

Pooch to 5K Safety Tips

- There is a limit of one dog per paid registrant. Participating dogs must be at least eight months old.
- All dogs must be on leash with a maximum length of six feet (no retractable leashes please).
- Please do not bring cats or other animals who may be at risk around dogs.
- Use good judgment with your dog. Please do not bring dogs who may be dangerous to other humans. The NWT SPCA reserves the right to refuse entry to any animals deemed to be dangerous.
- Please be sure that your dog's vaccinations are up to date and that current identification and rabies tags are worn.
- The NWT SPCA encourages you to have your dog spayed/neutered if she/he is not altered already. Spaying and neutering helps reduce the number of pets entering shelters and it can help your pet live a longer, healthier and happier life.
- Dog's in heat are not allowed to attend the run sessions or the Pooch to 5K.
- You may want to hone your dog's leash-walking skills during leading up to the Pooch to 5K so that you and your dog are ready for the event. To help your dog become familiar with walking on a leash around many distractions, practice walking with your dog on trails, in parks, or other locations where people walk with their pets.
- Stay hydrated with water at the start and finish line. Watch for signs of overheating. There will be water stations at the event.
- Make sure to stop if your dog is lagging behind. Pay close attention to your dog's energy and stress levels. Please make sure your dog isn't being dragged by the leash.
- Inspect your dogs pads for any signs of cuts or wear.
- A veterinarian and representative from Advanced Medical Solutions will be on hand to help canines or humans in case of injury or emergency.
- Don't forget to have fun with your best furry friend!