



121 Red Arrow Squadron Guelph Air Cadets

Dress Instructions

1. This abridged version of the Air Cadet Dress Instructions is issued to provide you with a reference document that is quick and easy to use for all matters regarding your uniform. Hair, badges and the wearing of the uniform itself are a few examples of what you will find inside, including pictures and drawings.

If anything is not covered in this document or in Cadet Administrative and Training Order 55-04, it is not to be worn.

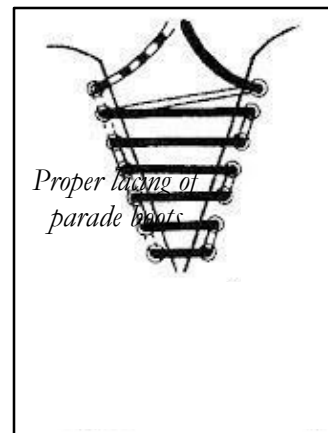
Department and Appearance

2. Chewing gum, slouching, sauntering, placing hands in pockets, smoking or eating on the street, walking hand in hand, and similar deportment which detracts from a proud and orderly appearance in the eyes of the public is unacceptable for cadets in uniform. The object of this guideline is to project an image of a disciplined and self-controlled group. As such, physical displays of affection between uniformed cadets shall be avoided.

3. Cadets in uniform shall be well groomed with footwear cleaned and shone. The uniform shall be clean and properly pressed at all times. In particular, buttons, fasteners and zippers shall be kept closed. Pockets shall not be bulged; items such as glasses, sunglasses, glasses cases, pens, pencils, key-rings or paper shall not be visibly extended nor stick out from pockets or be suspended from waist belts or pockets. Headsets from a radio receiver, music player or other personal entertainment device shall not be worn.

4. Grey wool socks are issued to be worn with boots, but grey or black cotton or nylon socks may be worn underneath the wool socks. It is also permitted to wear civilian cotton, wool, or nylon socks which are solid grey or black.

5. Boots shall be laced across horizontally from side to side. Boots shall not be modified with any type of metal cleats, hobnails or other metal attachments to heel or sole. No varnish other than shoe polish can be used to shine the boots.



Badges, Pins, Medals, and Name Tags

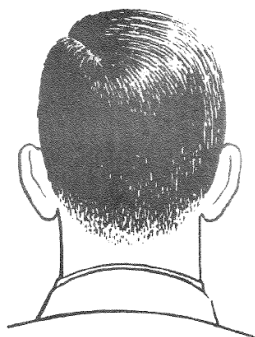
- Badges, pins and medals are awarded by the CO or Cadet Summer Training Centres in accordance with orders and regulations. Name tags must be that of YOUR proper Surname. Illustrated references for placement of pins and medals can be found in the Appendix.
- Badges shall be sewn on the uniform neatly using a thread that blends with the badge and uniform. Badges shall not be glued. Illustrated references for placement of badges can be found in the Appendix.

Rank Slip-ons

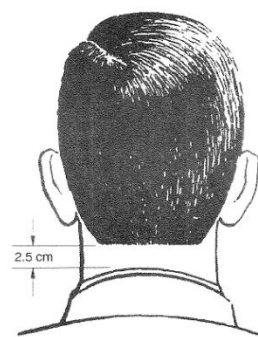
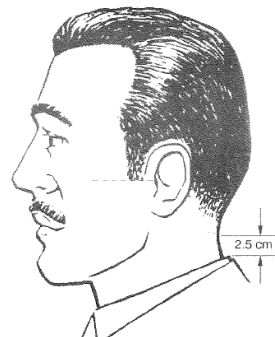
- Rank slip-ons shall be worn at all times on the shirt, except when they are moved to the all-weather jacket.

Hair

- Hair on the head shall be neatly groomed and conservatively styled. The length, bulk and style of hair shall not preclude the proper wear of the wedge (bulk is the distance that the mass of hair extends from the skin, when groomed, as opposed to the length of hair). In particular, style and colour shall not be bizarre, exaggerated or of unusual appearance. Unnatural colours such as green, bright red, orange, purple, etc are not permitted. Hair must be secured or styled back to reveal the face and any accessories used to secure or control hairstyles shall be as unobtrusive as possible. Hair ornaments shall not be worn, except for female cadets' conservative barrettes that blend with the hair colour.
- Hair for male cadets shall be tapered trimmed at the back, sides, and above the ears to blend with the hair-style. It must not be more than 15 cm (6 in.) in length and sufficiently short that, when the hair is groomed and wedge is removed, no hair touches the ears or fall below the top of the eyebrows. As well, it must not be more than 4 cm (1-1/2 in.) in bulk at the top of the head, gradually decreasing to blend with the taper trimmed sides and back. It must also be kept free from the neck to a distance of 2.5 cm (1 in.) above the shirt collar. Taper trimmed square-back styles and shaving of all the hair on the head are permitted.



