

NAME OF ORGANIZATION: Newfoundland Athletic Dog Association, Inc. (NADA)	DATE: October 17, 2022	REV.DATE:
POLICY SECTION: Females in Heat Policy		PAGE: Page 1 of 4

POLICY STATEMENT	Newfoundland Athletic Dog Association, Inc. (NADA, Inc.) permits females in heat to attend classes, drop-ins, events provided specific criteria are met.
DEFINITIONS	<p>Females in season (also referred to as being in heat) = an intact female dog during the proestrus and estrus stage of her cycle.</p> <p>Females in standing heat = an intact female dog during the estrus stage of her cycle (receptive, clear discharge, flagging – refer to provided diagram of the female dog’s cycle for guidance). If the owner/handler is uncertain as to whether the female is in standing heat, they are to err on the side of caution and assume she is in standing heat.</p>
INSIDE THE TRAINING FACILITY	<p>A diaper must be used at all times to help contain scent and drippings whenever the female in season is inside of the training facility and while she is on the steps in front of the building.</p> <p>Exceptions: During class assessments and while the female is crated in a crate with a hard bottom (metal or plastic).</p>
CLASSES	<p>Females in season may attend class up until they are in standing heat (i.e., estrus stage, which is during the time when they are assertively presenting for mating). (See diagram of the female heat cycle for help with recognizing this.) Females in <u>standing heat</u> may not attend class. A female dog in standing heat shall not attend a class during her estrus (standing heat), which on average is 9 days but may last up to 21 days.</p> <p>The instructor and other students in a class must be informed that a female attending class is in season.</p> <p>When not being actively worked in a class, females in season are to be crated or left in the owner’s vehicle; when the female is actively working in the arena, measures that prevent transfer of any body odours or fluids to the arena floor or equipment should be taken (e.g., use of diaper and mats).</p> <p>At the end of each class, after the human traffic is out of the foyer, the garage door is to be opened for 15 minutes to aid in ventilation (there is no air exchange apart from our doors). Please refer to Facility Policy for more details.</p> <p>All instructors reserve the right to implement other measures deemed necessary on a case-by-case basis, following consultation with the owner, including the temporary removal of the female from the class (in which case, owners would be encouraged to attend class without the dog).</p> <p>Other class participants are encouraged to make accommodations recommended by the instructor and/or requested by the owner, such as being flexible regarding the order of working dogs in class, the removal</p>

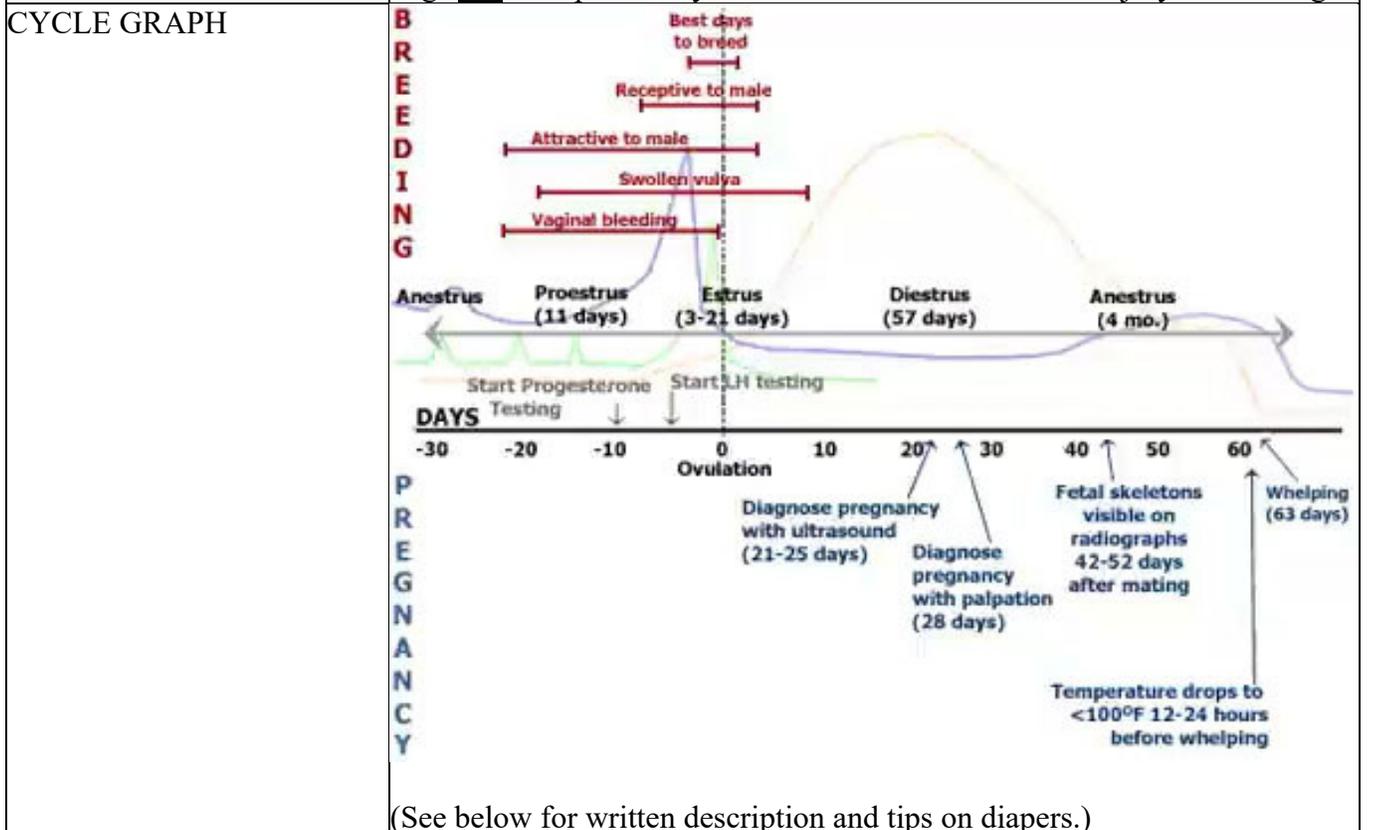
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	<p>from the arena or the crating of dogs when the female in season is working, and so forth.</p> <p>Options for the handler of the female in season for the standing heat period are the following: (1) attend class without the dog and do a private, pending instructor availability, (free of charge) to practice the content provided there are no safety concerns (e.g., the use of new equipment with which the handler has no experience); or (2) receive a prorated refund.</p> <p>Options for handlers with intact males in the same class are the following: (1) attend class as usual; (2) opt to attend class without the dog and do a private (free of charge, pending instructor availability) to practice the content provided there are no safety concerns (e.g., the use of new equipment with which the handler has no experience); or (3) opt to withdraw from the class and receive a prorated refund.</p>
REFUNDS	<p>Should an owner of a female in season decide to withdraw from a class session, a prorated refund will be given.</p> <p>Similarly, owners with intact males participating in a class in which a female in season is attending can voluntarily withdraw from the session and obtain a prorated refund.</p>
FINAL CLASS ASSESSMENT	<p>For females in season, but not in standing heat, during final assessments the diaper may be taken off for the duration of the female’s assessment. Measures that prevent transfer of any body odours or fluids to the arena floor or equipment should be taken (e.g., use of mats or towels). The owner is responsible for cleaning up any visible fluids on the floor and/or the equipment used during the assessment right after, with enzymatic cleaner.</p> <p>Females in standing heat (i.e., during the time when they are assertively presenting for mating) may not be present during assessment class. Rather, the assessment can be scheduled right after class time (if facility schedule permits), or at another time, at no cost to the handler.</p>
DROP-INS	<p>When booking a Drop-In time-slot in Time Tree, the owner must mark their booking as “female in season” and they may add a request for no intact male dogs to be present during their drop-in time. A diaper must be worn at all times and if any of the female’s body fluids stain the floor or equipment, the owner is to clean these up with enzymatic cleaner before leaving the facility.</p> <p>Females in season shall not be permitted to use equipment prior to a forthcoming sanctioned trial after the equipment has been cleaned and prepared for the trial.</p> <p>After the Drop-In, the garage door should be opened for 15 minutes to aid in ventilation (there is no air exchange apart from our doors).</p>

