



## Dress Code

California HOSA has outlined 5 areas of attire for students attending events.

- HOSA Blues Attire
- HOSA Casual Attire
- Business Attire
- HOSA Activity Night Attire
- Competitive Events Attire

When attending a California HOSA event, it is required that all attendees be in HOSA Blues unless otherwise noted. Please check the Advisor's Guide for each event to ensure your students have the proper attire for all activities. **The Dress Code applies not only to students, but to all conference attendees.**

**The final decision regarding dress code violations is at the discretion of the conference staff.**

The following attire is considered **inappropriate for all attires** and will not be allowed at any HOSA event:

- Clothing and accessories which are sexually suggestive, or display profanity, drugs, alcohol, or tobacco products
- See-through, tight fitting, spaghetti straps, strapless, extremely short, or low-cut tops/dresses/shirts • Pants or skirts which are worn below the hip bone or show visible undergarments
- Spandex leggings, leotards, cutoffs, or pajamas
- Clothing which is stained, torn, or ripped
- Bare feet or bedroom type shoes

### HOSA Blues Attire

- Tailored navy blazer OR navy blue suit with emblem affixed over the heart.
- Shirt/blouse for females (white tailored or short-sleeve white jewel neck shell) •
- Shirt for males—white closed-neck, man-tailored dress shirt, suitable for use with a tie
- Accent for female members - maroon HOSA scarf or tie is optional, but not required
- Accent for male officers – maroon or navy long tie is required
- Matching navy slacks for males and matching navy slacks or skirts for females
- Closed-toe blue or black shoes (hose optional)
- Closed-toe blue or black shoes (hose optional)

The official dress code for the student members for all general sessions at the RLC, SLC, and ILC will be HOSA Blues Attire. Students not adhering to the above dress policy for all general sessions at the RLC, SLC, and ILC will NOT be admitted. (This policy is for student delegates. All advisors, family members, chaperones and other guests must be in business attire for the General Sessions)

### Business Attire

Conference attire should be proper and appropriate since it reflects directly upon the California HOSA. Conference delegates must wear HOSA uniform attire to all conference activities; chaperones must wear business attire, unless otherwise noted, other than the general sessions, where HOSA attire is required. Business attire may include:

- Khaki pants and/or slacks
- Dressy pants of different lengths that are part of a suit/ensemble may be acceptable but "shorts" are **not acceptable**.
- Polo Tops, Button Down Shirts (Oxfords)
- For females - tops may also include appropriate blouses and/or sweaters
- Dresses

No denim clothing or canvas shoes will be acceptable. Denim pants in colors other than blue are **not** permitted. Blue jean skirts and dresses are NOT acceptable. Under no circumstances will blue jeans, shorts, or other casual attire be accepted.

Delegates dressed in such casual attire will not be permitted to participate in official HOSA conference meetings.



### Competitive Event's Dress Attire

Delegates must adhere to the Dress Code as specified in the individual competitive event guidelines for the orientation and event in which they are competing. Bonus points will be given according to the individual guidelines.

For all competitive events, five (5) bonus points will be added once per competitor and/or team to the tally sheet for appropriate dress. In team events, all team members must be properly dressed to receive the bonus points. Exceptions are as noted in the event guidelines.

- School tags, state badges or ID's must be removed or completely covered during competition

### HOSA Activity Night Attire

Students must wear a conference HOSA t-shirt. Shirts may not be tied around the waist or shoulders. Requiring students to wear a HOSA shirt helps us identify quickly whether or not the student is a HOSA student and helps us keep non- HOSA members from attending our events. If a student does not have a HOSA shirt to wear with their jeans, they must wear the HOSA Uniform Attire.

Students may wear clean jeans. Holes or cuts in them which shows skin is **not acceptable**. No underwear or midribs showing at any time. Students are not allowed to roll up the pant legs on their jeans. No Capri's, no cut-off jeans, spandex leggings, no shorts allowed. Students must wear their HOSA conference name badge where it can be easily read.

### HOSA Casual

Longer-length shorts (no short-shorts), capri's, neat jeans (no holes showing skin), polo shirts, sweatshirts, appropriate HOSA t-shirt and casual footwear such as flip-flops, tennis shoes, etc.

### Advisors and Conference Guests

All conference attendees, including advisors, family, chaperones and guests are required to abide by dress code at California HOSA Events. When attending Opening and/or Awards Sessions, non-student conference attendees must be in Business Attire, as outlined in the California HOSA Dress Code. Any conference attendee not abiding by dress code will not be permitted to attend or participation in official California HOSA conference activities.

### Tips for Dress Code Success:

No dress code can cover all contingencies so California HOSA members must use a certain amount of judgment in their choice of clothing to wear. HOSA members who experience uncertainty about acceptable HOSA attire should ask his/her HOSA local or state advisor.

Here are a few more tips to help you understand the HOSA Dress Code.

- Casual tank or tube tops, non-HOSA t-shirts, sweat pants/shirts, or tennis shoes are never acceptable.
- Clothing that works well for the beach, yard work, dance clubs, exercise sessions, and sports contests is **NOT appropriate** for HOSA events, meetings, and conference sessions.
- Clothing that reveals too much cleavage, your back, your chest, your stomach or your underwear is **not appropriate** for California HOSA delegates.
- Clothing should be pressed and never wrinkled. Torn, dirty, or frayed clothing is unacceptable. Any clothing that has words, terms, or pictures that may be offensive to HOSA delegates or guests is unacceptable.
- Open-toed shoes and heeled sandals are permitted with Business Attire. Flip-flops and Toms **are not**.



**Dress Code- FAQ – HOSA Uniform Attire:**

Q: Can I wear a cardigan instead of a blazer?

A: No

Q: Can I wear a dress under my blazer, instead of a skirt/pants?

A: No

Q: Can I wear a bow tie?

A: While a bow-tie is not acceptable with the official HOSA uniform, it is acceptable with Business Attire.

Q: What are considered Flip Flops?

A: Flip-flops and thong sandals are flat, backless, made of rubber or leather, plain or embellished with beads, etc., consisting of a flat sole held loosely on the foot by a Y-shaped strap, like a thin thong, that passes between the first (big) and second toes and around either side of the foot.