

MEMORANDUM FOR BCS CADET MEMBERS

FROM: BCS/Squadron Commander

SUBJECT: BCS Policy Letter 19-02, Squadron Physical Training (PT) Uniform

1. Civil Air Patrol (CAP) Physical Training Guidelines

CAPP 60-50 recommends use of appropriate exercise attire during physical training and testing. Subsequent memorandums formalize these requirements in order to help assure the comfort and safety of the safety of CAP cadets. Effective immediately, the Boulder Composite Squadron authorizes and requires utilization of a standardized PT uniform.

2. Boulder Composite Squadron Physical Training Uniform

The Physical Training Uniform is used only during physical fitness testing meetings or other events as approved in advance by the Squadron Commander or Deputy Commander for Cadets. All uniform components must be clean, in good repair, and free of holes.

Physical Training Uniform Requirements

Desert Tan Shirt

- Civil Air Patrol-related desert tan t-shirt or a solid desert tan crew neck t-shirt.
- Shirt will be tucked into shorts or sweat pants at all times.
- Sleeves are not to be pushed up, cut, or removed.

Black Athletic Shorts / Black Sweats

- Conservative, solid black athletic shorts or solid black sweat pants with no stripes and minimal trademark logos.
- Shorts and sweat pants must be loose-fitting style and worn at the natural waist.
- Tight shorts, hip huggers, jean shorts, baggies, or cargo shorts are not allowed.

Spandex

- Solid black full-length or short spandex may be worn and visible under the athletic shorts.

Socks

- Solid white (no stripes) and may have small trademark logos.

Footwear

- Conservative (plain, no bright/loud colors or excessive ornamentation) athletic shoes will be worn.

3. Exceptions

Cadets should contact the Squadron Commander or Deputy Commander for Cadets should this policy impose unreasonable financial pressures or if they have other concerns.

//SIGNED//

Joseph Kubitschek, 1st Lt, Civil Air Patrol
Commander