

DOG DECOMPRESSION TIME

VOLUNTEER TRAINING

Volunteer Requirements to Participate

- Open to all dog walkers with 20+ hours, however, walking guidelines apply
 - Blue Dot Dog Walkers take only blue dot
 - Holding approved dog walkers can take dogs from holding area.



Decompression Time

What it IS

- Time in a quiet space for dogs to relax and de-stress
- Opportunity for enrichment, social interaction, and rest

What it IS NOT

- A time for stimulating activities such as fetch or tug



Preparing for Decompression Time

- Unless otherwise, noted, your quiet space will be in the Temperament Test Room (located across from laundry)
- Make sure the Temperament Test Room is clean and ready
- Gather Necessary Supplies
 - Blankets
 - Toys
 - Water Dish
 - Treats
 - Other enrichment items (kongs, liki-mats, etc)



Where to find supplies

Blankets can be found in laundry storage and dog storage area.

Treats, bowls, like mats, can be found in dog walker station (adoptables) or kitchen areas.

Gather supplies BEFORE taking dog into room or to the yard.

Ask a staff member if you can't find anything!

Temperament Test Room

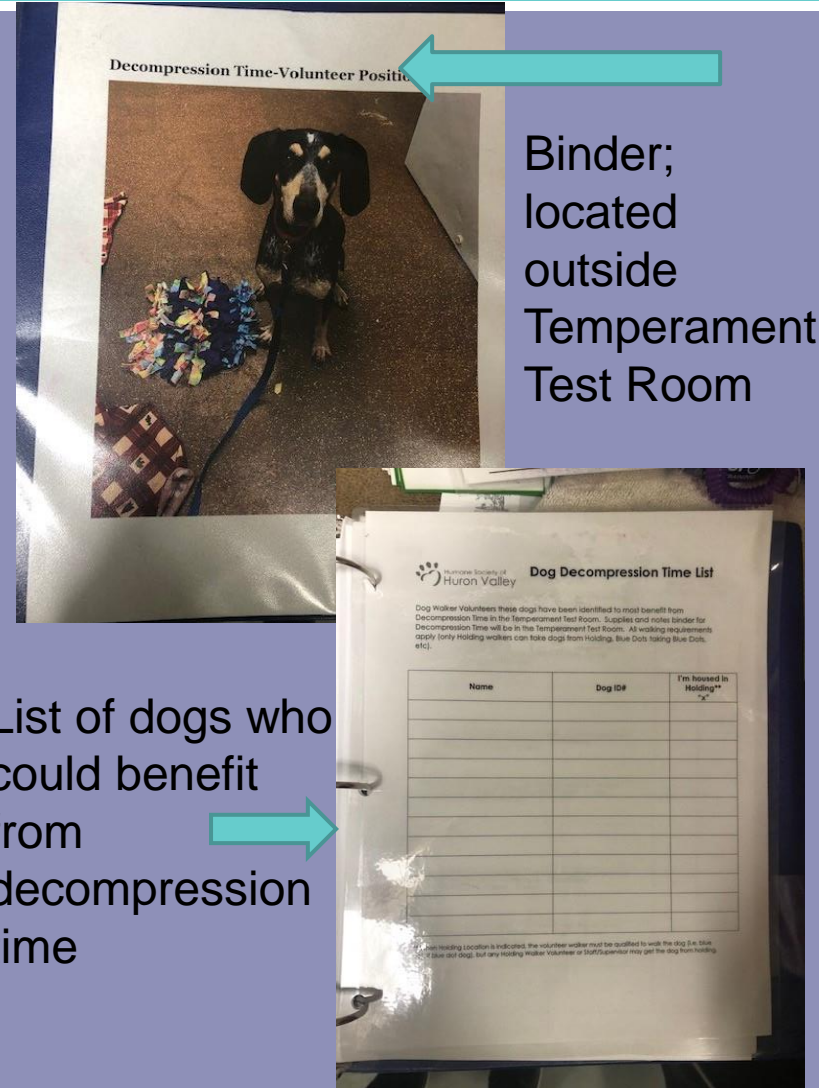


Other alternate locations to use

If the temperament test room is not available, you may take dogs for decompression time outside in a play yard, at the front picnic tables, or a bench out of the way of the walking trail, or the education center (if not in use, ask front desk)

