

# Some Tips On Getting the Best Fit for Your Body Protection Vest

*Thank you to our friends at Charles Owen and Airowear for preparing the following information about the proper fit of body protection*

Wearing a body protector that provides high technology coverage will protect your internal organs, chest and ribs, and may prevent bruising, cuts and contact burns on the area it covers. Equestrian body protectors can be certified for design and performance criteria, similar to helmets. While there are some body protectors on the market that carry no certification, in the United States, vests can be certified by SEI to meet ASTM standards (F1937-04), and vests made in Great

Britain can be certified to BETA 2009 standards (Level 3 is the highest level of protection). However, a body protector that doesn't fit properly won't be able to give you the highest level of protection.

Achieving the perfect fit is as easy as taking the right measurements and selecting the right body protector model to suit your preferences. Remember that your body protector should be fitted over light clothing and that heavier garments should be worn over it.

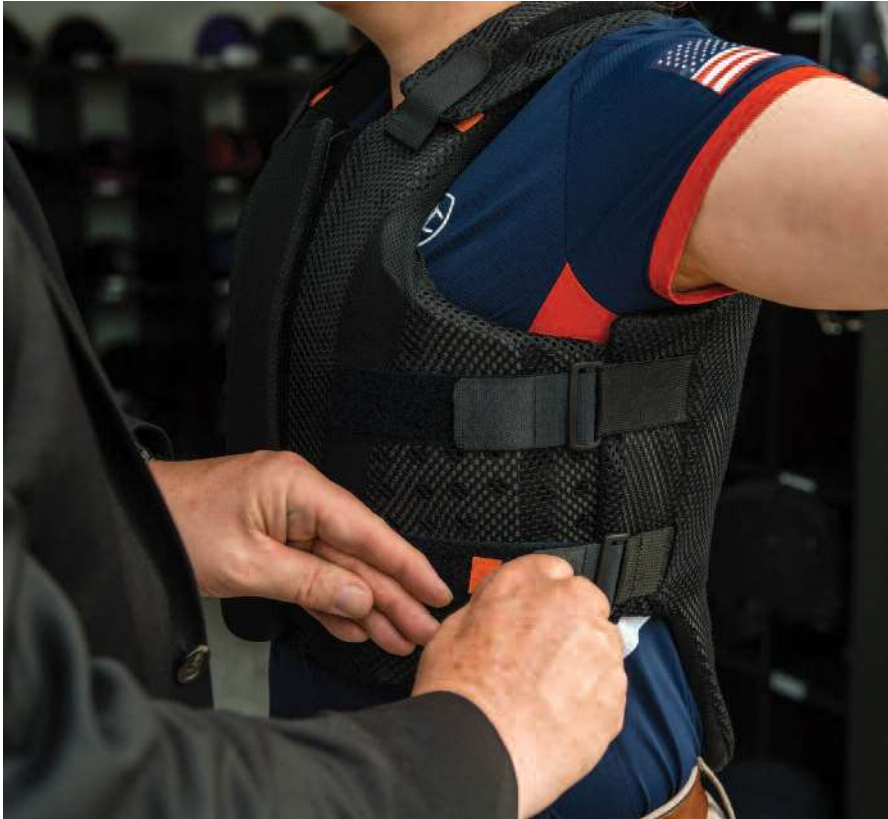
There are four measurements that will determine what size body protector you need. The first is the circumference of the widest part of the chest to find the appropriate size range. Some models for kids and teens are adjustable and designed to fit a growing rider. The second measurement is the circumference of the natural waist to ensure that the body protector won't feel too loose or shift on the body. The third measurement is from waist to waist over the shoulder. The fourth and final measurement is back length, starting at the base of the neck and ending at the base of the spine, approximately at the cross seam of the seat of your breeches.

Once you've referenced the size chart available on each body protector tag, try on the one that best matches your measurements. Fasten any adjustable straps to make a snug fit.

If possible, the final step should be sitting on a saddle to check the back length of the body protector. There should be approximately four fingers between the saddle and the base of the body protector so that it won't interfere over a drop fence. At the front, the body protector should reach the breastbone at the top and cover the bottom rib but should not cover the belly button.

Once you've found the right fit, you'll be ready to ride knowing that you have the safest body protection available. ■





At the May 2018 USPC Board of Governors Meeting, the following Policy (Attachment E to Policy 0800) was approved to be implemented beginning January 2019:

“Wearing a properly fitted (per manufacturer’s guidelines) equestrian body protector is required when jumping cross-country/solid obstacles during any activity sponsored by the USPC, its Regions, Registered Clubs or Riding Center Programs.”

In an effort to educate our membership prior to the January 2019 implementation, we will be running a series of informative articles throughout our media channels. There is also a webinar on this subject that was recorded on July 12, 2016 and is available on the USPC website.



## Capture the Moment

Get behind the lens and enter the USPC Photo Contest.

Send your best picture from any USPC function to [marketing@ponyclub.org](mailto:marketing@ponyclub.org) by August 13th.

The winner will be featured in *Pony Club News Magazine* Championships recap issue.



**Pony Club**  
Where it all begins