

Tuff Tread

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High Speed Safety Harness Instructions

To ensure the safety and security of the athlete at high speeds, it is absolutely necessary to use the safety harness correctly. Please follow the steps below to ensure maximum safety and comfort in the harness.

1. Open the vest and unhook all Velcro attachments. The leg wraps can be left “as is” for now.
2. Put arms through shoulder straps and put on the vest, open side towards the front.
3. Attach lower abdominal support first. Side stretchy straps on the lower abdominal support should be loose. For best results, lower abdominal support should be as tight as possible.
4. Attach middle netting Velcro attachment next.
5. Attach top strap by looping it through the cinch loop and connecting it back on itself.
6. Now tighten stretchy side straps on the lower abdominal support.
7. One inch vertical straps can be adjusted now. These straps are intended to keep garment shorter on the torso if necessary.
8. Leg wraps may now be applied. Simply wrap the neoprene around the upper thigh. Straps which connect the wraps to the garment should be tightened to prevent the vest from sliding into the axilla.
9. Adjust shoulder straps to desired length.

Size Chart for High Speed Harnesses:

Size	Measurements	Color Coded Tag
X-Small	24" - 28"	Gray
Small	28" - 32"	Yellow
Medium	32" - 36"	Red
Double Medium	34" - 38"	Purple
Large	36" - 40"	Blue
X-Large	40" - 44"	Green
2XLarge	44" - 48"	White
3Xlarge	48" - 52"	Orange
4XLarge	52" -56"	Brown
5XLarge	56" - 60"	Pink

The size is determined by measuring 2 inches below the umbilicus (belly button) tightly around the torso.