

SECTION 2

APPEARANCE

DEPARTMENT

1. **General.** IAW (QR)Cadets 5.20, the deportment and appearance of all cadets, in uniform or when wearing civilian attire, shall on all occasions reflect credit on the Cadet Program and the individual.
2. **Behaviour.** When in uniform, cadets shall conduct themselves in a manner which projects a positive public appearance. Behaviour such as chewing gum, use of electronic devices while walking, placing hands in pockets and walking hand in hand, is prohibited.
3. **Cadet Presence.** Cadets in uniform shall be well groomed, with footwear cleaned and shone, and uniform cleaned and properly pressed. In particular, buttons, fasteners and zippers shall be kept closed; pockets shall not be bulged; items such as personal mobile devices, portable electronics, glasses, glass cases, sunglasses, pens, pencils, key rings or paper shall not be visibly extended, protrude from pockets or be suspended from waist belts; headphones shall not be worn; ear buds may be worn when travelling on transport only. Cadets wearing civilian clothes during cadet activities shall dress and conduct themselves in a manner that reflects positively as members of the Cadet Program.

HAIR

4. Hair on the head shall be neatly groomed and conservatively styled. The length, bulk or style of hair shall not detract from a positive appearance or preclude the proper wear of cadet headdress. (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 present a bizarre, exaggerated, or unusual appearance. Unusual 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 hair styles shall be as unobtrusive as possible. Hair ornaments shall not be worn, except female's conservative hair clip. Cadets may use hair-gel or hairspray as a personal choice, but must not be mandated to do so.
5. The following outlines in detail what shall be applied to specific groups within the organization:
 - a. **Male Cadets.** (see Figure 2-2-A). Hair shall be taper-trimmed at the back, sides, and above the ears to blend with the hair-style; be no more than 15 cm (6 in.) in length and sufficiently short that, when the hair is groomed and headdress is removed, no hair shall touch the ears or fall below the top of the eyebrows; be no 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; and 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:
 - (1) **Sideburns.** Sideburns shall not extend below a line horizontally bisecting the ear, and shall be squared off horizontally at the bottom edge and taper-trimmed to conform to the overall hair style,
 - (2) **Beards.** (see Figure 2-2-B). They shall be worn with a moustache, kept neatly trimmed, especially on the lower neck and cheekbones; not exceed 2 cm in bulk. Cadets shall, on their own accord or upon direction from their CO shave off unsuccessful attempts to grow a beard unless beard is grown due to an accommodation, and
 - (3) **Moustaches.** (see Figure 2-2-B). 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.

- b. **Female Cadets.** (see Figure 2-2-C). Hair shall not extend below the lower edge of the shirt collar. Exaggerated styles, including those with excessive fullness or extreme height, are not authorized.
- (1) **Pony Tails.** (see Figure 2-2-D) If worn, shall be styled conservatively and tied tightly by a knot or a small unadorned fastener. A pony tail shall be worn in the centre of the back.
 - (2) **Braids.** (see Figure 2-2-D) If worn, shall be styled conservatively and tied tightly; secured at the end by a knot or a small unadorned fastener. A second small unadorned fastener may be used to secure the top of the braid. A single braid shall be worn in the centre of the back. Double braids shall be worn behind the shoulders. Hair shall be a maximum length when gathered behind the head and braided which does not extend below the top of the armpit. Multiple braids (cornrows), (see Figure 2-2-E) 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. A second small unadorned fastener may be used to secure the top of the braid. Multiple braids extending below the lower edge of the collar are to be gathered in a bun. With the permission of a 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; all the while maintaining a positive military appearance and subject to the cadet's safety;
- c. **Indigenous.** Indigenous cadets whose spirituality embraces the wearing of braids, and who formally state their intention to grow their hair in a traditional manner with identification of the group or nation they belong to, shall be granted permission to grow their hair. For the transition from short to long hairstyle, hair shall not extend below the lower edge of the shirt collar and be styled neatly. Long hair that does extend below the lower edge of the shirt collar, and is not long enough to be braided, shall be gathered behind the head with a small unadorned fastener of a colour that blends with that of the hair itself. As soon as the hair is long enough, braids shall be styled conservatively and tied tightly; secured at the end by a knot or a small, unadorned fastener as above. A second small unadorned fastener may be used to secure the top of the braid. A single braid shall be worn in the centre of the back, double braids shall be worn behind the shoulders. Hair shall be a maximum length when gathered behind the head and braided, which does not extend below the top of the armpit. Permission must be obtained before growing or cutting hair. Cadets shall commit to one hairstyle or another, they should not be changing their hairstyle every few weeks unless it is required for a specific tradition; and
- d. **Rastafarians.** Rastafarian cadets must wear cadet uniforms and observe the Cadet Program rules and dress instructions as indicated in Section 1 except for spiritual and religious reasons, are authorized to wear their hair in dreadlocks. Specific requirements for wearing dreadlocks are as follows:
- (1) the cadet may grow their hair naturally into dreadlocks and once long enough shall be gathered behind the head with a small unadorned fastener of a colour that blends in naturally with the hair. The hair is to hang centered on the back when in uniform.

