



## List of ESE activities appropriate for each life cycle stage

Life cycle stage	Activity	Time
<b>Training/racing greyhounds</b>	Free running/playing in a paddock with and without toys, alone or with compatible company	40 mins
	Sprint training on the straight	20 mins
	Trialling and racing	30 mins
	Walking machine or treadmill exercise	20 mins
	Swimming	20 mins
	Gentle grooming and examinations	10 mins
	Engaged in enjoyable therapies, eg magnetic blankets/massage blankets, hand massage, laser therapy, hydrotherapy, etc	varies
	Playing with a variety of toys	20 mins
	Leisure lead walking with sniffing opportunities	15 mins
	Engaged in enrichment activity, eg food enrichment, snuffle mat, scent pad, novel scent or object, broom for self-grooming, water-play, visiting a new place	varies
<b>Puppies aged 0-4 weeks</b>	Positive interaction with people – speaking to puppies, gentle stroking & holding, weighing, cleaning	5 mins
	Exposure to different surfaces – moving out of the whelping box to towel, carpet, vinyl, etc	5 mins
<b>Puppies aged 4-8 weeks</b>	Positive interaction with people including children – speaking to puppies, stroking & holding, examining, cleaning/grooming, cuddling, playing	10 mins
	Exposure to different surfaces – moving out of whelping box to towel, carpet, vinyl, grass, concrete	10 mins
	Playing with a variety of toys	20 mins
	Introducing new food & treats	10 mins
	Ride in car to visit vet for vaccinations & microchipping	40 mins
	Exposure to safe, vaccinated adult dog(s) and other household pets or farm animals	10 mins

<b>Puppies aged 8-16 weeks</b>	Playing with littermates outside on grass	20 mins
	Interacting with people including children	15 mins
	Gentle grooming	10 mins
	Learning to accept a harness or collar and to walk on a lead	10 mins
	Playing with a variety of toys including tuggy toys	20 mins
	Introducing new food & treats	10 mins
	Meeting dogs other than littermates in a safe, controlled way	10 mins
	Basic obedience training, eg recall, sit or lie down, walk correctly with a loose lead	15 mins
	Ride in car to visit vet for vaccinations	40 mins
	Listening to the sound of the lure/raceday commentary	20 mins
<b>Greyhounds older than 16 weeks to commencement of training &amp; racing</b>	Going for a walk on a loose lead	10 mins
	Muzzle training	10 mins
	Free play - running around a paddock with littermates	30 mins
	Chasing after a frisbee or tennis ball	15 mins
	Visit to new environments, eg tracks, parked near other dogs	10 mins
	Introduction to training - lures, chasing, travel, raceday cages	15 mins
	Gentle grooming	10 mins
	Interacting with new people including children	15 mins
	Interacting with other dogs in a safe, controlled way	15 mins
	Basic obedience training	15 mins
<b>Breeding greyhounds &amp; pregnant females</b>	Free play - running around a paddock	30 mins
	Playing with a variety of toys	30 mins
	Ride in car to visit vet	40 mins
	Bone or food treat	Varies
	Gentle grooming	10 mins
	Walk and sniff opportunities	10 mins
<b>Lactating females</b>	Time away from litter	30 mins
	Bone or food treat	Varies
	Free play - time in a paddock	20 mins
	Gentle grooming/bathing	10 mins
	Walk and sniff opportunities	10 mins

<b>Injured/Spelling greyhounds</b>	Note Veterinarian advice regarding activity takes precedence and should be kept with the greyhound's treatment records	
	Lead walking, with sniff opportunities	10 mins
	Gentle grooming/bathing	10 mins
	Toys for suitable level of play	20 mins
	Ride in car to visit vet	40 mins
	Therapy activity as recommended for example hydrotherapy, laser therapy etc.	20 mins
	Interacting with people, including new people and calm children	15 mins
	Enrichment time, eg scent pads, snuffle mats, novel food items, self-grooming, music	varies
<b>Greyhounds being prepared for rehoming</b>	Free play - running around a paddock with other safe dogs/toys	40 mins
	Lead walking in different environments, with opportunity to see and experience other breeds	20 mins
	Playing music/television and other common household appliance noises, eg hairdryer, vacuum cleaner, coffee machine, etc	30 mins
	Basic obedience training	20 mins
	Car rides alone	15 mins
	Interacting with new people	15 mins
	Exposure to different surfaces including gravel, tiles, wooden floors and stairs. Also exposure to other farm animals, bicycles, breeds of dogs and household pets in a calm and controlled manner	15 mins

If you would like to share with LPs any of the ESE activities you carry out with your greyhounds, please send [victoria@grnz.co.nz](mailto:victoria@grnz.co.nz) your suggestions.