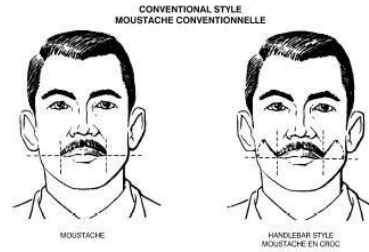
TAPER TRIMMED HAIRCUT CONVENTIONAL
COUPE DE CHEVEUX AMINCIE CONVENTIONNELLE



TAPER TRIM HAIRCUT - STRAIGHT BACK APPEARANCE
COUPE DE CHEVEUX AMINCIE AVEC APPARENCE D'UNE COUPE DROITE

11. Sideburns shall not extend below the middle of the ear, and shall be squared off horizontally at the bottom edge and taper trimmed to conform to the overall hairstyle.

12. When moustaches are worn alone, the unshaven portion of the face shall not extend outwards beyond the corners of the mouth. Moustaches shall be kept neatly trimmed, not be greater than 2 cm (3/4 in.) in bulk, not extend below the corners of the mouth and not protrude beyond the width of the mouth.



13. Beards shall not be worn except for religious or medical reasons. These reasons will only be approved by the CO, and must be supported by the proper documentation.

14. Hair, female cadets: The following additional details apply to female cadets. Exaggerated styles, including those with excessive fullness or extreme height, are not authorized. Hair shall not extend below the lower edge of the shirt collar with the exception of single and double braids, which, if worn, shall not extend below the top of the armpit. Braids shall be styled conservatively and tied tightly, secured at the end by a knot or a small unadorned fastener; Single braids are to be worn centred at the back of the head (figure 1); double braids shall be worn behind the shoulders (figure 2). Multiple braids and/or cornrows shall be directed toward the back of the head, pulled tight to the head and secured at the end by a knot or a small unadorned fastener. Multiple braids extending below the lower edge of the collar are to be gathered in a bun (figure 3). With the permission of the CO, a reasonable period may be authorized in order to transition from short to long hairstyles during which time hair may extend below the lower edge of the shirt collar. Unadorned fasteners (i.e. barrette, elastics, pins) should be of a colour which most closely matches the hair colour. Exaggerated or bizarre colours are not authorized.

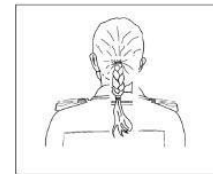


Figure 1

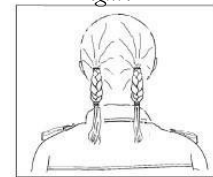
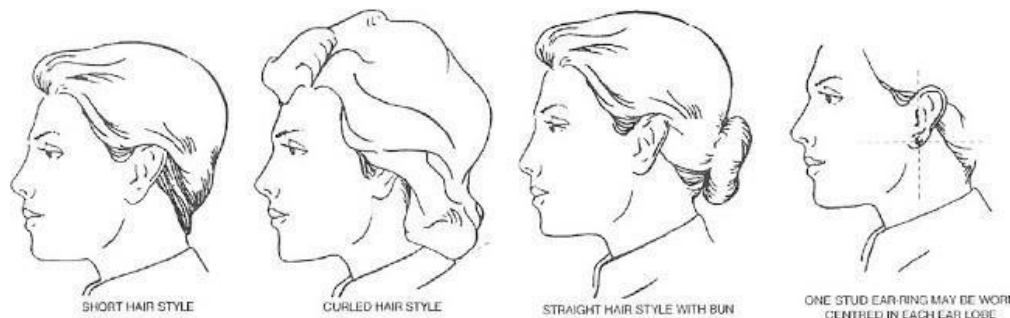


Figure 2



Figure 3



Make-up, jewelry, tattoos and body piercings

15. Female cadets are authorized to wear a minimal amount of make-up. When wearing uniform, make-up shall be applied conservatively. This precludes the use of false eyelashes, heavy eyeliner, brightly coloured eye shadow or lipstick, coloured nail polish, and excessive facial make-up. Male cadets are not authorized to wear make-up.

16. The only jewelry that may be worn in uniform shall be a wristwatch, a medical alert bracelet and a maximum of two rings, which are not of a costume jewelry nature. In addition, female cadets in uniform may wear a single pair of plain gold or silver stud or white pearl earrings in pierced ears. The single stud earring, worn in the centre of each earlobe, shall be spherical in shape and not exceed 6 mm in diameter. No other type of earring shall be worn except for a gold or silver healing device of similar shape and size, which may be worn while ears are healing after piercing. Only a single earring or healing device, worn in the centre of each earlobe, may be worn at a time. Male cadets are not authorized to wear an earring or earrings.

