

Guidelines for Auxiliary Uniform and Appearance Standards

Background

Proper uniform appearance is a matter of concern to all Coast Guard Auxiliary members. When an Auxiliarist's uniform appearance is in accordance with the regulations it reflects positively on the individual, their Flotilla, and the Coast Guard Auxiliary. The wearing and appearance of the Coast Guard uniform should be a matter of personal pride to all Coast Guard Auxiliarists. Thus, their dress and uniform appearance should be of a quality to reflect credit upon the United States, the Coast Guard, the Auxiliary, and themselves.

Purpose

This guideline is intended to provide 5th Northern Auxiliary Region members a guide for making decisions regarding the proper wearing and appearance of the United States Coast Guard Auxiliary uniform. This document is designed to support the Coast Guard Uniform Regulations (COMDTINST M1020.6 (series)), the Coast Guard Auxiliary Manual (COMDTINST M16790.1 (series)) and the Coast Guard Uniform Fitting and Alteration Manual (COMDTINST M1020.7 (series)). This guideline does not supersede or cancel any portion of the above mentioned manuals and it does not reflect every uniform or appearance requirement. It is designed as a snapshot to assist Coast Guard Auxiliary members.

Introduction

It is impossible to provide examples of every appropriate or acceptable appearance criteria. Therefore, the good judgment of leaders at all levels is key to upholding the Auxiliary uniform standards. Attaining the active duty grooming and appearance standards should always be held as the goal for all Auxiliary members wearing the Coast Guard Auxiliary Uniform. Those who choose not to or can not set this example, or wish to express a degree of individuality, shall wear the Auxiliary Blue Blazer outfit in lieu of the uniform.

Guidelines

- Appearance, uniform fit, and grooming shall all be considered when wearing the United States Coast Guard Auxiliary uniform.
- Elected and appointed leaders are expected to set an example by wearing the uniform properly. If they can not wear the uniform properly, then they shall wear the Auxiliary Blue Blazer outfit.
- Auxiliary uniforms shall be pressed, clean, fit properly, and be in good repair.

- Auxiliarists attending any Coast Guard ceremonies or events shall wear Tropical Blue or Service Dress Bravo unless otherwise directed.
- Only recognized Coast Guard certified uniform and accessories items shall be worn by an Auxiliary member.
- If the member does not reflect a positive image (unprofessional appearance, uniform not fitting properly due to body shape, poor grooming, etc.) when wearing the Auxiliary uniform, then the Auxiliary Blue Blazer shall be worn in lieu of the Coast Guard Auxiliary uniform.
- Members in uniform shall wear no more than two rings on each hand.
- Male members may not wear earrings when in uniform. Female members may wear one pair of gold, silver, pearl earrings which shall be small (maximum ¼ inch) and of the round ball style.
- Decorative nail art is not authorized while in uniform and nail polish shall be conservative and neutral in color.
- Necklaces and neck chains must not be visible when wearing the uniform.
- Shirts should fit so that there is ample room around the chest and shoulders for movement without binding. The shoulder/arm seam should be at the outer edge of the shoulder joint and the sleeve should cover the wrist bone.

Additional Guidelines for Auxiliarists attending TRACEN Graduation Ceremonies, Presenters and Coordinators of Presenters of Awards at Training Center Cape May Graduation Ceremonies

- All Auxiliarists attending a Coast Guard Graduation Ceremony at TRACEN either as a participant or guest will reflect the image of regular Coast Guard in appearance. Therefore Auxiliarists will adhere to the Maximum Allowable Weight Standards for men and for women as put forth in the Weight/Physical Fitness Standards for Coast Guard Military Personnel COMDTINST M1020.8.
- These measurements are based on individual's height and frame size. Frame size is determined by wrist measurement around the prominent bones on either side and is expressed in inches as is height. Tables are provided at the end of this enclosure to assist Auxiliarists in finding their specific maximum allowable weight.
- If an Auxiliarist that is a presenter can not wear the uniform within the established guidelines, then the Auxiliary Blue Blazer outfit is authorized and is to be worn. If an Auxiliarist that is attending as a guest can not wear the uniform within the established guidelines, then the Auxiliary Blue Blazer

outfit or appropriate civilian attire is authorized and is to be worn.

