





1. SIZE    CHEST		2. FIT    OVER SHOULDER		3. BACK OPTION    LENGTH				
CHILDS				SHORT	REGULAR	LONG	X-LONG	
SMALL	58 - 64	STD	57 - 65	33.5	36	38.5	41	
MEDIUM	66 - 74	STD	66 - 74	38	40.5	43	45.5	
LARGE	73 - 81	STD	75 - 83	42.5	45	47.5	50	
		TALL	84 - 93	45	47.5	50	52.5	
X-LARGE	80 - 88	STD	75 - 83	44.5	47	49.5	52	
		TALL	84 - 93	48	50.5	53	55	
ADULTS								
X-SMALL	85 - 94	STD	84 - 93	48	50.5	53	55.5	
		TALL	94 - 104	50.5	53	55.5	58	
SMALL	91 - 100	STD	84 - 93	48	50.5	53	55.5	
		TALL	94 - 104	50.5	53	55.5	58	
MEDIUM	97 - 108	STD	84 - 93	49	51.5	54	56.5	
		TALL	94 - 104	51.5	54	56.5	59	
LARGE	107 - 117	LADIES	84 - 93	46.5	49	51.5	54	
		STD	94 - 104	51.5	54	56.5	59	
		LADIES	84 - 93	48	50.5	<b>F7</b>		
X-LARGE	116 - 128	STD	94 - 93 94 - 104	48 53	50.5	53 58	55.5 60.5	

Measurements given in cm.

# RACESAFE FITTING GUIDE



### STEP 1

The starting size, based on your chest measurement.

- Over light clothing, place a tape measure close up under the arms & measure the fullest part of the chest.
- Refer to the chest measurement ranges in the size chart & select the appropriate size.
- There is a cross over between some sizes- select the smaller size for a neater fit. Particuarly for Ladies, the size can fit slightly larger than the chest range suggests.

The correct size should be a snug fit within the adjustment available from the side system, without being too tight or restrictive. A physical restraint on each side prevents over adjustment & limits it to a safe range.

## STEP 2

The correct fit option, based on your body length.

- Take an over the shoulder measurement, from your natural tipping point at the front (just below the ribs), up over the shoulder & down to the level point on the back.
- Refer to the over the shoulder range in the size chart for the previously selected size & select the most appropriate fit.

The correct fit should ensure the foam segments at the front are long enough to cover the bottom ribs, whilst not being too long to restrict movement or sit on the hips.

In addition to the Standard fit, there are other fit options for most sizes. A Tall fit has a longer body, with an extra row of segments on the front. The Ladies fit has a shorter body, with one less row of segments on the front.

## STEP 3

The correct back option, based on your back length.

- Take a back measurement from the C7 vertebrae (prominent one at the base of your neck) down to where the Body Protector should finish.
- Sat in the saddle, measure down to approx 3/4 finger width clearance above the seat.
- Refer to the the size chart to see which of the 4 back options (for the size & fit previosuly selected) is closest to the back measurement taken.

The correct fit should provide both lower back protection & a full range of movement, without the saddle interfering.

## **RESULTING SIZE**

Based on those 3 selections, you will have a suggested SIZE, FIT & BACK OPTION to try at your local Racesafe stockist.

It's important to note that each riders shape varies and the fit should be check by a trained stockist.

Due to the requirements of the European standard & the uncertainty values levied by the test houses, the actual fit of the body protector is more generous than indicated on the **product labels**. The guidance outlined here is more indicative of the actual fit.