17. Cadets shall not acquire visible tattoos that could be deemed to be offensive (e.g. pornographic, blasphemous, racist, etc.) or otherwise reflect discredit on the Canadian Cadet Movement. Cadets in uniform shall not wear visible body piercing adornments (tongue included), with the exception of female cadet's earrings described above. Covering the unauthorised piercing with an adhesive bandage (Band-Aid) is not acceptable.

Eyeglasses and sunglasses

18. Eyeglasses and sunglasses shall be conservative in design and colour. Sunglasses with photochromic or mirrored lenses are not authorized for wear. Cadets, who normally wear eyeglasses, may wear either conventionally framed prescription sunglasses or conservatively styled clip-on sunglasses when conditions and circumstances dictate. Other cadets may wear conservatively styled sunglasses, which do not detract from the overall appearance of the uniform when conditions and circumstances dictate. Sunglasses shall not be worn on parade unless authorized by the CO in special circumstances.

Cultural and religious accommodation

19. Exceptions to the dress instructions for religious or cultural reasons will be considered when the cadet submits the proper documentation, which can be obtained from the Deputy Commanding Officer. Hijabs and Turbans are permitted, and are to be light blue in colour. These can be secured through the supply system.

20. Religious items or accessories (e.g. a Christian Cross) which are not visible or otherwise apparent are unregulated and may always be worn, provided they do not interfere with the proper wear and use of uniform items, accoutrements, or equipment.

PART 2: CIVILIAN CLOTHING INSTRUCTIONS

Introduction

1. These civilian clothing (or civvies for short) instructions are set at the Squadron level to ensure that the cadets' appearance is always appropriate and at its best.

Appearance

2. Male cadets must always be clean shaven when attending cadet activities, even when wearing civvies. Their hairstyle should reflect the occasion as well as the clothes being worn.

3. Female cadets do not need to have their hair to uniform standards when wearing civvies, but long hair (i.e. hair that must be put in a bun or braid when in uniform) must be gathered in a way that prevents it from falling over the face or obscuring vision. The style should reflect the occasion as well as the clothes being worn.

Uniform-equivalent Cadet Civilian Dress

4. A cadet who is not able to wear his/her uniform to regular training or other activities must wear civilian clothing which is considered equivalent to the uniform. While cadets are not expected to buy articles of clothing in order to follow this guide, these are all items they will most likely require for other social functions outside of cadets. The preferred colours are white tops, black trousers or skirt, black tie, black shoes. If a cadet does not have these items, then another conservative colour can be substituted.

5. During "Summer Dress" period, proper civvies consists of the following:

- a. dress shirt or golf shirt;
- b. dress pants; and
- c. dress shoes worn with socks.

6. During "Winter Dress" period, proper civvies consists of the following:

- a. dress shirt (preferably long-sleeve);
- b. tie
- c. jacket or sweater may be worn;
- d. dress pants; and
- e. dress shoes worn with socks.

7. During both dress periods, female cadets may substitute equivalent female clothing (skirts and dresses are acceptable).

Sports/PT gear

8. During sports or PT (Physical Training) activities, the following items must be worn:
- a. sports shoes and socks;
 - b. shorts or track pants (depending on preference and temperature); c. t-shirt (a sweater may be worn in cooler weather); and
 - d. if the activity is conducted outdoors, a hat (baseball cap or other).

