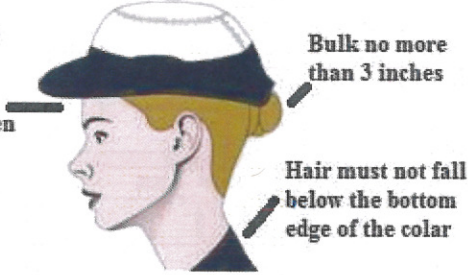



2.B. Grooming Standards

Grooming standards are based on several elements including neatness, cleanliness, safety, military image, and appearance. Forms of altering an individual's appearance, such as the use of cosmetics, hair color or styles, colored contact lenses, fingernail color and length, tattoos, body piercing, branding, intentional scarring, etc., that are not in the keeping with the customs, traditions, and spirit of military appearance are not acceptable for Coast Guard personnel in uniform. If a member's official I.D. Card photo no longer resembles the appearance of the member, it is the member's responsibility to obtain a new official I.D. Card with an updated photo as soon as possible. It is impossible to provide examples of every appropriate or unacceptable hairstyle or "conservative" or "eccentric" grooming, therefore the good judgment of leaders at all levels is key to upholding the Coast Guard grooming policy. The appropriateness of a hairstyle must also be judged by its appearance when headgear is worn. All headgear shall fit snugly, properly, and comfortably on the head without distortion or excessive gaps. Hair shall not be visible below the front brim (combination or ball cap) or extend beyond the forward point of the garrison cap.

The Superintendent, Coast Guard Academy; Commanding Officer of Training Center Cape May; and Commander, Telecommunication and Information Systems Command (parent command for Coast Guard Honor Guard) are authorized to establish more restrictive grooming standards for cadets, officer candidates, enlisted recruits, members of the training command's permanent party, and Honor Guard members. Restrictive grooming standards are not applicable to tenant commands of the units authorized to establish such restrictive standards. The table below describes general grooming requirements.

Grooming Item	Policy
Hair – Overall	<ul style="list-style-type: none"> • Must be clean, well groomed, and neat. • Hair coloring, if used, must look natural. Unnatural colored hair (e.g. pink, purple, green, two-tone black/blonde) is not authorized. Non-distracting mild highlights that are well blended are authorized. • Must not touch eyebrows when groomed, or extend below front of properly worn headgear. • Must not have shaved decorative patterns or sections on the scalp. • Must not contain ornamentation other than prescribed in this section for women's hair style.

Grooming Item	Policy
<p data-bbox="248 310 505 346">Hair – Women Only</p> <div data-bbox="248 373 862 625">  <p data-bbox="248 373 412 514">Hair does not fall below eyebrows or headgear when worn</p> <p data-bbox="699 380 841 436">Bulk no more than 3 inches</p> <p data-bbox="678 510 862 594">Hair must not fall below the bottom edge of the collar</p> </div>	<p data-bbox="914 310 1455 489">Must be clean, well groomed, and neat, it must not present a ragged or unkempt appearance Hair coloring, if used, must look natural. Must not have shaved decorative patterns or sections on the scalp.</p> <p data-bbox="914 520 1446 625">Must not contain ornamentation other than prescribed in this section for women's hair styles.</p>
<p data-bbox="248 745 878 781">Examples of some authorized women's hair styles:</p> <div data-bbox="272 808 792 1806">  </div>	<p data-bbox="914 745 1409 886">Commanding officers must insure all haircuts and styles will present a balanced, neat, professional, and well groomed appearance.</p> <p data-bbox="914 919 1422 1060">The hair may touch, but not fall below a horizontal level with the bottom edge of the back shirt or Jacket collar, except the foul weather parka.</p> <p data-bbox="914 1060 1458 1129">Hair (to include bangs) will not extend below the eyebrows.</p> <p data-bbox="914 1129 1461 1480">No portion of the bulk of the hair as measured from the scalp will exceed two inches. (Except a bun, that may extend to a maximum of three inches from the scalp and may be no wider than the width of the female's head). The bun may touch the collar, but may not fall below the bottom edge of the shirt collar or jacket collar, with the exception of the foul weather parka.</p> <p data-bbox="914 1480 1461 1659">Hair accessories shall not add more than two inches (3 inches max. for bun) of bulk or interfere with the proper wearing of all style Caps (to include the use of a hair sock).</p> <p data-bbox="914 1696 1438 1873">Hair that would normally fall below the lower edge of the collar, brought to a ponytail, regardless of length, must be neatly and inconspicuously fastened, pinned or secured to the head, so as not to</p>

Examples of some authorized women's hair styles
(continued):



swinging freely.

When a hairstyle of multiple braids, micro braids, hair extensions, locks, twists, cornrows or weave is worn, it must stay within uniform standards and will be of small diameter (approximately 1/2-inch or less and not to exceed 1/4 inch space between rows) and in uniform dimension. Braid ends will be secured only with inconspicuous material that matches the color of the hair. Micro braids, extensions, and weaves may extend out from the scalp. Hairpins (bobby pins), small barrettes, elastic bands, small plain scrunchies (elastic bands covered with material not to exceed one inch in width) only brown, black, navy blue or individual's hair color are authorized, wingless hair claws (not to exceed 3 inches in length and 1 inch width), along with small combs that are plain black, navy blue, brown, or color similar to the individual's hair are authorized. Hair claws must not interfere with the proper wearing of head gear (and/or safety gear).

Commanding officers may restrict the wear of hair accessories while engaged in operational environments where there is risk to personal safety or foreign object damage (FOD) hazard.

The following hairstyles are not authorized:

- Lopsided hairstyles
- Extremely asymmetrical hairstyles
- Single braid that goes down one side of the head
- Widely spaced individual hanging locks or braids
- Pigtails that protrude from the head