



FOOT MEASUREMENTS

Step 1

If you usually wear neoprene booties to play, remember to put them on before starting with the foot measurements.

Step 2

Place a plain piece of paper on the ground flush with a wall (no skirting boards).

Step 3

Then place your foot flat on the piece of paper with your heel against the wall.

Step 4

Trace the shape of your foot, holding the pen upright (at 90° to the paper).

Repeat for the other foot.

Step 5

Draw a line across the top of the feet (A - across the big toes), as indicated in figure 1: The length of the feet.

Step 6

Measure the distance between this line (A) and the bottom of the page (B) at the heel of the foot (Figure 1).

Step 7

Record these measurements (A-B) in the boxes below:

LEFT

RIGHT

Length (cm) :

Step 8

Keeping your neoprene booties on and your foot flat on the floor, now take a measuring tape to determine the following measurements.

Step 9

Measure the circumference of the foot from the highest part on top of the foot (Figure 2 : C – the instep) around the hollowed out/indented part of the foot (Figure 2 : D).

Repeat for the other foot.

Step 10

Record these measurements (C – D) in the boxes below:

LEFT

RIGHT

Circumference (cm) :

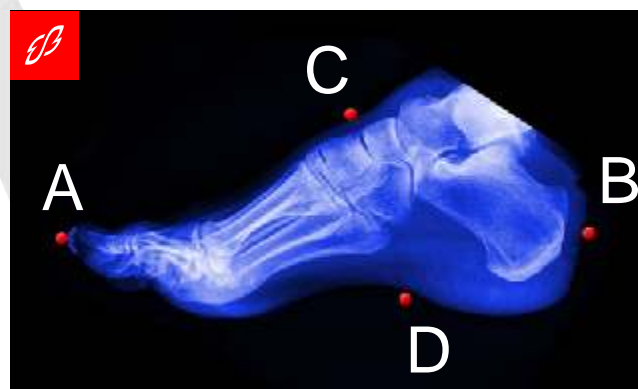


Figure 1 : Length

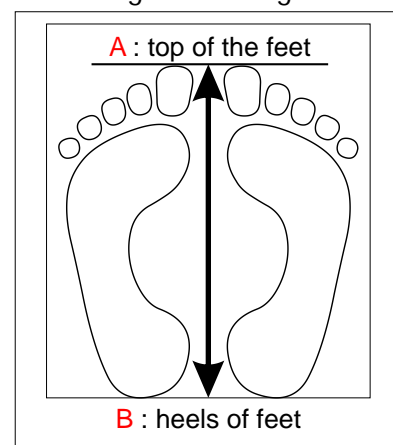


Figure 2 : Circumference

