



## The Off Road Paws®

### 7-Day Summer Heat & Walk Safety Log

Veterinary-informed heat awareness, 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 | Trail / Surface | Dog's Condition |
|------|-----------------|---------------|-----------------|-----------------|
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#### 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 |
| Colorado Animal Specialty & Emergency (CASE) | 2972 Iris Ave, Boulder             | (303) 545-2273 |
| Veterinary Emergency Group (VEG) Boulder     | 1905 29th St, Boulder              | (720) 738-9994 |
| BluePearl Pet Hospital                       | 2000 W South Boulder Rd, Lafayette | (720) 699-7766 |
| Aspen Meadow Veterinary Specialists          | 104 S Main St, Longmont            | (303) 678-8844 |
| CSU Veterinary Teaching Hospital             | 300 W Drake Rd, Fort Collins       | (970) 297-5000 |

#### Next Step: Get a Custom Hot-Weather Plan

Visit [OffRoadPaws.com](https://OffRoadPaws.com) and complete the **Dog Fitness Questionnaire** to receive a personalized, veterinary-informed hot-weather walking plan built around your dog's age, breed, coat, and health.