

Dress Code

The California YMCA Youth & Government Program Committee has established this dress code and holds it binding on all delegates, advisors, and staff during all conferences. All of these rules have been placed in effect for the protection, safety, benefit, and reputation of you and the program. Any exceptions to the Dress Code due to safety or cultural concerns must be approved in advance by the CEO, California Youth & Government or his/her designee.

GENERAL DRESS CODE

Participants Must Wear

- Respectable attire that would be appropriate at school
- Shoes outside of barracks/sleeping areas (shoes must be closed-toed at Camp Roberts)

Participants May Not Wear

- Clothes that expose the midriff or highlights the private parts of the anatomy
- Clothing with inappropriate sayings or images (i.e. drug, alcohol, sexual references)
- Slippers or pajamas outside of barracks/sleeping areas
- Anything unsafe (i.e. open-toed shoes at Camp Roberts, shorts in freezing weather)

SACRAMENTO ML/C BUSINESS DRESS CODE

All participants must be dressed in business attire from 8:00 a.m. to 10:00 p.m., unless in their assigned sleeping room. After 10:00 p.m., casual clothes may be worn (see general dress code above).

State Capitol Business Attire

State Capitol Business attire is the Y&G term for the appropriate dress and grooming for conducting business in the State Capitol and other facilities. It is rooted in traditional conservative business attire and is not what would be worn to school or a nightclub. It should reflect a level of professionalism that conveys a feeling of competence and appropriateness for the task at hand.

Men Must Wear

- Conservative colors or muted patterns
- Collared shirt and tie – shirt must be tucked-in
- Suit slacks or ‘Dockers’ type slacks
- Sports coat, suit coat, sweater or sweater vest
- Dress shoes and socks

Banquet: Tuxedo or any of the above. A collarless formal shirt may be worn with the appropriate outfit.

Women Must Wear

- Conservative colors or muted patterns
- Blouse or sweater – must be hip length with a straight hem or tucked in (can sub w/dress)
 - You must wear a suit jacket or sweater over a sleeveless top
 - The outside layer must be the longest layer
- Dress slacks/capris or skirt/dress that is knee length or longer (slit no more than 3” above knee)
 - You must wear a matching suit jacket with capri slacks
- Skin colored or black nylons or tights on exposed legs and feet
- Business dress shoes

Banquet: Evening/cocktail dress and appropriate shoes or any of the above. Nylons are not required.

General Appearance For Everyone

Exhibit good personal hygiene and overall cleanliness in dress.

Hair styled conservatively – no unnatural hair color or highlights, no extreme hairstyles (mohawk, etc.).

If needed, use a conservative purse or bag to carry paperwork or other necessities.

No facial piercings other than conservative earrings are allowed to be visible during the Program Day (8:00 AM to 10:00 PM). This includes Gauges, O rings, and tunnels. Existing facial piercings must either be filled with a small clear spacer or covered with a modest skin tone bandage. Participants with stretched ears must wear a solid, neutral colored cylindrical plug. Tongue rings must be removed or replaced with a clear or neutral colored stud.

Cold/Rainy Weather – Raincoats, overcoats, casual jackets, rain boots and hats may be worn outside only and must be removed immediately when entering a building.

Participants May Not Wear

- Casual clothes: t-shirts, halter-tops, see through tops, sweats, leggings, jeans, shorts, etc.
- Casual shoes: sneakers, skate shoes, UGG type boots, flip flops, sandals, etc.
- Elaborately designed or colored clothing; ski sweaters, neon polka-dots, flannel shirts, etc.
- Obscure clothing: jackets made out of the flag, etc.
- Tight or baggy clothing – cloths should fit comfortably without need for adjusting
- Anything that exposes or highlights the private parts of the anatomy
- Anything that exposes the midriff or a large part of the back (i.e. backless evening gown)
- Uncomfortable shoes that will cause blisters when walking - we recommend heels under 2"

A Question Of Style...

It is easy to get caught up in the latest fashion trends. This is not what conservative business attire is about. It is about dressing appropriately. Think about what you would wear to an interview for an internship at a law office. If that is how you dress in Sacramento, you should have no problems.

The following are **some** fashion trends that are tempting to wear but are **NOT** business attire:

- ‘Dickies’ pants or a ‘Dickies’ jacket instead of a suit or sports coat
- Turtleneck instead of collared shirt and tie
- ‘Skinny’ pants or form fitting skirts/dresses
- Dress shirt dresses or sweater style dresses
- Dress shorts or a shorts suit outfit
- Flashy or casual ballet style shoes or ballet style shoes that do not have a shoe type sole
- Boots with a skirt/dress where any part of the leg is exposed (even if it is covered with tights)
- Patterned or fishnet nylons or tights
- Tights that cut off at the ankle or leggings