

# CUSTOM RACE SUIT MEASUREMENT

## Athlete measurement notes:

1. Every Athlete should ideally be measured by the same person. This ensures that the athletes are all measured consistently.
  2. All weights measured in kilograms on the same scales.
  3. All measurements should be taken in centimetres.
  4. Use a tailors or dressmakers tape measure.
  5. All measurements should be taken against the skin or tight fitting underwear.
  6. The tape measure should be flat against the body and held snug enough not to droop but not tight enough to be restrictive.
  7. All measurements should be taken to the nearest 0.5cm (5mm).
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- a. Neck; Measure around the circumference of the neck where the collar will sit.
  - b. Bicep: Measure at the largest circumference with the elbow bent at a right angle.
  - c. Forearm: Measure around the largest circumference of the forearm.
  - d. Wrist: Measure around the fullest part of the wrist.
  - e. Chest: This measurement should be taken at the fullest part of the chest with the tape measure right up under the armpit and with the tape measure running across the nipples. Don't puff out the chest just relax.
  - f. Waist: Measure right around the narrowest part of the waist just below the bottom ribs at the side of the body.
  - g. Hips: Measure right around the hips and buttocks at the widest/fullest point.
  - h. Thigh: Measure around the thigh at the widest point.
  - i. Knee: Measure around the knee across the middle of the kneecap.
  - j. Calf: Measure around the calf at the widest point.
  - k. Arm: The arm should be held forward as if holding a ski pole, with the elbow slightly bent. The tape measure should be held at the wrist and then run around the outside of the elbow up and across the shoulder to the centre of the spine just below the collar.
  - l. Outside leg: Measure down the outside of the leg from the waist (see above) down to the floor. (Barefoot)
  - m. Inside leg: Measure from the lowest part of your crotch down the inside of the leg to the floor. Must be standing straight and barefoot.
  - n. Shoulders: Measure across the back of the shoulders with the arms at the sides. This is the full width of the shoulders.
  - o. Centre back: Measure the back from the base of the collar down to the waist.

Boot top: Measure the circumference around the top of the ski boot when the boot is buckled up on the athlete.