- Any Auxiliarist attending a Coast Guard Graduation Ceremony at TRACEN either as participant or guest that is outside the maximum allowable weight standard but desires to wear the Auxiliary uniform may request a waiver to the Director of Auxiliary, 5th Northern Region through the appropriate chain of leadership.

Chain of Leadership

All Auxiliarists are expected to wear the uniform and have an appearance that honors the service. Uniforms not worn in the proper manner or an Auxiliarist not presenting themselves in a positive image shall not be tolerated and if serious enough, should be disciplined. In general, if someone is in doubt as to whether they present a positive image in uniform, then odds are that they do not. Members who observe other members wearing the uniform improperly shall try to politely and respectfully counsel the Auxiliarist, on the spot if possible (regardless of office or position). If the member does not feel comfortable bringing it to the attention of a member, then it should be reported to next higher elected leader to take for action. For example, if a Flotilla Commander is not wearing the uniform properly or does not present a positive image when in uniform, then it should be brought to the attention of the Division or Vice Division Commander.

References

The following manuals shall be referenced to ensure the proper appearance and wearing of the United States Coast Guard Auxiliary Uniform.

Coast Guard Auxiliary Manual (COMDTINST M16790.1 (series));
Coast Guard Uniform Regulations (COMDTINST M1020.6 (series));
Coast Guard Uniform Fitting and Alteration Manual (COMDTINST M1020.7 (series));
Weight/Physical Fitness Standards for Coast Guard Military Personnel (COMDTINST M1020.8 (series)); and
Fifth District Northern Region Auxiliary Policy Manual (D5NRINST M16790.1 (series)).

Conclusion

The Director, or elected leaders at any level, may require a specific uniform be worn to participate in Auxiliary activities. When so mandated, the uniform shall be the prescribed uniform for the event or activity. Questions or problems encountered shall be addressed to the Director of Auxiliary, 5th Northern Region through the appropriate chain of leadership.

Use the chart below to determine if a male Auxiliary member is within maximum allowable weight. This chart is to be used only for Auxiliarists that wish to participate or attend a TRACEN Cape May Graduation Ceremony. These standards do not apply for other USCG Auxiliary functions but may be used by Auxiliarists as fitness guidance.

**MAXIMUM ALLOWABLE WEIGHT FOR MEN
BASED ON MEMBER'S HEIGHT AND FRAME SIZE**

Height	FRAME SIZE CODE											
	A	B	C	D	E	F	G	H	J	K	L	M
	UNDER 6¼	6¼ TO UNDER 6½	6½ TO UNDER 6¾	6¾ TO UNDER 7	7 TO UNDER 7¼	7¼ TO UNDER 7½	7½ TO UNDER 7¾	7¾ TO UNDER 8	8 TO UNDER 8¼	8¼ TO UNDER 8½	8½ TO UNDER 8¾	8¾ AND ABOVE
60	140	144	148	152	156	159	163	167	171	175	179	183
61	144	148	152	156	160	164	167	171	175	179	183	187
62	148	152	156	160	161	168	172	176	179	183	187	191
63	152	156	160	164	168	172	176	180	184	188	191	195
64	157	160	164	168	172	176	180	184	188	192	196	200
65	161	165	169	172	176	180	184	188	192	196	200	204
66	165	169	173	177	181	184	188	192	196	200	204	208
67	169	173	177	181	185	189	193	196	200	204	208	212
68	173	177	181	185	189	193	197	201	205	208	212	216
69	177	181	185	189	193	197	201	205	209	213	216	220
70	182	185	189	193	197	201	205	209	213	217	221	225
71	186	190	194	197	201	205	209	213	217	221	225	229
72	190	194	198	202	206	209	213	217	221	225	229	233
73	194	198	202	206	210	214	218	221	225	229	233	237
74	198	202	206	210	214	218	222	226	230	233	237	241
75	202	206	210	214	218	222	226	230	234	238	242	245
76	207	210	214	218	222	226	230	234	238	242	246	250
77	211	215	219	222	226	230	234	238	242	246	250	254
78	215	219	223	227	231	234	238	242	246	250	254	258
79	219	223	227	231	235	239	243	246	250	254	258	262
80	223	227	231	235	239	243	247	251	255	258	262	266