Process for Getting a Dog

- Check the “Decompression Time” checklist in the binder (located just outside the Temperament Test Room)
- Sign out the Dog:
 - For dog adoptables, note “Decompression Time” in the “other” column on the walker log
 - For holding, note it on the walker board as “Decompression Time”
- Walk dog through holding area or hall, see map on next slide. Holding Door Code: 4295#
- Make sure “Loose Dog in Room” sign is showing on the door. Signs are located in the binder.



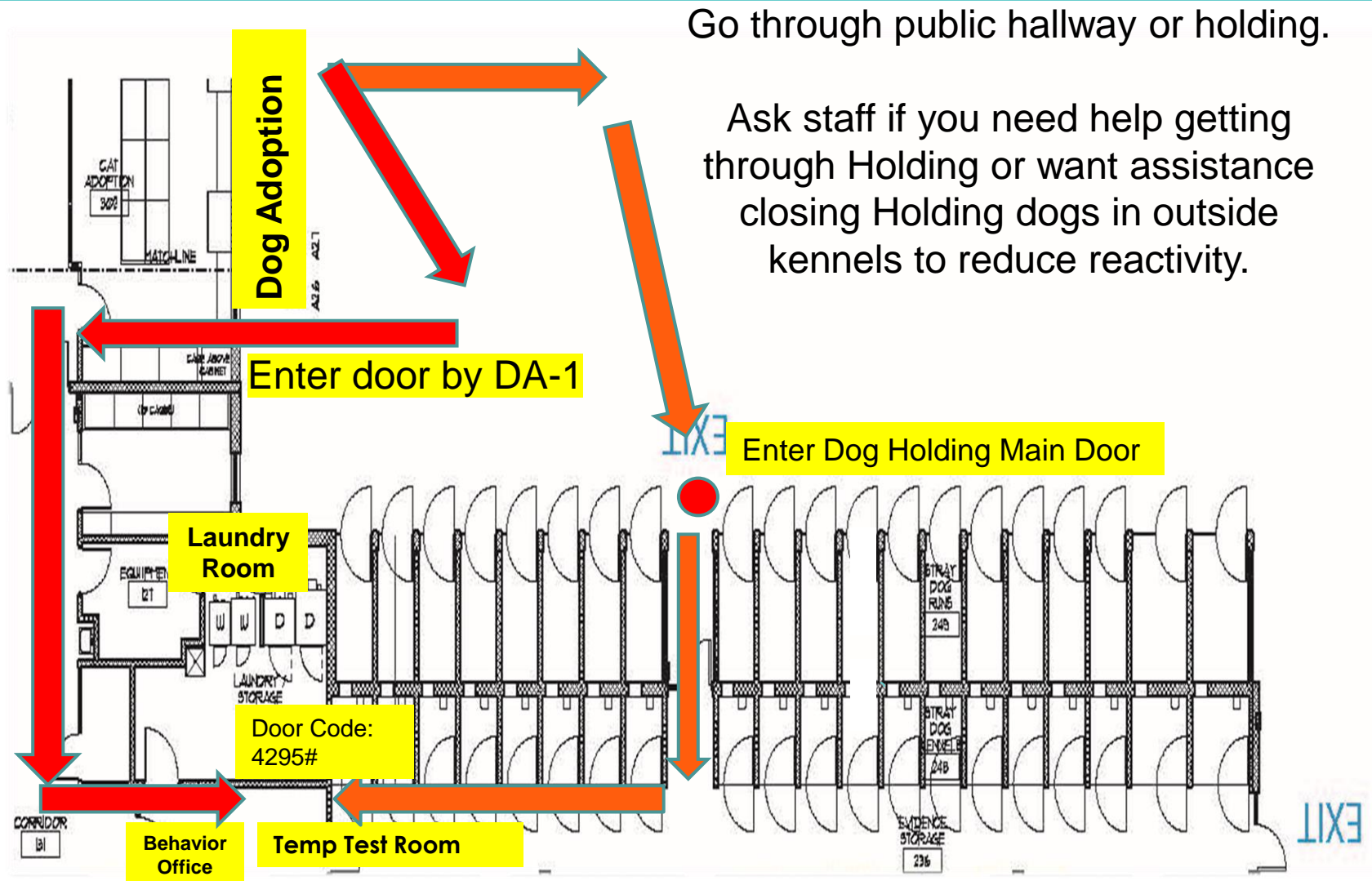
Noting Decompression Time-Holding (for Holding Approved Dog Walkers)

