

PREPARATION - DIVER MUST REMOVE SHOES AND WEAR LOOSE FITTING CLOTHING DURING MEASURING TO ALLOW ACCESS FOR ALL MEASUREMENTS AND ENSURE ACCURACY

- A) Forehead:** Circumference of head above eyebrows
- B) Neck:** Circumference: Center – at Adam's Apple for men
- C) Armpit:** Arm 45 degrees from Body. Measure circumference at the end of shoulder
- D) Biceps:** 3" from armpit
- E) Forearm:** Largest circumference – take several measurements to find largest circumference
- F) Wrist:** Above wrist bone with no clothing
- G) Arm length:** Arm at 45 degrees out from body. Measure from same point used for wrist measurement up to hollow of armpit
- H) Chest:** Circumference at nipples with arms at sides. Measurement should be taken with breath inhaled.
- I) Waist:** Narrowest part for inward curving waist or widest part for outward curving waist. Measure at navel
- J) Hips:** Largest circumference
- K) Top of shoulder to crotch along body:** Have diver stand against a wall. Place a book at the diver's highest crotch point. Ensure the book is pressed against the wall so it is horizontal. **THIS IS A CRITICAL TECHNIQUE FOR THIS MEASUREMENT.** Measure from the top edge of the book across the body to base of the neck.
- L) Thigh:** Largest circumference
- M) Knee:** Place measuring tape just above kneecap.
- N) Calf:** Largest circumference – take several measurements to find largest circumference
- O) Top of Boot:** Circumference of calf 10" up from floor in bare feet.
- P) Ankle:** Circumference just above INSIDE anklebone
- Q) Foot Length:** Measure wearing a sock to be worn inside the dry suit boot. Length from tip of longest (big) toe to back of heel.
- R) Head Height:** Top of head to top of shoulder. Stand diver against a wall. Mark points on the wall. Have diver move away, and then measure vertical - not diagonal - distance between points.
- S) Top of shoulder to crotch vertically:** Have diver stand against a wall. Place a book at the diver's highest crotch point. Ensure the book is pressed against the wall so it is horizontal. **THIS IS A CRITICAL TECHNIQUE FOR THIS MEASUREMENT.** Mark this point on the wall. Have diver step away. Measure vertically – not diagonally - from this point to the Top of Shoulder mark made in measurements R
- T) Crotch to Floor:** Using the correct book technique (See 'K') mark reference point of crotch on wall with diver standing tall. Do not allow diver to look down – it changes the measurement. Have diver step away. Measure distance from reference mark to floor.
- U) Height:** Measure diver standing straight up against wall with head level. Do not rely on diver's height statement