



The Off Road Paws®

7-Day Summer Heat & Walk Safety Log

Veterinary-informed heatawareness, pavement checks, and walk decisions for Front Range dogs

Daily Summer Walk & Pavement Log

Track air temperature, pavement surface temperature, and your dog's condition before and during each walk. Pavement that's safe at 9 AM can be dangerous at 4 PM — log every walk, not just the hot ones.

Date	Air Temp / Time	Pavement Temp (IR check)	Trail / Surface	Dog's Condition

Summer Safety Quick-Ref: The Veterinary Red Zone

Threshold	What it means
85°F air temperature	Upper limit for any walk longer than a potty break (healthy dogs)
125°F pavement (IR reading)	Tissue damage in approximately 60 seconds — keep paws off
140°F+ pavement	Second-degree paw burns possible in 35 seconds
104°F dog body temp	Heat-related illness begins — emergency cooling required
105.8°F dog body temp	Critical-temperature criterion for moderate-to-severe heatstroke
103°F dog body temp	Stop active cooling here — going lower risks hypothermia

The 5°F Altitude Rule (Colorado Adjustment)

On UV-high days (UVI 8) or fully exposed routes, subtract 5°F from each threshold. An 80°F day in Boulder behaves like an 85°F day at sea level — because the same air temperature here is paired with stronger solar irradiance, hotter pavement, drier air, and thinner atmospheric UV filtration. Treat it as one tier hotter than the forecast suggests.

Stop Walking & Cool Now: Heatstroke Warning Signs

- Excessive panting and a noticeably slowing pace
- Thick, ropy saliva
- Unsteady gait or visible weakness
- Seeking shade unprompted, or refusing to keep moving
- Bright red or unusually dark gums
- Vomiting, disorientation, or collapse (emergency)

If you see any of these: stop walking, move to shade, offer water, and begin cooling with cold water on the belly, paws, and neck. Call your emergency vet while cooling — do not wait until you arrive.

Boulder County 24-Hour Emergency Vets

Alpenglow Veterinary Specialty + Emergency	3640 Walnut St, Boulder	(303) 443-4569
Aspen Meadow Veterinary Specialists	104 S Main St, Longmont	(303) 678-8844
Veterinary Emergency Group (VEG) Boulder	1905 29th St, Suite 1176, Boulder	(720) 738-9994
CSU Veterinary Teaching Hospital	300 W Drake Rd, Fort Collins	(970) 297-5000

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