Civilian Attire

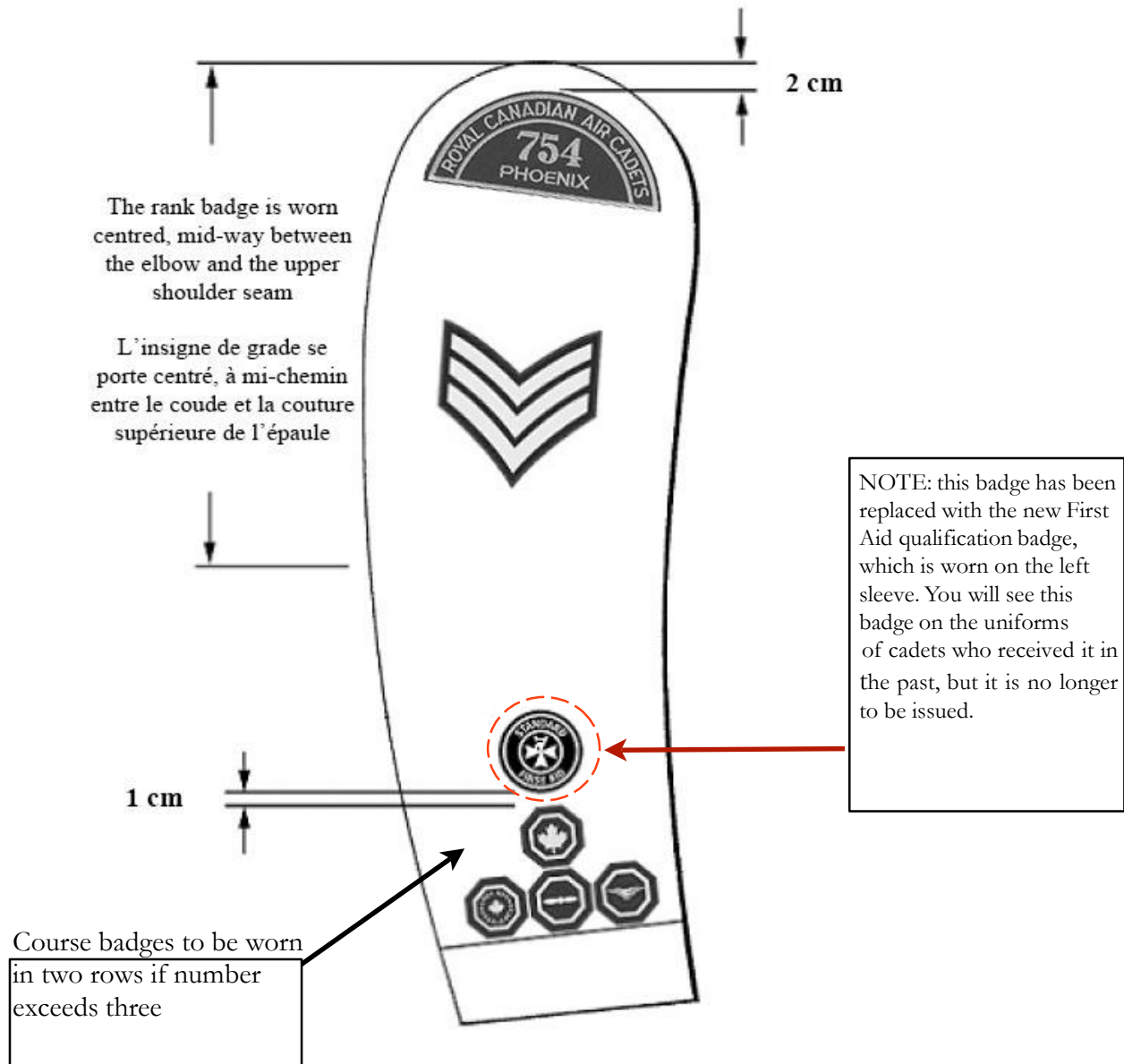
9. In situations where wear of the cadet uniform is not appropriate and civilian attire is locally authorized, the standard for all cadet units in Central Region is that the civilian attire should:
- a. look professional;
 - b. be suitable for the activity and weather conditions;
 - c. be clean, free of rips or tears;
 - d. refrain from offensive messages or graphics; and
 - e. ensure that safety gear can be worn, as required

Cadets: If you have any questions regarding these Dress Instructions, speak to your Flight Commander or to the person above you in the chain of command.

