



# No.19 (Auckland) Squadron Air Training Corps, NZ Cadet Forces

PO Box 121-085 Henderson Auckland  
www.19squadron.org.nz Email: info@19squadron.org.nz

Patron: Rt Hon Helen Clark, MP



## GROOMING

### References:

NZAP 207 RNZAF Dress Instructions  
NZCF Policy and Administration Manual

### Males

#### Hair

- Must not extend within 13 mm of the collar.
- Must not be ragged, excessive in bulk or length, or overlap the eyes or ears.
- Must not interfere with the wearing of the service cap.
- If dyed, hair is to be a single tone of a natural colour.
- Sideburns are not to increase in width and must be horizontally cut no lower than the bottom of the earlobe.

*Off the ears and off the collar is a permissible alternative for parade nights as long as the hair is not excessive in bulk or length, nor interfere with the wearing of the service cap.*

#### Shaving

- The face and underside of the jaw are to be clean shaven above the collar.

#### Jewellery

- Wedding, engagement or plain signet rings only are to be worn.
- Males are not permitted to wear earrings or studs.
- Any other body rings or studs must not be visible.

### Females

#### Hair

- Must not show on the forehead under the service cap.
- Combs, pins and hairnets are to be of a plain design and of similar colour to the hair.
- If dyed, hair is to be a single tone of a natural colour.
- If hair is short, it must be neatly styled and sit naturally above the shoulders.
- If hair is not short, it must be worn in a bun so that it rests no lower than 2 cm above the collar.

#### Cosmetics

- A moderate amount of facial cosmetics may be worn.
- Clear or pale nail polish may be worn.

#### Jewellery

- Wedding, engagement or plain signet rings only are to be worn.
- One pair of plain earrings or studs may be worn in the ear lobe only.
- Any other body rings or studs must not be visible.