

Personal Appearance

The following are Sea Cadet Regulations on personal appearance. All Cadet Members of RCSCC NELSON's Ship's Company must meet the following standards.

Hairstyles

General

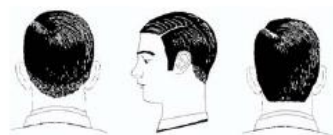
The following orders apply to both female & male cadets.

- Hair on the head shall be neatly and conservatively styled.
- The length, bulk and style of the hair shall not preclude the proper wear of the Seaman's Cap.
- Style & Colour shall not be bizarre, exaggerated or unusual in appearance.
- Unusual colours such as green, bright red (non natural), orange, purple, etc. Are not permitted.

Males

Male hair should be styled as follows;

- Shall be taper-trimmed at the back, sides and above the ears to blend with the hairstyle.
- Shall be no more than 15cm(6in.) in length and sufficiently short that when the hair is groomed and the seaman's cap is removed no hair touches the ears or falls below the top of the eyebrows.
- Shall be no more than 4cm(1-1.5in) in bulk at the top of the head, gradually decreasing to blend with the taper-trim at the sides and the back.
- Shall be kept free from the neck to a distance of 2.5cm (1in.) above the collar.
- May be of taper-trimmed square back style.
- May be fully shaved off.



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Figure 7-5-8 Male Hair Taper-trimmed

Male Sideburns

- Shall not extend below a line horizontally bisecting the ear.
- Shall be squared off horizontally at the bottom edge and taper-trimmed to conform to the overall hairstyle.

Females

Female hairstyles should be styled as follows;

- Hair shall not extend below the lower edge of the collar when worn down.



Royal Canadian Sea Cadet Dress Instructions

Figure 7-5-11 Female Short Hairstyles

- Exaggerated styles, including those with excessive fullness or extreme height are not authorized.
- Hair may be worn in a bun at the back of the head.



Royal Canadian Sea Cadet Dress Instructions

Figure 7-5-12 Hair Styled in Bun

Make-Up

Make-up may be worn as follows;

- Female cadets are authorized to wear minimal amount of make-up.
- When in uniform, make-up may be applied but only in a conservative fashion.
- Precludes the use of false eyelashes, heavy eyeliner, brightly coloured eye shadow or lipstick, coloured nail polish and excessive facial make-up.

Jewellery

Jewellery may be worn as follows;

- The only jewellery that may be worn in uniform shall be a wristwatch, a medical alert bracelet and a maximum of two rings, which are not costume in nature.
- Female cadets in uniform may wear a single pair of plain gold or silver studs 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 0.6cm in diameter.



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Figure 7-5-15 Stud Earring Centred in Earlobe

- 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 may be worn in the centre of each ear lobe, may be worn at a time.
- **Male cadets are not authorized to wear earrings.**
- Cadets in uniform, or under cadet training in civilian clothing, shall not wear visible body piercing adornments (tongue included), with the exception of female cadets 'earrings as described above.
- Covering the unauthorized piercing with an adhesive bandage (Band-Aid) is not acceptable.
- A healing period of two weeks is authorized as long as it does not interfere with significant corps training or activities (i.e. ACR, competitions, departure to a CSTC, etc.).
- After the two week healing period is over the cadet must remove the body piercing adornment.
- The body piercing or adornment must be a healing sleeper or stud.

