

## THE VEST TEST

When considering the purchase of new vests it is important that their performance is equal to the rigours your sport demands, so try this.....

1. Turn your vest inside out and lay it on a flat surface. Firmly grip each side just below the armholes and pull gently outwards. Does it stretch easily? How flexible is the fabric and does it retain its shape when relaxed?
2. Gently pull all the seams - do they flex, especially those across the body?
3. Do the seams lie flat or do they stand out? – a common cause of chafing.
4. Firmly grip the top and bottom of the armhole and gently pull. Does it stretch or is it rigid with no g-i-v-e? Inflexible armhole bindings are another common cause of chafing.
5. Inspect the seams - do your fingers glide over the seam threads or are they rough and knobbly? It's very important the thread and stitch formation is smooth and the seam edges well covered with a soft multifilament thread to avoid *the* commonest cause of discomfort when competing.
6. Does your vest have an applied print or 'stuck on' letters? If either the ink or adhesive is felt on the inside of the garment this will lead to considerable scratching and further discomfort.

It is essential the fabric, bindings and seams flex as the body moves from side to side and when the arms pump. If your vest doesn't move with you, the rigidity of the fabric and rough seam edges will constantly rub against your skin, ultimately affecting vital concentration during competition.

### **How does your vest compare?**

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