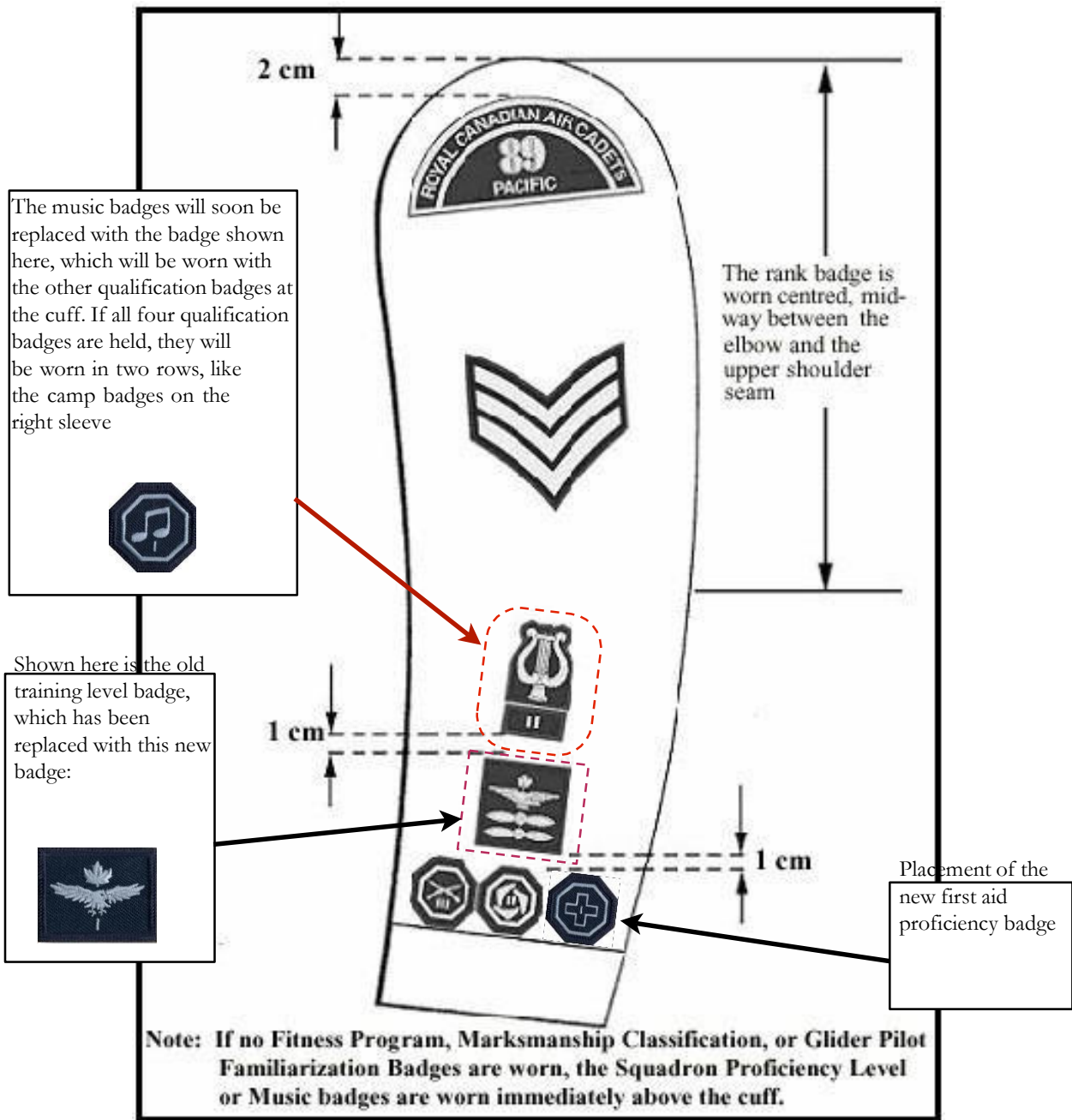
Parents: If you have any questions regarding these Dress Instructions, please ask to speak to the Standards Officer or to the Deputy Commanding Officer.

