops around fingers or wrists or losing balance. Account for mobility and physical capability.

Choose space and exits

Plan the time, location, visibility, available space and likely challenges. Choose a route with places to move away and quieter recovery spaces. Avoid preventable close passes. Identify where you can turn back or take another route before the dog becomes overwhelmed.

Change the plan early

Notice what the dog is watching and the earliest change in their response. Use distance or a route change while you can still manage the situation. Do not force a pass. Shorten or end the walk if the response is stronger than expected, recovery worsens, control becomes difficult, equipment is uncertain or pain or illness may be contributing.

Review the conditions

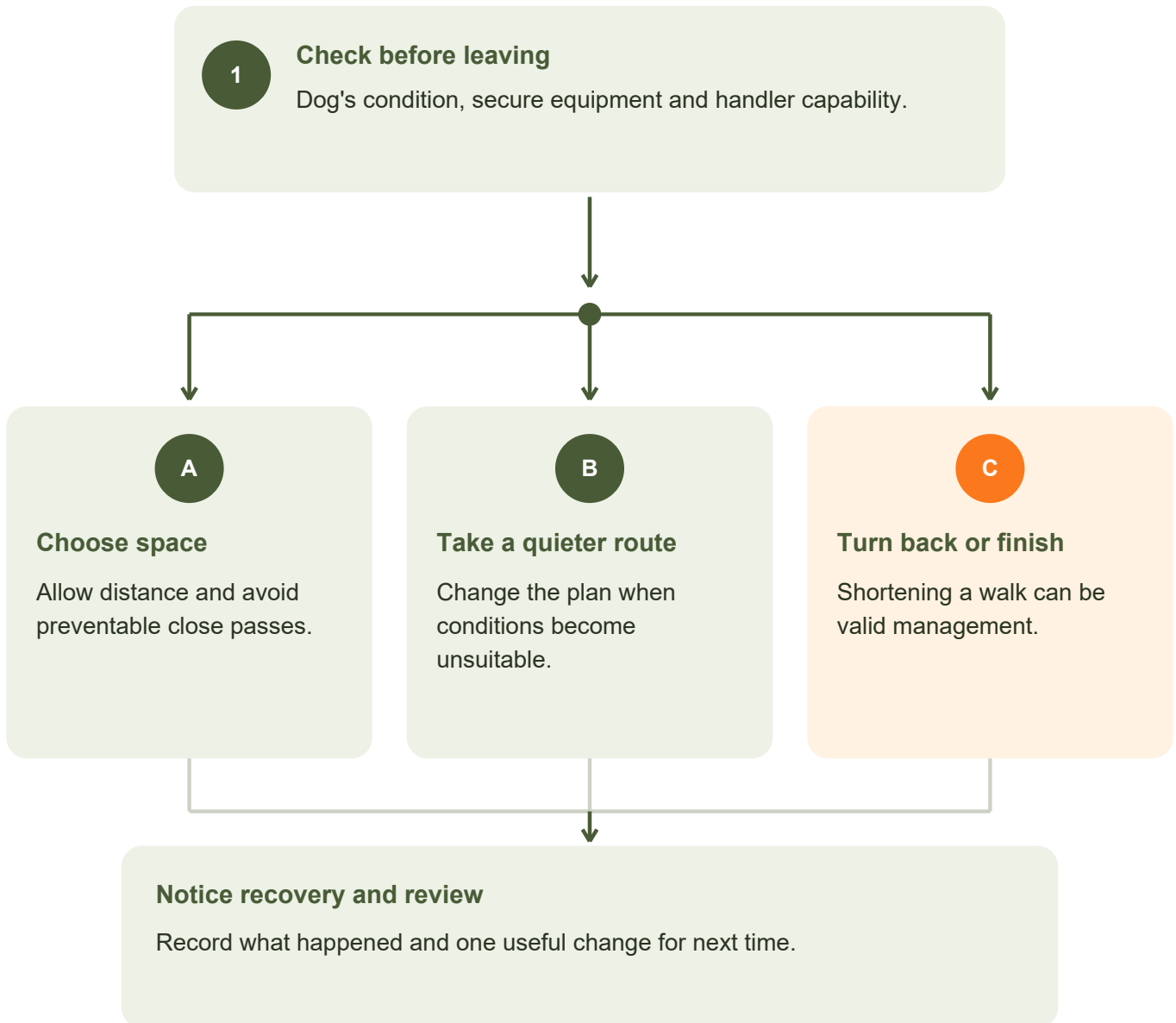
Allow suitable sniffing or quieter movement after a difficult section. Record what the dog noticed, the distance, your action and whether ordinary behaviour returned. Repeated difficulty recovering needs reassessment. Choose one change for the next walk, based on what happened. One good walk is not proof of a completed outcome.

Safety and support

Use this planning sheet alongside individual assessment, safe management and practical owner education. Do not test your strength against an uncontrolled dog. Follow any agreed equipment and management plan.

Give yourself options

Choose conditions the dog and handler can manage. This is a schematic, not a prescribed route or distance.



Do not force a pass

One good walk is not proof of a completed outcome. Use the planning guidance and safety boundaries on page 2.

My walk plan

Plan one route. Leave space to record what happened and one change for next time.

Before leaving: How is the dog moving, responding and recovering today?

Purpose, route and time: What is today's manageable walk?

Equipment and handler: What checks are needed for secure equipment and stable handling?

Likely challenges: Where are the space, visibility and distance available?

Safe exits: Where can we turn back or change route?

Shorten or stop when: What changes would make this walk unsuitable?

Recovery: Where can we move quietly, and what showed ordinary behaviour returning?

After the walk: What happened, what did I change, and what is one useful change for next time?

Need help with your own dog?

This resource is a starting point, not a substitute for an individual assessment.

A Canine UK audit helps us understand your dog, your concerns and your circumstances before recommending an appropriate pathway.

Request an audit

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canineuk.com/contact-us/