

CHECKING HEAD SIZE

- 1) Wrap a cloth measuring tape around the circumference of the head.
- 2) Measure with tape approximately 1" above the eyebrows (Figure 1).

Figure 1



Shoulder Pad Measurements:

1. MEASURE CHEST



- Wrap measuring tape around upper torso
- Record measurements

2. MEASURE SHOULDERS



- Stretch tape over contour of shoulders (As shown above)
- Measure from tip of left humerus to tip of right humerus
- Record measurements