

## Grooming Instructions Australian Air Force Cadets

**Jewellery.** Jewellery is not to be worn by members in uniform with the exception of wristwatch, medic alert bracelets and a necklace. Necklaces are to be worn underneath the innermost garment. They may be worn as long as it cannot be seen. Members, when in uniform or on duty, may wear a maximum of four rings on no more than two of the eight fingers. Such rings are to be of subdued appearance and design and of moderate size.

**Body Piercing.** Members are not permitted to wear any form of body piercing adornment at home training nights or on any cadet activities. The exception is for female members who may wear one matching stud or sleeper with diameter of 1cm in the lobe of each ear.

**Tattoos.** AAFC Members must not display tattoos.

**Hair length General.** The guidelines contained in this instruction on hairstyle and lengths are based on a number of important factors. Firstly, the traditional and well founded requirements for members of a military organisation to present themselves in a neat and well-groomed manner. Secondly, need for personnel to conform to the AAFC's operational, safety and hygiene requirements.

### Males

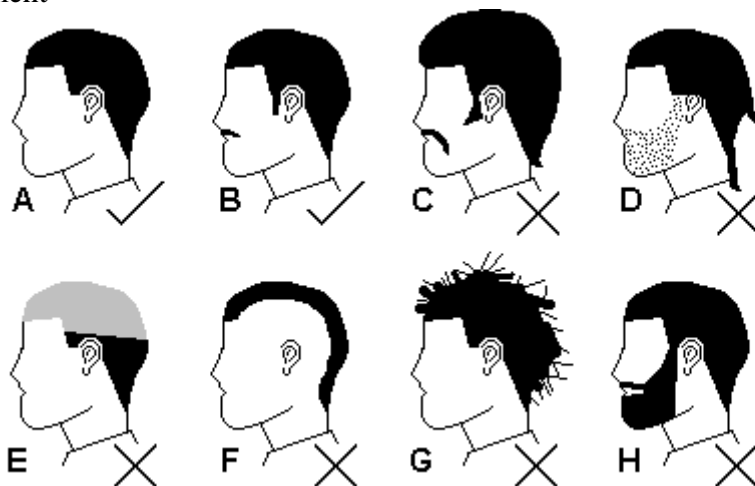
**Hair.** Hair is to be kept neatly trimmed and in a conservative style which does not interfere with the correct wearing of Service headdress. Radical styles such as stepped haircuts and styles, which have an uncombed appearance, are not permitted styles for personnel in uniform.

The hair is to be gradually tapered to the neckline and is not to cover, touch or overhang the ears or collar. Only conservative and natural tones of artificial hair colours are permitted. The acceptability of hairstyles is to be based on neatness, cleanliness and general appearance when wearing uniform.

**Sideburns.** Sideburns are not to extend below the level where the ear lobe joins the head. They are to be neatly trimmed and of the same width throughout their length. Bushy sideburns are not to be grown.

**Shaving.** A moustache is to cover the entire top lip and is to be kept neatly trimmed. The moustache is not to extend below the upper lip. As a general rule, the face is to be shaven daily prior to reporting for duty, and in the case of cadets, as appropriate to each cadets' age and development.. However, beards and whiskers (defined as facial hair other than sideburns or moustaches) may be worn if there is a medical reason which temporarily prevents shaving. In such cases approval from a medical officer must be obtained. During the period that a member has been given approval not to shave, the resulting growth of hair is to be kept short and neatly trimmed.

Cadets are not to be forced to shave when there is clearly no need to shave i.e. before or during early stages of adolescent development



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### Females

**Hair.** Hair is to be conservative in style and neatly groomed at all times. Radical, exaggerated styles, including those with excessive fullness or extreme height are prohibited. Such styles include step haircuts, Mohawks or styles, which have an uncombed appearance, are not permitted to be worn by personnel in uniform or on duty. The hair is not to sit on or sweep across the shoulders and is to be above the rear lower level of the buttoned collar. Long hair is to be worn in a bun, French roll, single braid or plait, pinned against the rear of the head not to extend below the bottom of the collar. The bulk of the hair is not to interfere with the correct wearing of the service headdress.

**Hair colours and accessories.** Only natural tones of artificial hair colours, including streaks are permitted. Heavy mesh nets or an excessive number of hairpins are not permitted when in uniform.

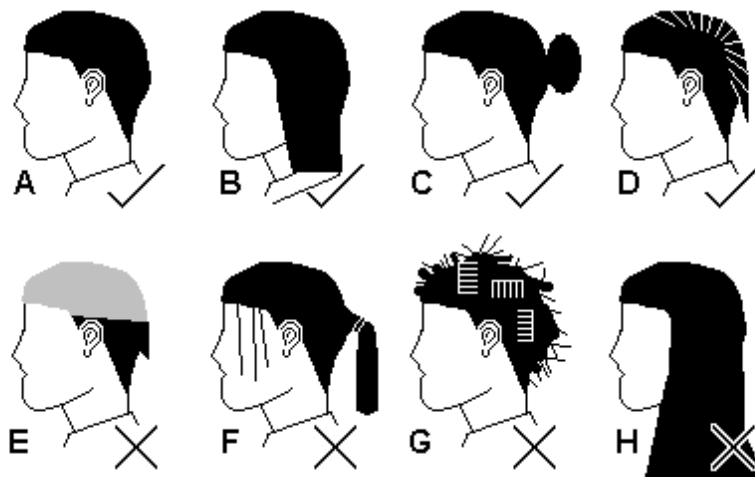
**Hair combs.** A member in uniform may wear up to two hair combs in her hair, provided the combs are plain design, transparent, black, brown or tortoiseshell in colour and no more than 80mm in length.

**Headbands.** Headbands may be worn by females with working dress unless Work Health and Safety or other considerations preclude their use. They are to be no wider than two and a half (2.5) centimetres in width and of the same or similar colour as the hair. Tortoiseshell headbands are acceptable. Headbands may not be worn with ceremonial dress nor when undertaking representational duties

**Ponytails.** Female members may wear a ponytail only in the interim period between having hair short enough to wear down and long enough to wear up in approved styles without excessive hair clips or stray hair. Female members should inform their Squadron Executive Instructor of their intention to grow their hair and should not wear a ponytail for a period greater than one month.

Ponytails should be worn between the crown of the head and the base of the hairline.

The hanging hair should not extend below the base of the rear lower level of the buttoned collar. Pony tails may not be worn with SD Cap, ceremonial dress, nor when undertaking representational duties.



**Cosmetics.** Female cadets may wear conservative make-up and cosmetics, appropriate to their age provided it is conservative and applied in moderation, and is appropriate to the uniform and the military environment. Nail polish must be neutral or pale and of the same colour throughout. Female staff and senior female cadets are to monitor the make-up and cosmetics worn by female cadets and if they are deemed not appropriate for the uniform or environment they are to ask the cadets concerned to adjust their makeup.