

# HOW TO FIT YOUR TIPPERARY CONTOUR BACK PROTECTOR



## WHAT YOU NEED

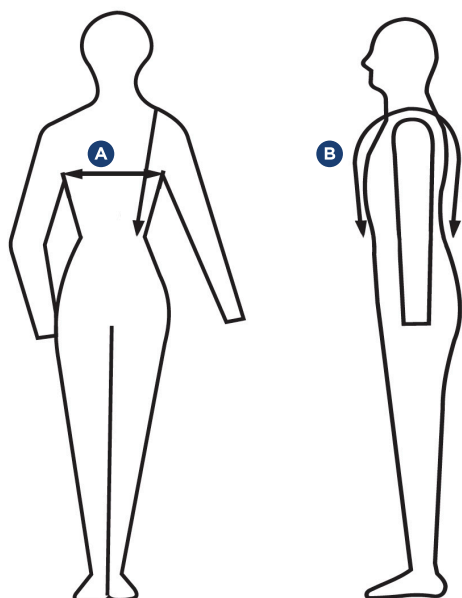
It is recommended to have someone assist you with the measurement process

- Wear a thin shirt that you'd typically ride in (polo, t-shirt, or sunshirt) when fitting your back protector in order to get a correct fit
- A fabric measuring tape
- The size chart for the Tipperary Contour back protectors

## TAKE YOUR MEASUREMENTS

**Chest Measurement:** Start in the middle of your sternum and go around the largest part of your chest and under your armpits. Ensure that the measuring tape is level all the way around your body for an accurate measurement

**Waist to Shoulder Measurement:** Start the measuring tape in front of you at your natural waist. Follow the measuring tape up along your torso, over your shoulder and down your back making sure to keep the measuring tape straight and close to your body. When the measuring tape reaches your natural waistline at your back, this will be your waist to shoulder measurement



CONTOUR BACK PROTECTOR ADULT				
SIZE	CHEST <sup>A</sup>		WAIST TO SHOULDER <sup>B</sup>	
	IN	CM	IN	CM
XS	34-36	86.5-91.5	39-41	99-104
S	36-38	91.5-96.5	39-42	99-106.5
M	38-40	96.5-101.5	42-46	106.5-117
L	40-42	101.5-106.5	46-51	117-129.5
XL	42-44	106.5-112	51-56	129.5-142

CONTOUR BACK PROTECTOR YOUTH				
SIZE	CHEST <sup>A</sup>		WAIST TO SHOULDER <sup>B</sup>	
	IN	CM	IN	CM
YS	28-30	71-76	28-32	71-81
YM	30-32	76-81	32-36	81-91.5
YL	32-34	81-86.5	36-39	91.5-99

## FITTING AND ADJUSTMENTS

Before trying on your back protector, make sure all zippers are undone and that all hook-and-loop closures are loosened. If not, this can weaken the zipper due to extreme pressure applied during fitting, and increase the risk of zipper breakage.

Once your back protector is on, carefully do up the zipper. Ensure that you place the pin in the zipper pull correctly and all the way before doing up the zipper. Next, snugly secure the hook-and-loop side closures.

## OVERALL FIT

If the back protector is pinching in any areas, you may have adjusted the hook-and-loop closures too tightly, or the size is incorrect. The back protector should be snug, but allow the wearer room for good breathability and lifting of the ribcage. It is recommended that every time you put your back protector on to ensure that all closures are loosened to minimize wear and tear and the zipper and closures.