JEWELLERY

6. Cadets may wear a wrist watch, a Medical Alert identifier and a maximum of two rings which are not of a costume jewelry nature.

7. **Piercings.** Cadets in uniform may wear a single pair of plain gold, silver stud, white diamond, or pearl earrings in pierced ears. The single stud earring, worn in the centre of each earlobe, shall be spherical in shape and shall not exceed 0.6 cm (1/4 in.) in diameter. In addition to authorized earrings in pierced ears, conservative, non-visible, clear body piercing adornments are permitted to be worn by cadets in uniform or during cadet activities in civilian clothing. (see Figure 2-2-C).

BODY ADORNMENT

8. **Make-up.** Cadets are authorized to wear a minimal amount of make-up. During cadet activities, make-up shall be applied conservatively. The use of false eyelashes, heavy eyeliner, brightly coloured eye shadow, coloured nail polish, bright or vivid lipstick and excessive facial make-up is not authorized.

9. **Body Tattoos.** Cadets shall not display visible tattoos that could be deemed to be offensive or otherwise reflect discredit on the Cadet Program.

UNDERGARMENTS

10. Undergarments, including a brassiere for female cadets, if required, shall be worn under all orders of dress and shall be of an appropriate colour so as not to be visible through uniform and civilian items of clothing.

11. Undershirts may be worn under any order of dress. Undershirts shall be of a solid colour and free of lettering or designs that will show through the uniform shirt, they shall not be visible at the neck opening or below the sleeves.

EYEGASSES / SUNGLASSES

12. 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.

13. Sunglasses with mirrored lenses are not authorized for wear.

WEAR OF CLOTHING ITEMS

14. **General.** The following paragraphs give instructions for common items, both permanent equipment and optional items.

15. **Headdress:** (see Figure 2-2-F)

a. **Beret.** The beret shall be worn level on the head, with the sweatband above the eyebrows, the badge centred over the left eye, and the crown pulled downward to the right. The break of the sweatband shall be worn centred at the back of the head, with no draw string visible. The rifle green beret or turban shall be worn by Army Cadets unless authorized to wear the headdress of their affiliated unit, to include:

- (1) Armoured – black beret or turban,
- (2) Artillery, Electrical Engineers, Signals and Intelligence – blue beret or turban,
- (3) Regiments of Foot Guards – guards-pattern undress forage caps as optional items, khaki beret or turban,
- (4) Rifle Regiments – rifle-pattern undress field service (wedge) caps,

- (5) Airborne – maroon beret or turban, and
 - (6) Military Police – scarlet beret or turban;
- b. **Wedge Cap.** Worn on the right side of the head, centred front and back, with the front edge of the cap 2.5 cm (1 in.) above the right eyebrow. Two Air Force buttons must be attached in pre-cut holes at the front;
- c. **Seaman’s Cap.** Worn so that the rim of the cap is 2.5 cm (1 in.) above the eyebrow. The front seam is centred directly over the nose. The chin stay shall be sewn inside the cap at the correct length to permit the stay to fit under the chin. It may be worn with Royal Canadian Sea Cadet or corps cap tally. If Royal Canadian Sea Cadet, the centre of the lettering on the cap tally (between the “I” and “A” of the word “CANADIAN”) should be in line with the front cap seam. For the corps name, fold in half from the “R” (RCSC) to the last letter of the corps name, and centre to line up with the front cap seam. It is tied in a neat bow, not more than 7.5 cm and not less than 5 cm across, the ends being of equal length. The bow is to be centred on the left ear vents. The chin stay shall be worn down by cadets wearing webbing if parading as a member of a band, guard or colour party;
- d. **Sea Cadet Ball Cap.** Worn square on the head with the sweatband 2.5 cm (1 in.) above the eyebrows. The brim of the cap shall not have excessive or exaggerated curve and is not to be folded or creased down the centre. The lettering is to be 1.3 cm (1/2 in.) gold coloured thread embroidery, displaying “RCSCC” and corps name (e.g., RCSCC BRILLIANT), and corps numerical designator (e.g., 104) on the front panel in capital block lettering, and no other lettering or graphic is authorized;
- e. **Wide-Brimmed Tan Summer Hat.** Worn by cadets when undergoing training activities for which the regular headdress is unsuitable;
- f. **Toque.** Worn as an alternative winter headdress. Toques shall be worn flush against the top of the head and turned up once to show either a 7.5 cm (3 in.) or a 10 cm (4 in.) fold according to the design of the toque, with the lower edge of the fold 2.5 cm (1 in.) above the eyebrows. The insignia is centered directly over the nose. According to the severity of the weather, the toque may be:
- (1) worn up, square on the head and slightly angled towards the back, or
 - (2) pulled down at the sides and back to cover the ears;
- g. **Turban, service.** The turban shall be worn as detailed in Section 3; and
- h. **Hijab.** Female’s hair and neck covering may be used by female Muslim cadets, the applicable uniform headdress shall be worn over the hijab. The hijab is available in elemental colours:
- (1) Sea Cadets – white, or navy blue (black),
 - (2) Army Cadets – light green, and
 - (3) Air Cadets – light blue.
16. **Jackets.** Sleeves shall be roll-pressed with no creases. Jackets shall be worn fully buttoned-up with the exception of the top button.
17. **Jacket Belts.** Worn so that the excess of the belt, once attached, is on the left side of the buckle. The buckle shall be adjusted so that it is centred on the buttons of the jacket.

