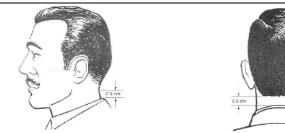


HAIR STANDARDS INSTRUCTION SHEET







Hair - Male cadets. The following additional details apply to male cadets:

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 in length and sufficiently short that, when the hair is groomed and beret is removed, no hair shall touch the ears or fall below the top of the eyebrows; be no more than 4 cm 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 above the shirt collar. Taper trimmed square back styles and shaving of all the hair on the head are permitted

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 hairstyle.

Moustaches. 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.

Beards. Beards shall not be worn except for those cadets who are adherent of the Sikh religion or cadets experiencing recognized medical problems preventing them from shaving. In the latter case, a note from a medical practitioner is required.



Hair-female cadets. The following additional details apply to female cadets:

Hair shall not extend below the lower edge of the shirt collar (see exception below). Exaggerated styles, including those with excessive fullness or extreme height, are not authorized. Braids, if worn, shall be styled conservatively and tied tightly, secured at the end by a knot or a small-unadorned fastener. 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 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. Hairpieces and extensions are not permitted.

Exception: With the permission of the corps CO, a 60day transition period may be granted a cadet to grow her hair longer for re-styling, during which time hair may extend below the lower edge of the shirt collar.

