



Uniform Measurements

504 Blatchford Field

Royal Canadian Air Cadet Squadron

Head, neck, chest, waist, hip and height measurements can be in either inches or centimeters.

Foot measurements must be in millimeters.

HEAD MEASUREMENT

1. Measure around the widest point of the head, just above the ears. (Figure 1A & 1B.)
2. The correct measurement is the number that lines up with the edge (or beginning) of the tape (Figures 1B & 1C).



FIGURE 1A

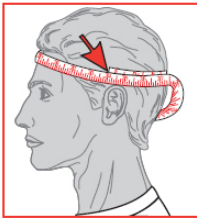


FIGURE 1B

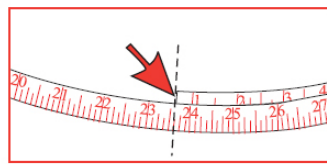


FIGURE 1C

The correct measurement is the number that lines up with the edge of the tape, rounded up to the nearest 1/4 inch or 0.5 cm. This person has a head measurement of 23-3/4 inches.

NECK MEASUREMENT

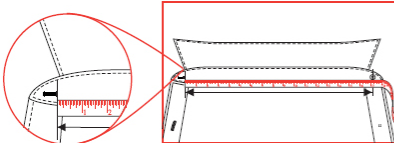
(Use one of the two following methods)

METHOD 1 (Preferred method)

1. Take a shirt that fits you well when the top button is fastened.
2. Unbutton the shirt, put the shirt flat on a table, with the collar wide open.
3. Measure the distance between the button and the buttonhole (Figures 2A). The measurement you obtained is your neck measurement (Figure 2B).

METHOD 2

1. This measurement is taken against the skin.
2. Wrap a tape around the neck, following the collar line (between the collar and the skin). Take the measurement where the top button would be if it were buttoned up.
3. At the front of the neck, make a "V" (90° angle) by crossing the edge (or beginning) of the tape over the tape length (Figures 2C & 2D).
4. Read the number that lines up with the bottom of the edge of the tape (you should be able to easily insert your finger between the measuring tape and your neck at the front)(Figure 2D).



FIGURES 2A

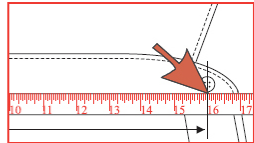


FIGURE 2B

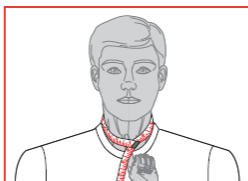


FIGURE 2C

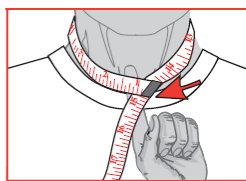


FIGURE 2D

The correct measurement is the number that lines up with the arrow, rounded up to the nearest 1/2 inch or 1 cm.

CHEST / BUST MEASUREMENT

1. Lift the arms, place tape around the chest at the largest part with tape parallel to the floor, place arms down to the sides and take the measurement (Figures 3A & 3B).

Note: The measuring tape should be snug, but not too tight around the body.

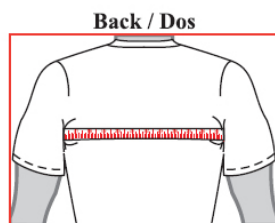


FIGURE 3A

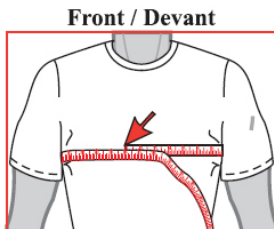


FIGURE 3B

Do not estimate measurements. Take this measurement over light clothing.

WAIST MEASUREMENT

(Use one of the two following methods)

METHOD 1 (Preferred method)

1. Take a pair of trousers that fits you well when fastened (**Do not use low rise trousers**).
2. Put the trousers flat on a table, waist fastened.
3. Measure the distance from one side seam the other (Figure 4). The measurement you obtain should be multiplied by two (2); this is your waist measurement.

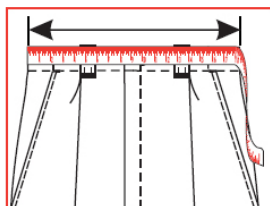


FIGURE 4A

METHOD 2

1. This measurement is taken directly against the skin, but you must wear trousers while taking it in order to determine your belt line (**Do not use low rise trousers**).
2. Wrap the tape around the waist at the belt line, inserting it between the trousers and skin (Figures 4B & 4C). The tape should be snug against the skin, but not tight.
3. The correct measurement is the number that lines up with the edge of the tape.

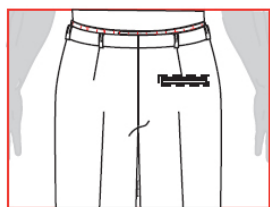


FIGURE 4B

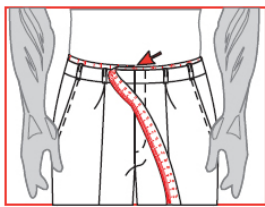


FIGURE 4C

Do not estimate measurements. Do not take the measurement over your pants or belt.

HIPS MEASUREMENT

This measurement should be taken over lightweight clothing.

Note: You have to empty your pockets.

1. Stand straight with feet together, measure at the fullest part of the seat, keeping the tape parallel to the floor (Figure 5A).

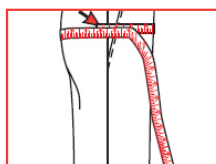


FIGURE 5A

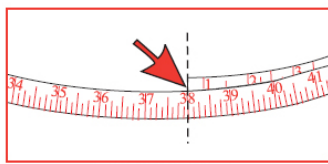


FIGURE 5B

The correct measurement is the number that lines up with the edge of the tape, rounded up to the nearest $\frac{1}{2}$ inch or 1 cm (Figure 5B).

HEIGHT:

1. Remove shoes.
2. Stand straight with heels together, with your back up against a wall. Make sure your head is touching the wall.
3. Take a flat and rigid tool (e.g: a wooden ruler) and place it flat on the head up against the wall. Make sure the tool is at a 90° angle with the wall, and make a mark on the wall with a pencil.
4. Measure in a straight line from the floor to the mark on the wall (Figure 11).

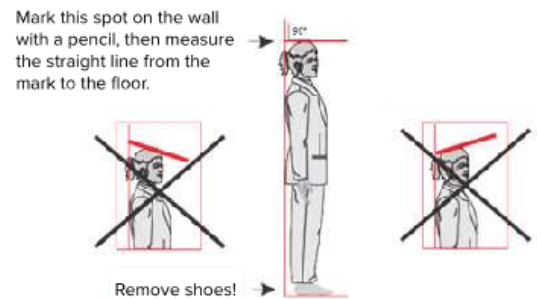


FIGURE 11

FOOT MEASUREMENT:

Take a blank sheet of paper and a ruler. While standing wearing regular socks, place one foot flat on the paper.

1. Foot length: Using the ruler, draw a line at the level of the heel and another at the level of the longest toe. Measure the exact distance between the two lines in millimeters.
2. Foot Width: With the ruler, mark the widest point of the foot on both sides. Measure the exact distance between the two lines in millimeters.
3. Repeat both measurements with the other foot, as the two feet are often not exactly the same length.
4. Use the longer of the two foot lengths measured and the wider of the two widths measured.

