Send dog to mat and forward

- Mat is placed to the left or right, (dependent upon side dog is working), approx. 1-2 metre after the station stand/sit.
- Dog and handler reach the station and the dog sits.
- Handler sends the dog to the mat and dog downs.
- Dog stays down and handler walks to the dog's side.
- Dog joins handler and team continue forward to next station.
- Handler should return to the dog on the side he was originally working on.