APPENDIX: Illustrated References

Badge Placement, Right Sleeve Cdt-FSgt



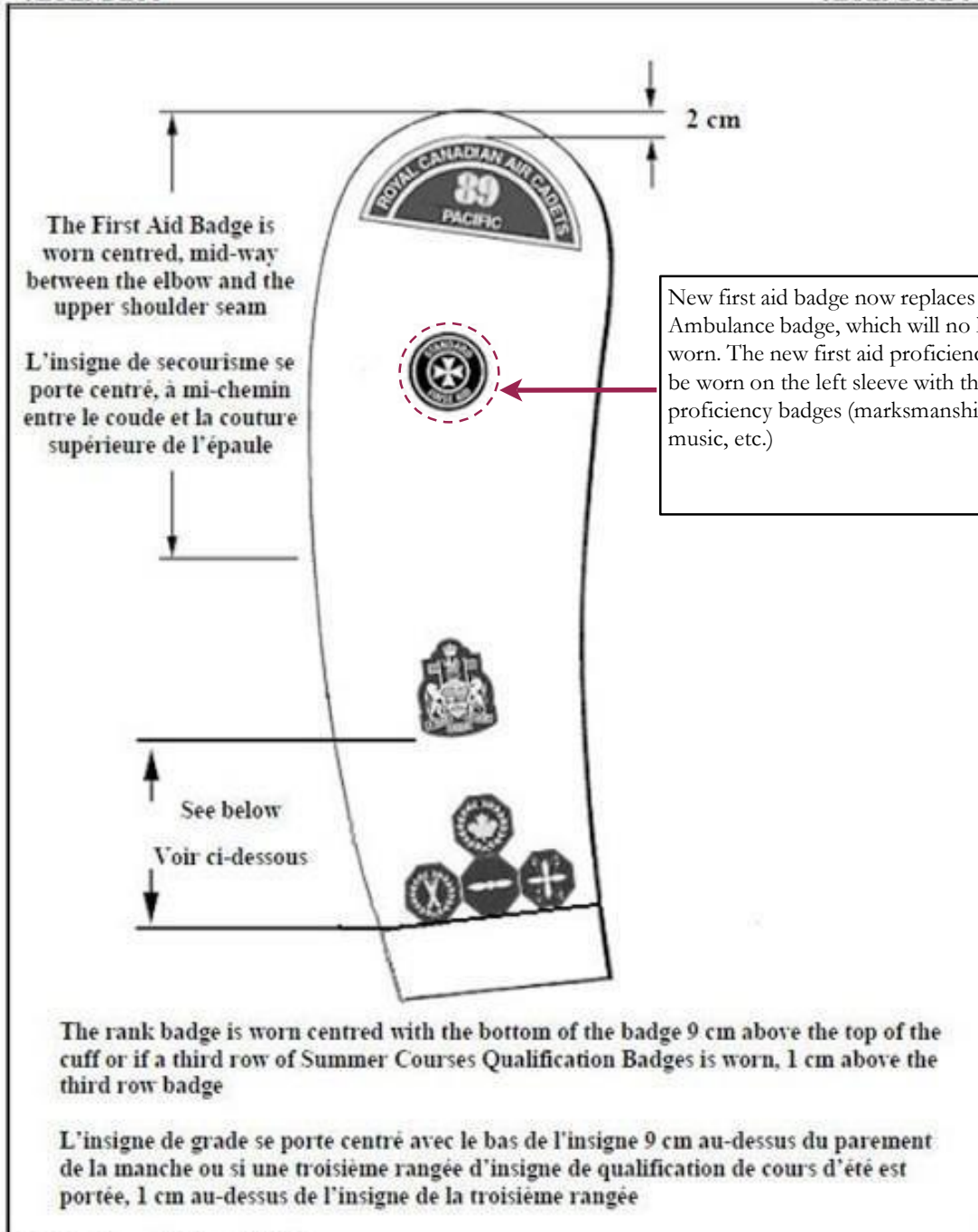
Badge Placement, Left Sleeve Cdt-FSgt



Badge Placement, Right Sleeve Warrant Officers

CATO 55-04
ANNEX F
APPENDIX 8

OAIC 55-04
ANNEXE F
APPENDICE 8

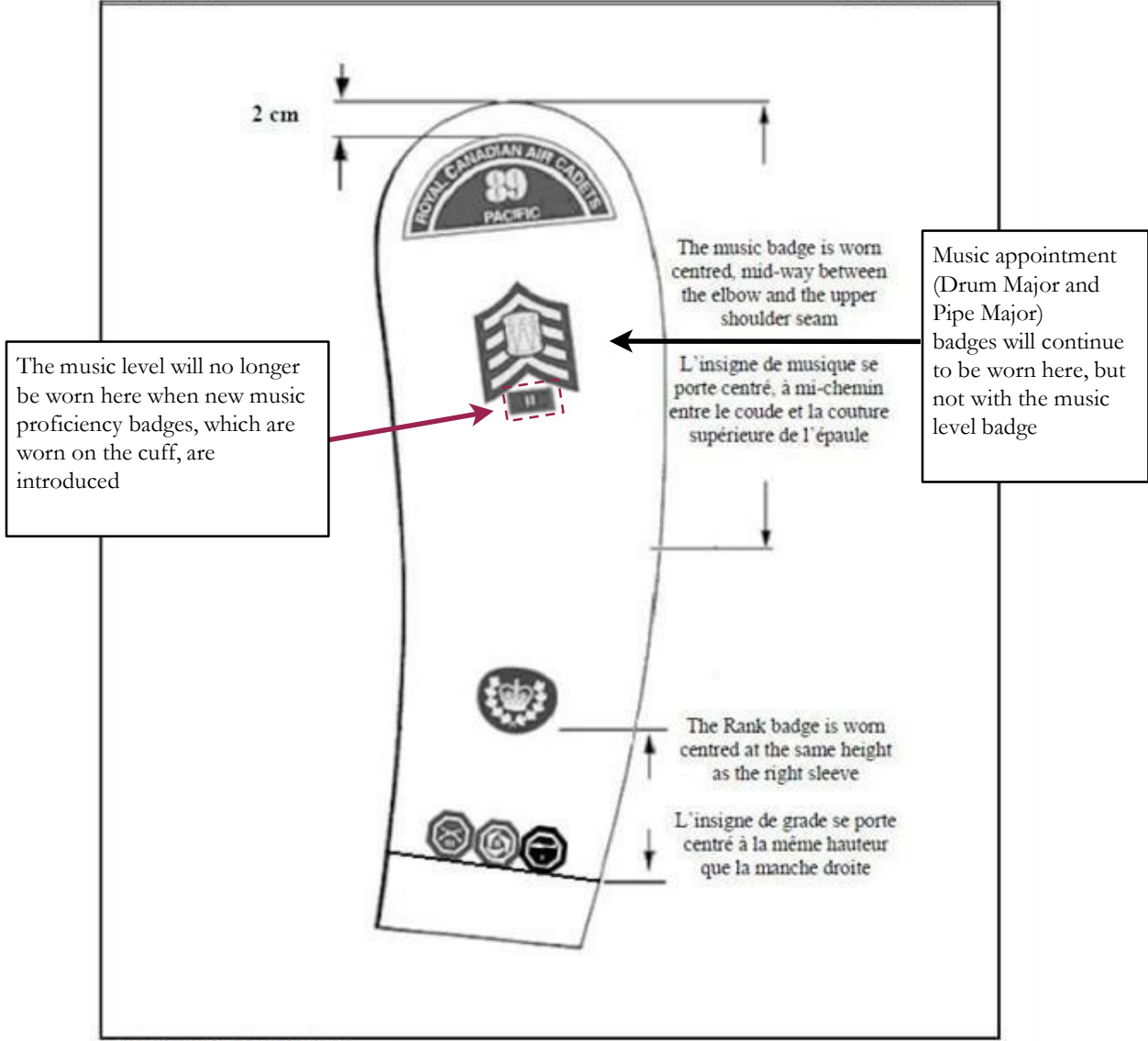


Right sleeve (WO1 and WO2)