Use the chart below to determine if a female Auxiliary member is within maximum allowable weight. This chart is to be used only for Auxiliarists that wish to participate or attend a TRACEN Cape May Graduation Ceremony. These standards do not apply for other USCG Auxiliary functions but may be used by Auxiliarists as fitness guidance.

**MAXIMUM ALLOWABLE WEIGHT FOR WOMEN
BASED ON MEMBER'S HEIGHT AND FRAME SIZE**

Height	FRAME SIZE CODE												
	N	P	Q	R	S	T	U	V	W	X	Y	Z	
	5¼ UNDER 5¼	5½ TO 5½	5¾ TO 5¾	6 TO 6	6 TO 6¼	6¼ TO 6½	6½ TO 6¾	6¾ TO 7	7 TO 7¼	7¼ TO 7½	7½ TO 7¾	7¾ AND ABOVE	
58	122	126	130	134	137	141	145	149	152	156	160	164	
59	125	129	133	137	140	144	148	152	155	159	163	167	
60	128	132	136	140	143	147	151	155	158	162	166	170	
61	131	135	139	142	146	150	154	157	161	165	169	172	
62	134	138	142	145	149	153	157	160	164	168	172	175	
63	137	141	145	148	152	156	160	163	167	171	175	178	
64	140	144	147	151	155	159	162	166	170	174	177	181	
65	143	147	150	154	158	162	165	169	173	177	180	184	
66	146	150	153	157	161	165	168	172	176	180	183	187	
67	149	152	156	160	164	167	171	175	179	182	186	190	
68	152	155	159	163	167	170	174	178	182	185	189	193	
69	155	158	162	166	170	173	177	181	185	188	192	196	
70	157	161	165	169	172	176	180	184	188	191	195	199	
71	160	164	168	172	175	179	183	187	190	194	198	202	
72	163	167	171	175	178	182	186	190	193	197	201	205	
73	166	170	174	178	181	185	189	193	196	200	204	208	
74	169	173	177	180	184	188	192	195	199	203	207	210	
75	172	176	180	183	187	191	195	198	202	206	210	213	
76	175	179	183	186	190	194	198	201	205	209	213	216	
77	178	182	185	189	193	197	200	204	208	212	215	219	
78	181	185	188	192	196	200	203	207	211	215	218	222	
79	184	188	191	195	199	203	206	210	214	218	221	225	
80	187	190	194	198	202	205	209	213	217	220	224	228	

If an Auxiliarist is above maximum allowable weight then use the information below to see if the Auxiliarist is within Maximum Allowable Body Fat (BF). This information is to be used only for Auxiliarists that wish to participate or attend a TRACEN Cape May Graduation Ceremony. Auxiliarists may be able to participate or attend if they are either within Maximum Allowable Weight or Maximum Allowable Body Fat. Questions or clarification shall be addressed to the Director of Auxiliary, 5th Northern Region.

Below are the revised Maximum Allowable Weights and Body Fat %.
 BASED ON BMI OF 27.5, REGARDLESS OF AGE OR GENDER:

HEIGHT (INCHES)	WEIGHT (LBS)
58	131
59	136
60	141
61	145
62	150
63	155
64	160
65	165
66	170
67	175
68	180
69	186
70	191
71	197
72	202
73	208
74	214
75	220
76	225
77	231
78	237
79	244
80	250

REVISED MAXIMUM ALLOWABLE BODY FAT (BF):

AGE	PERCENT BF (MALE)	PERCENT BF (FEMALE)
LESS THAN 30	22	32
LESS THAN 40	24	34
OVER 40	26	36