



HOW TO MEASURE

The goal of measuring is to determine the correct size to order for each athlete. Accurate measurements are vital to the proper fit of your athlete's apparel. We recommend all athletes wear a fitted swimsuit such as a team suit or training suit during the measuring session.

- 1. CHEST MEASUREMENT:** Measure the chest of the athlete while their arms are down at their sides and at the fullest part of the chest. Your measuring tape should always be parallel to the floor while taking the measurement.
- 2. WAIST MEASUREMENT:** When measuring the waist, wrap the tape at the natural waistline which is the narrowest part of the waist. If you are having trouble locating the natural waist, have the athlete bend to the side. The natural waist is where the body bends. Again, the measuring tape should always be parallel to the floor while taking the measurement.
- 3. HIP MEASUREMENT:** Take the hip measurement at the fullest part of the buttocks with the athlete's feet together. Ensure that the tape measure is parallel to the floor.
- 4. TORSO MEASUREMENT:** Take the torso measurement from the center of the shoulder, down the torso, through legs, and back to the shoulder. This is the most important measurement.
- 5. INSEAM MEASUREMENT:** The length of the leg from the crotch to one inch above the floor. Measure the athlete without shoes.

For further instruction, and visuals on correct measuring techniques, watch our "Dolphin At Home Fit Kit Measuring Guide" video on the Dolphin YouTube page.

