



**BREIER**<sup>®</sup>  
THE SWIMFINS COMPANY

[www.breier.fr](http://www.breier.fr)

[info@breier.fr](mailto:info@breier.fr)

+33 297 444 848



# 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.

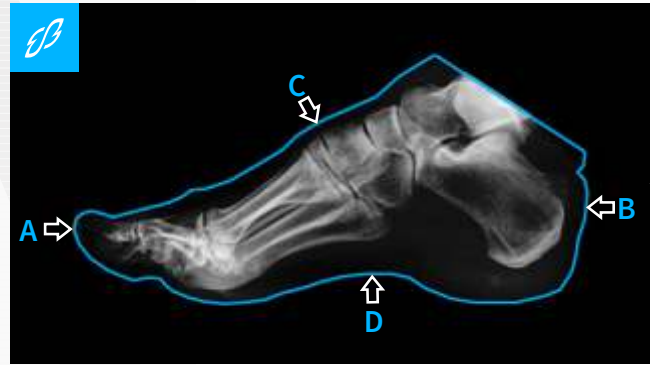
## STEP 10

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

LEFT

RIGHT

Circumference (cm) :

SHOE SIZE

Figure 1 : Length

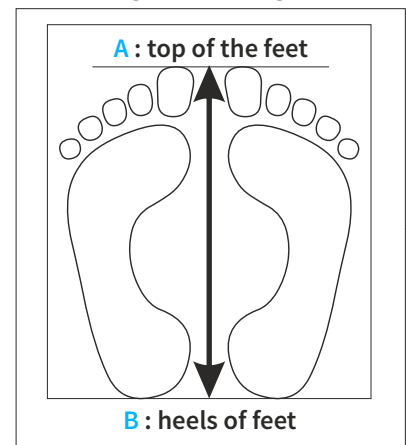


Figure 2 : Circumference