Manche droite (Adj 1 et Adj 2)

Badge Placement, Left Sleeve Warrant Officers

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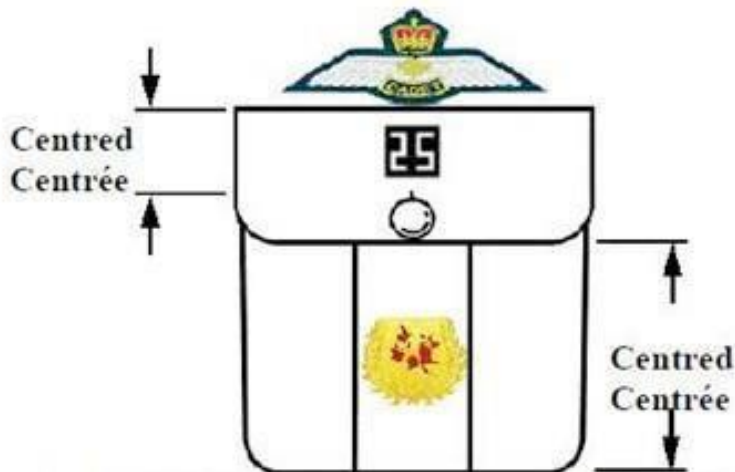


Left sleeve (WO1 and WO2)
Manche gauche (Adj 1 et Adj 2)

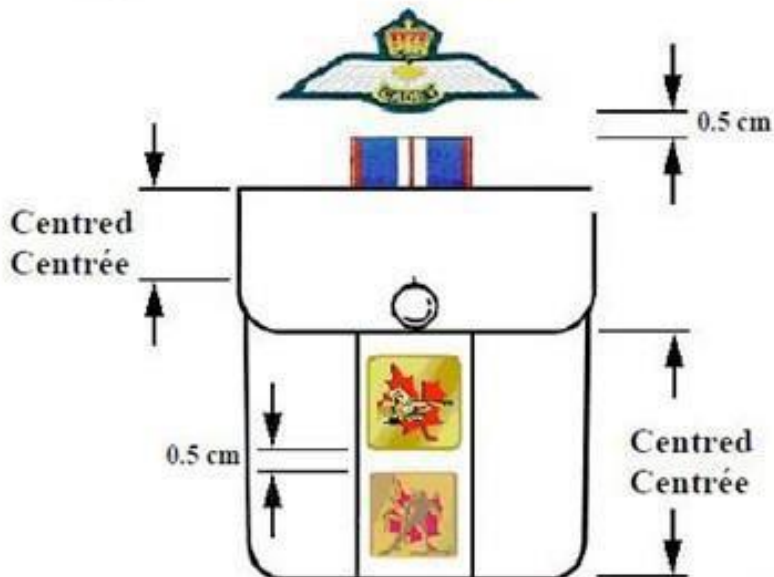
Medals and Pins Placement Left Breast Pocket

