

# FUN OUTDOOR ACTIVITIES TO DO WITH YOUR DOG SAFELY

Summer is the best time to enjoy the outdoors with your favourite furry friend. This August, be sure to include the following outdoor activities on your summer bucket list to do with your dog and heed the safety tips below.

## HIKING

Hitting the trail with your dog is a wonderful way to exercise together while enjoying the great outdoors. Before you and your dog get packing, however, keep these considerations in mind.



**Prepare your dog for the hike.** Things to consider include: practicing small hikes, experimenting with a dog backpack, and reinforcing your dog's obedience.

**Don't forget to pack the essentials.** Don't forget water and a portable water dish, a pet first aid kit, poop bags, a bear bell, and a collar with I.D. and a leash.



**Do your research beforehand.** Does the trailhead allow dogs? Do you require a leash? And always yield to fellow hikers, cyclists, and don't forget to leave no trace.



## JOGGING

With the warmer weather you might be considering how you can ramp up your daily walks with your pooch. Jogging is a fun exercise to enjoy with your dog but there are a few things to consider before hit the pavement.

**Make your route dog-friendly.** Refrain from jogging on hard, hot surfaces, like pavement. Stick to a cool and shady route, including one that might have water stops along the way, like a lake.

**Be prepared.** Make sure your dog is trained to jog on a leash first and knows basic commands. Also, in order to prevent injury, warm up properly before jogging, and don't forget to bring water.

**Pay attention.** Since your canine companion can't talk, it's imperative to watch out for signs or symptoms that they need to slow down or stop, or if they're in distress. Look out for excessive panting and whining, or if they lag behind.



\*Before embarking (yes, pun intended) on any physical outdoor activity, it's always a good idea to visit your veterinarian first and get a health assessment.

# FUN OUTDOOR ACTIVITIES TO DO WITH YOUR DOG SAFELY

Summer is the best time to enjoy the outdoors with your favourite furry friend. This August, be sure to include the following outdoor activities on your summer bucket list to do with your dog and heed the safety tips below.

## SWIMMING

With temperatures rising you might be looking for fun ways to cool off with your dog. Swimming is a great summer activity to enjoy to beat the heat. Keep in mind these tips first.

**Don't assume all dogs can swim.** Some dogs might respond well to swimming while others might not. If your dog isn't a water baby, don't sweat it. Find another fun activity that both of you can enjoy together.

**Have your dog wear a life jacket** when in deep or unpredictable waters. Unfortunately, water accidents can happen at any time - it's best to be as proactive as possible and equip your dog with a comfortable and appropriate life jacket whenever they're around water, or on a boat.

**Ensure your dog responds well to commands.** It's important for your dog to respond as well to your verbal cues and commands when he's in the water just as it is when he's on land.

**Rinse your dog off after swimming.** It's a good habit to rinse off, or even bathe, your dog after swimming in order to help rid them of any bacteria that might have collected on their fur from the water.



\*Before embarking (yes, pun intended) on any physical outdoor activity, it's always a good idea to visit your veterinarian first and get a health assessment.