

## HCA FREE DRESS/THEME DRESS GENERALIZED GUIDELINES

Please note that students must always **dress with modesty** in mind and that staff will always have the final say in regards to what is acceptable.

**Theme Dress days** may have additional guidelines over and above these general guidelines and will be communicated to the student body prior to the day.

### You may wear:

- **shorts** that reach your fingertips or are longer
- **skirts/dresses** that are 3" above the knee or are longer
- **shirts/cap sleeve tops** or **tank tops (girls only)** with a 2 inch or wider strap
- **leggings** with a top that is at least to your fingertips or longer (please note that tights are not considered leggings)
- **logoed clothing/hat** that has appropriate and encouraging language, messages, advertising and/or symbols/pictures
- **casual pants/jeans/athletic pants** and **capris**
- **hats** (please note that staff may ask a student to remove the hat during class time, chapel time and prayer time)

### You may not wear:

- **spaghetti straps**
- **strapless tops** or **dresses**
- **backless** and/or **sheer/lace backed tops** or **dresses**
- **crop tops** that reveal skin (wear a top underneath)
- **revealing clothes** such as low cut tops, tops that reveal midriff, clothing with tears in inappropriate places, and skin tight clothing or tank tops/sleeveless shirts for boys
- clothing that **reveals undergarments** such as underwear, bras, etc. when sitting or standing
- **logoed clothing** that includes but is not limited to the following: alcohol/drug slogans or advertising, derogatory or suggestive text/pictures/symbols, etc.
- **pajamas**

### Consequences:

- You may be asked to change into gym strip or other clothing (available for rent at the Phys.Ed office)
- You may be asked to call home to have a change of clothing delivered to the school

### Additionally

- you may lose your next free dress day

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