18. **Trousers.** Shall be worn as follows:
- a. with the trousers belt;
 - b. pressed so as to have a crease down the front and back centre of each leg; and
 - c. the length of the trousers should extend to the 3rd eyelet from the bottom of the cadet ankle boot.
19. **Belt for Trousers.** The issued narrow black web belt with brass buckle shall be worn with the trousers. Belts should be worn so the excess belt protrudes from the buckle toward the wearer's left. Buckles with elemental / corps / sqn / CTC badges are authorized for wear with the uniform.
20. **Sea Cadet Lanyards.** Worn under the collar, with the knot placed at the second button from the top, while the remainder of the lanyard loops around and is tucked into the inner corner of the left breast pocket with slack of bight of the lanyard hanging 8 cm below the top of the pocket.
21. **Shirt, Air / Army Cadet.** Worn with tie with or without jacket or open neck without jacket and rank slip-ons shall be worn with the shirt. Army cadets may wear open neck with jacket.
22. **Gunshirt.** Worn with or without jacket and only white rank insignia shall be worn.
23. **Sea Training Shirt.** Worn with the sleeves rolled up or down and rank slip-ons shall be worn.
24. **T-Shirt, Black / Olive Green / Blue.** The t-shirt shall be worn under the Sea Training Uniform (C5 / STU), Naval Combat Dress (NCD), Field Training Uniform (C5 / FTU) and Flight Suit (C5B).
25. **Rank slip-ons.** Shall be worn with the following:
- a. shirt;
 - b. the all-season coat (worn on both the liner and the exterior coat);
 - c. the blue flight suit at the flying site;
 - d. sea training uniform shirt (STU); and
 - e. field training uniform (FTU).
26. **Insignia Shoulder Title.** Shall be worn on both sleeves of the jacket.
27. **Necktie.** The necktie shall be worn by Air and Army Cadets. It is knotted neatly using a Windsor knot, (see Figure 2-2-G) and shall be kept tight. Conservative tie-pins or clips may be worn.
28. **Socks.** Grey wool socks may be worn with boots and running shoes. Cadets may elect to wear their own personal socks, grey or black, wool, cotton or nylon, in lieu of the issued grey wool socks. Socks shall not be rolled down.
29. **Boots Ankle.** (see Figure 2-2-H) Ankle boots shall be laced across horizontally from side to side. Boots shall be clean and shone at all times. They will not be modified with any type of metal cleats, hobnails or other metal attachments to heel or sole.
30. **Multi-Purpose Boot.** (see Figure 2-2-H) Intended for wear as environmental dress with the Cadet FTU / STU. Multi-purpose boots shall be cross laced and kept clean at all times. They may be blackened with boot polish but shall not be shone.
31. **Running Shoes.** Worn with personal or issued sports clothing. As ordered by the CO, may be worn in any order of training or operational dress provided and the footwear is considered suitable for the type

of activity. May be worn with ceremonial or service dress in lieu of boots only if facility owner does not allow black soled boots.

32. **All-Season Coat.** Worn IAW the following:
 - a. may be worn year round when weather conditions dictate;
 - b. the liner and the exterior coat may be worn separately or as a set;
 - c. when worn, the zipper and dome fasteners shall be fully closed to the second from the top button; and
 - d. the liner alone shall not be worn for ceremonial events in public.
33. **Gloves.** Worn when ordered or as required during winter dress.