CATO 55-04
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APPENDIX 6

OAIC 55-04
ANNEXE F
APPENDICE 6



With one Effective Speaking or Marksmanship or Biathlon Pin and also a squadron anniversary pin (e. g. 25th anniversary)
Avec une épinglette d'art oratoire, de tir ou de biathlon et également une épinglette d'anniversaire d'escadron (p. ex. 25ième anniversaire)

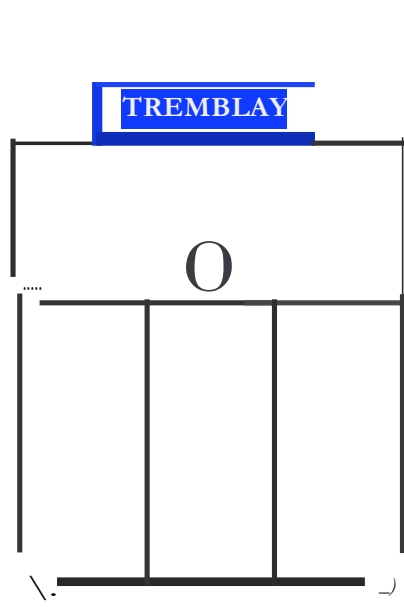


With Canadian Orders, Decorations and Medals ribbon(s) and also two pins amongst the Effective Speaking, Marksmanship and Biathlon Pins
Avec ruban(s) des ordres, décorations et médailles du Canada et également deux épinglettes parmi les épinglettes d'art oratoire, de tir et de biathlon

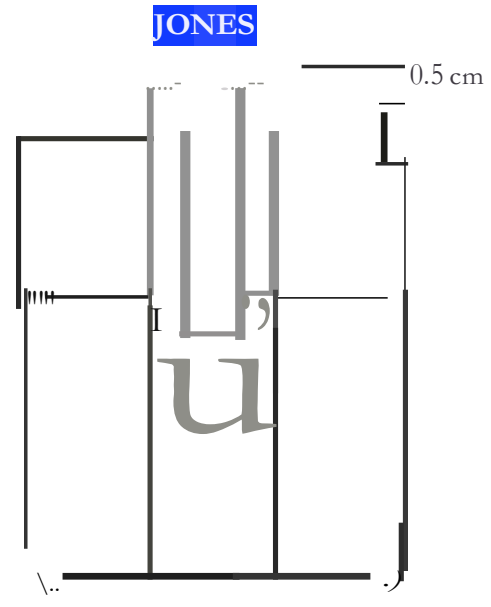
NOTE: Medals worn on left side are those which are authorized for wear on Canadian Armed Forces uniforms. Cadet medals are worn on right side

Left breast pocket
Poche de poitrine gauche

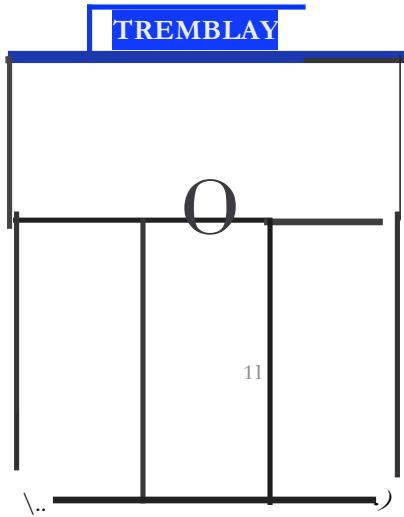
Medals and Pins Placement Right Breast Pocket



Name tag



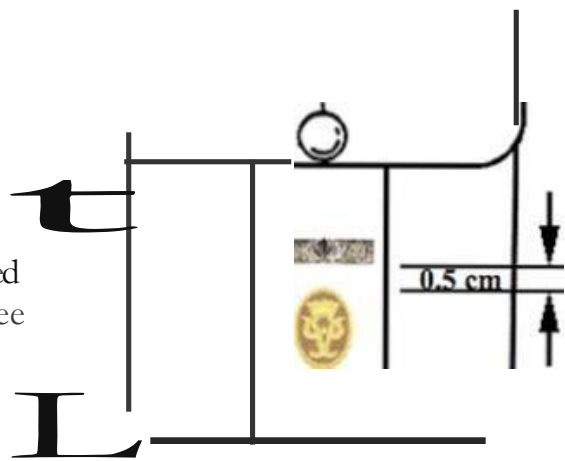
Name tag with Cadet Medal(s)



Name tag with one pin amongst the Commendation or Duke of Edinburgh Pins



Centred
Centree



Name tag, Cadet Medal ribbon(s) with both Commendation and Duke of Edinburgh Pins