**BITTERROOT VALLEY MILITARY PROGRAM HAIR REGULATIONS**

**Policies for Females**

* Females do not have to cut their hair.
* Completely shaved or closely shaved hair (may be tapered in appearance and if hair doesn’t part naturally, a straight part may be cut in).
* Short or medium length hair (not extending beyond the lower edge of the collar when standing up straight, in uniform)
* Hair may be worn in a ponytail or braid (must not interfere with the ability to wear authorized headgear)
* Long hair worn neatly pinned above the lower edge of the collar.
* Long hair accessories used to secure your hair that aren’t distracting or decorative.
* Black rubber bands, rubber bands that match your hair color, and plain hair accessories used to secure your hair that aren’t distracting or decorative.
* Hair extensions that have the same general appearance as natural hair
* Hair highlights with natural colors that blend in a subtle and natural way.
* Hair dyes, tints, or bleaches that match a natural hair color.
* Wigs that look natural (may not be used to cover unauthorized hairstyles)
* Hair worn in multiple styles, such as braided twists or locs with a side twist to secure hair, as long as style is neat in appearance and doesn’t impact proper wear of headgear.

**Not permitted for Females**

* Hair that interferes with the ability to wear headgear or protective equipment.
* Dyes, tints, or bleaches that do not match a natural hair color.
* Steel hair picks.
* Trendy and exaggerated hairstyles, including shaved portions of the scalp or designs cut into your hair.
* Loose hair (while in uniform).
* Extreme or dramatic updo styles (while in uniform).

**Policies for Males**

* Closely trimmed hair (if hair does not part naturally, you may cut a straight part into the hair or style the hair with one part) is permitted.
* Hair may not touch the ear or extend past eyebrows.
* Sideburns that don’t extend below the bottom opening of the ear.
* Hair is to be neatly groomed and cleaned.
* **Hair will not interfere with the wearing of headgear**.

**Not permitted for men**

* Braids, cornrows, twists, or locs (while in uniform or in civilian clothes on duty)
* Shaved designs cut into hair or scalp.
* Completely shaved scalp.
* Styled sideburns that taper, flare, or come to a point.

**FACIAL HAIR**

Facial hair must be clean-shaven (while in uniform or on duty). No beards or mustache or variations.

**BITTERROOT VALLEY MILITARY PROGRAM HAIR REGULATIONS**

EYEGLASSES, SUNGLASSES, & CONTACT LENSES

Permitted

* Conservative prescription eyeglasses
* Prescription contact lenses (except when health or safety considerations apply)
* Conservative prescription and non-prescription sunglasses while working in a garrison (non-field) environment, except while indoors.
* Sunglasses worn for medical reasons, other than refractive error (except when health or safety considerations apply)
* Eyeglass restraints (including bands) when required for safety purposes.

Not Permitted

* Eyeglasses or sunglasses with distracting initials or designs
* Sunglasses with lenses in distracting colors such as red, yellow, blue, purple, or orange
* Sunglasses that are so large or so small that they detract from the head while in uniform.
* Chains or ribbons attached to eyeglasses.
* Eyeglasses or sunglasses worn on top of the head while in uniform.
* Tinted or colored contact lenses (while in uniform), unless prescribed for eye injuries.
* Clear contact lenses that have designs on them that change the contour of the iris (while in uniform)

JEWELRY

Permitted

* Religious, articles, or jewelry may be worn with the uniform, including the physical fitness uniform.
* One item on each wrist (like a watch, activity tracker, pedometer heart rate monitor, medical or religious bracelet)
* Conservative stud earrings may be worn by women in all uniforms (unless safety concerns require removal)

Not permitted

* Earrings worn by men (while on duty)
* Attaching or displaying objects, jewelry, or ornamentation under the skin, tongue, or any other body part

NAILS

* Women must keep nails no longer than 1/4 inch as measured from the tip of the finger.
* Women may wear nude and natural nail polish shades, such as light pink.
* Women may have square or rounded nails but pointed or exaggerated nail shapes such as ballerina, stiletto, arrow, and coffin are not permitted.
* Men must keep nails trimmed (not exceeding beyond the fingertip)

LIPSTICK

* Women may wear natural shades of solid lipstick or tinted lip gloss.
* Women may wear lip liner, but only with a matching shade of lipstick.
* Men may not wear any lipstick or make-up (except when required in the field – camouflage).