HT INDICATES WILL NOT ELIMINATE IN THE KENNEL INSIDE OR OUTSIDE													
NO WALK	HT	CAGE #	NAME OR ID#	SPECIAL DIET	WALKER	#1 WALK	WALKER	#2 WALK	WALKER	#3 WALK	WALKER	#4 WALK	SPECIAL INSTRUCTIONS
		30	Hound Mix		KIM	8:15							
		31	Samuel		KIM	8:40							
		32											
		33											
		34											
		35	Simba		KIM	8:50							
✓		36	Baby		KIM	8:05							
		37	Norm		AC	9:00							Staff/H.S.
		38											
		39	Panda		KIM	9:05							Met. LEASH Staff/H.S.
		40											
		41	Mighty		KIM	9:20							
		42	Beer		AC	9:15							
		43											
		44	Pablo		KIM	9:55							STAFF/H.S. POTENTIAL LEASH WRAP - OUR OWNERS
		45	Heimdall		EC	9:05							
		46											
		47	Rocko		AC	9:30							STAFF/H.S., Close in dogs
		48	Titi		EC	9:40							STAFF/H.S. close in dogs
		49	Ren		KIM	8:30	KIM	10:05					STAFF/H.S. close in dogs

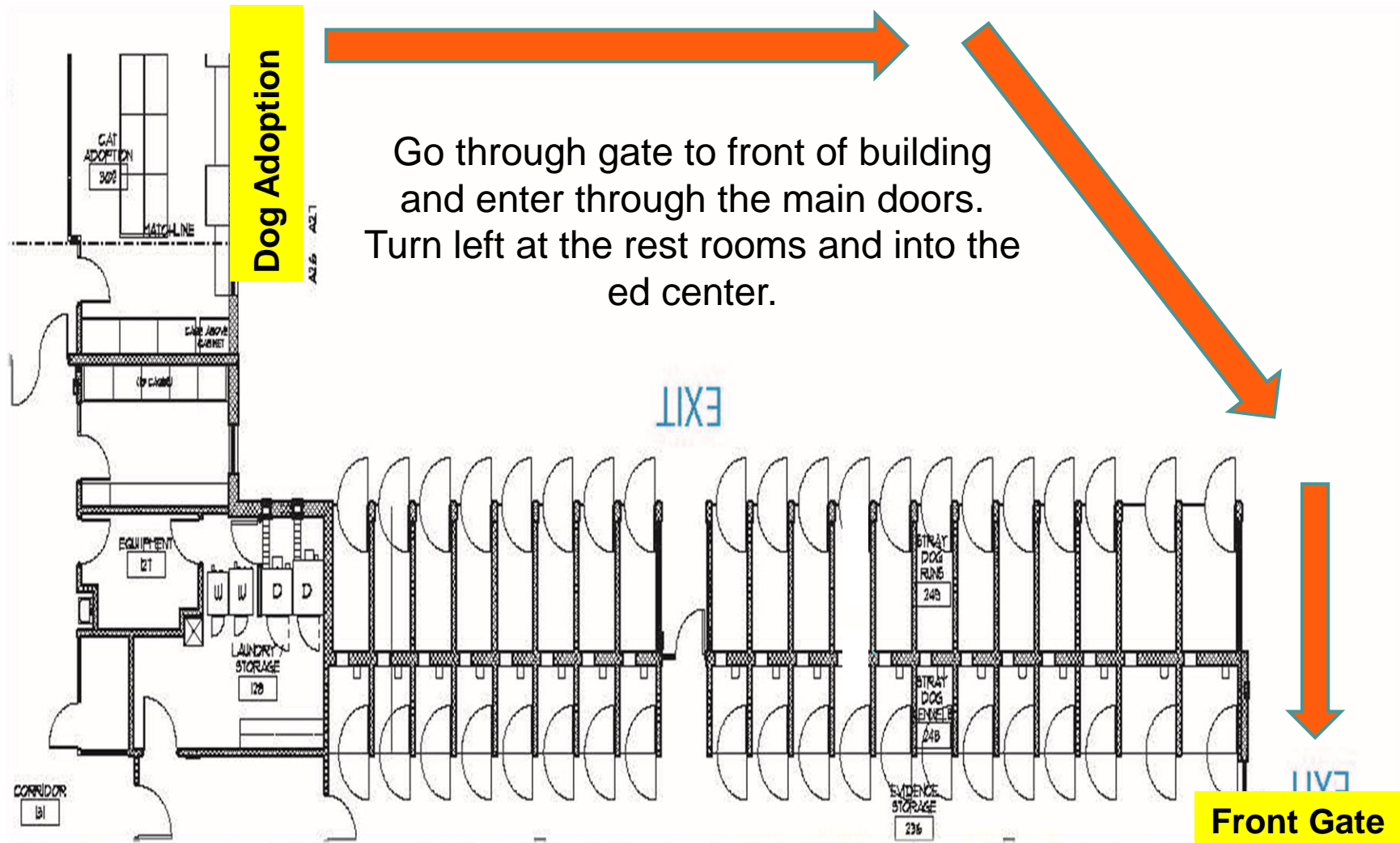
WALK #4 CAN BE BEHAVIOR ENRICHMENT

Note under Walk #4 column as "Decompression Time"

Routes to Temperament Test Room



Route to Ed Center



Decompression Activities

- Provide food enrichment items (food puzzles, Kongs, snuffle mats, tennis ball tin, treat search, etc.)
- Other sensory enrichment (nose work, scented oils, play soft music on phone, etc.)
- Read to calm.
- Relax on mat/blanket.
- Let dog sleep.
- Brush (only IF dog likes this).
- Sensory yard (doing calm activities)
- In the Decompression Time Binder there will be a list of suggested activities along with pictures, etc.

Visitation Guidelines

- Spend about 20-30 minutes per dog.
- Before signing out a dog, please make sure he/she has had their first walk of the day
