

BUSTING THE CONFINEMENT MYTH

Greyhounds don't develop and maintain their impressive, muscular, well-defined physiques by excessive confinement or inactivity. They work at perfecting their conditioning and skills.



FACT: Canines have been widely observed to require 12-16 hours' sleep each day. Active, athletic canines, such as Racing Greyhounds, skew to the higher end of that spectrum, and often, above it.

DETAILS: Greyhounds not only race every 4th, 5th or 6th day at most venues, but they prepare for their races in-between performances, just as other athletes do.

- They gallop in-between races.
- They are walked in-between races.
- They work out and practice, chasing the track lure in morning "schooling" sessions, in-between races.
- They are rubbed down and massaged before, after, and in-between races.



- They are groomed before, after, and in-between races.
- They may also be given whirlpool baths in-between races.
- They may even swim for exercise, in-between races, where swimming pools or other bodies of water are accessible.

Greyhounds are turned out to socialize and play with their kennel mates, and to tend to nature's calls, from 4-6 times per day, for periods of 30-60 minutes, depending upon weather conditions.



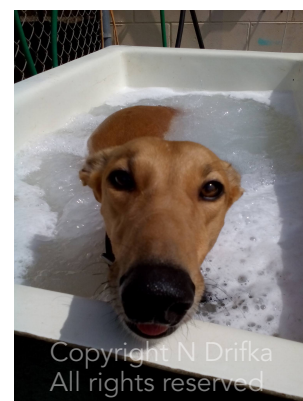
FACT: In the normal course of events, Racing Greyhounds spend only 2-4 hours of their "awake-time" in their crates.

DETAILS: Canines are "denners". They will instinctively seek out small, enclosed, protected areas in which to rest and sleep. A greyhound's crate is his own, private, personal space-his "den"-where he can still maintain visual contact with his kennel mates and handlers, and they with him. The open-air construction of the crate, in the climate-controlled kennels, allows the greyhounds to remain cool in warm weather, and warm in cold weather. Slit ribbon paper, fluffed-up so that the greyhound can "nest" in it, not only provides solid comfort, but insulates well against drafts. Carpets are used in warm weather, because they keep the greyhounds cooler, and they can be easily and frequently laundered.

Carpets may be "stacked", depending upon the individual greyhound's preference.

Greyhounds are notorious for being "45 mile per hour couch potatoes". It is probably the most commonly used characterization of the Racing Greyhound, by the world-wide greyhound adoption community. Greyhounds are dogs who expend high amounts of energy for short periods of time, who then require significant repose and recuperation.

Needless to say, greyhounds who are actively training and racing, are no less in need of extended and frequent periods of restorative sleep, and in most cases, require more.



Source: Real life behind-the-scenes experience from people who actually train and take care of greyhounds professionally.

Authored by Dennis McKeon. Copyright 2018