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TRIALS
The ability and regulations of a female in season to participate in NADA, Inc. hosted competitive trials will depend entirely on the regulations of the organization under which the trial is sanctioned (e.g., Agility Association of Canada, UK International Agility, etc.).

OWNER RESPONSIBILITY
The owner of the female in heat is responsible for preventing unwanted pregnancies while attending NADA, Inc. classes or events. Any unwanted pregnancies from a mating at NADA, Inc. facility or event is the sole responsibility of the owners of the female and male dogs.
If an actual mating occurs and the dogs are tied (the male's penis is swollen inside of the female's vulva), it is strongly recommended that the dogs **not** be separated by force as this can cause severe injury to both dogs.



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Written Description of the Female Dog's Cycle

Proestrus is the stage that most owners start noticing changes and when we say "the dog is in heat". This stage lasts for an average of 9 days, but can range anywhere from 0-27 days. This is when male dogs will be attracted to the female, but she will not be receptive. The vulva will usually be swollen with a blood-tinged reddish discharge. One sign that may be noticeable during the two months leading up to proestrus is the female urinating more frequently, in a marking manner, sometimes while lifting her leg and/or scratching the ground extensively after.

Estrus is the stage when the female is receptive to the male (i.e., standing heat). This stage will last an average of 9 days, but can range from 3 to 21 days. The fertile period occurs during this time. The vulva is enlarged, but softens a little. There is a decrease in the blood in the vulvar discharge, which means the discharge becomes clear (or pinkish to tan coloured) at this time. You may see her flagging (holding her tail to the side) or showing lordosis (arching her back to raise her hind end and vulva up for the male).

Diestrus is the stage following estrus and the female is no longer receptive to the male and marks the end of the estrus stage. This stage lasts for about 2 months. Estrogen levels are low, while progesterone peaks 3 to 4 weeks after the start of diestrus and then declines to basal levels by the end of diestrus. This increase and then decrease in progesterone will occur regardless of if the dog is pregnant. Increased progesterone levels may increase the risk of injury for a female dog for 8-9 weeks after the onset of her last estrus, it is best to respect her higher need for rest during this time, especially while engaging in dog sports. Female dogs may also be more easily startled and reactive during this period.

Anestrus is the time between diestrus and the next proestrus. This stage will last for about 4 months, though certain breeds can be much longer. The vulva is no longer swollen, there is no vaginal discharge. This is the best time to spay a female, if this is desired.

Tips on diapers:

Most local pet shops carry re-usable cloth diapers for dogs in various sizes. Some owners use boy's underwear by putting the tail through the opening in the front of the slipper. Absorbent sticky pads should be added to either of these options (similar to how women add pads to their underwear during their period). These pads are sold by most pet shops as well and can be cut into strips of a size that fits the dog. Women's period pads or pantie liners (unscented) can be used as well. If feasible in your home, it is best to not have the female wear her diaper all day long, as this prevents her from keeping herself clean.

Dogs with a very short or no tail have a higher risk of the diaper moving and should be checked for leaks frequently.