- If dog gets agitated, restless, is pacing/vocalizing/going to door, or is becoming hard to handle (jumping, mouthing, etc.), end the session sooner.
- If you need help at any time, exit room and get staff. May leave dog in room while you do so.

Visitation Guidelines

- Return through hallway or Holding and out center door. Ask staff for assistance if needed.
- Make notes in dog walker binder (binder is outside Temp Test room). Leave a note after each visit.
 - Be descriptive! Note that you did Decompression Time, what activities worked best, behaviors noticed, etc.
- Decompression Time does not replace walking.
- If you finish early or there are few (or no) dogs that you can visit with for Decompression Time, you can check the walker logs and help walk dogs, do read to calm, etc.

Keeping Our Animals Healthy

- If seeing multiple dogs during your shift, be sure to do the following
 - Change out any bedding, blankets, toys between dogs.
 - These items can be put in laundry
- Mop the floor in between dogs and when the last dog has been put in his/her kennel
- Be sure to pick up and put away any remaining items.

Signing Up in VIC

- You will notice an assignment “Decompression Time” in VIC.
- The assignment is “choose your own time”
 - Visits can start as early as 9am-12noon; 3pm-close (have dog back in his/her kennel at least 30 min prior to closing) each day of the week.
 - There is no decompression time between 12-3pm.
 - Be sure to leave enough time to clean the Temperament Test room and get the dog back in his/her kennel before we close.
- Start signing up...no need to email the volunteer dept. Unless you have questions!

THANK YOU!!