

School of Hospitality and Tourism

Student Dress Code Policy

Why Wear Professional Attire

Your focus in attending SAIT's School of Hospitality and Tourism is to gain skills and knowledge that will support you in your future career. To that end, you will be exposed to many different topics, concepts and procedures. As is expected in learning, you will be tested to show that you understand and can demonstrate the skills and knowledge gained; included is the ability to present yourself in a professional manner to ensure that you receive the utmost respect and positive attention from others. It is important to remember that at certain times you will need to present yourself to please others rather than yourself.

The ability to identify and wear proper industry attire is a valuable skill that will support your efforts to present yourself in job interviews and to show yourself as a serious candidate for advancement within an organization.

Any professional team has uniforms that identify the members as having the qualifications for membership. Students presenting themselves in professional attire create the best possible image for themselves as individuals and for the overall image of the School of Hospitality and Tourism.

When to Wear Professional Attire

Professional attire is required anytime a student is in contact with an industry member and identified as a student in the School of Hospitality and Tourism. This includes but is not limited to field trips, site tours, guest speaker presentations, student presentations (including practical examinations and student conferences), student interviews of industry members and students attending any type of industry event or meeting. Students enrolled in the Baking & Pastry Arts and Professional Cooking programs should refer to their program policy for expectations of in-class attire.

What to Wear

Points for both genders:

- Hair is to be clean, and presented in a neutral fashion.
- No heavily scented perfumes/colognes/lotions out of respect for those with allergies you may come in contact with.
- Follow proper basic hygiene practices, shower or bathe with soap, use deodorant, brush your teeth and use mouthwash.
- Makeup is to be understated and any facial hair must be trimmed, tidy and clean.
- Jewelry is to be understated and conservative and worn in moderation to ensure safety.
- Clean and trim your fingernails; polish should be a neutral, traditional colour and style.
- Dress shoes to be worn with dress socks and/or panty hose; these should be colour-coordinated with your overall ensemble. Select shoes appropriate to the activity.
- All clothing, shoes, accessories and so on must be clean, in good repair and properly prepared (for example, pressed and polished).
- Remember: simple patterns, conservative colours and traditional fabrics are the most serviceable and least expensive.

Points for women:

- A suit with a matching blazer and skirt combined with a formal blouse is the most appropriate.
- Skirt length should be conservative.
- Formal dress pants are acceptable and should be combined with a matching or coordinating blazer.



Points for men:

- A suit with a matching jacket and pants combined with a dress shirt and tie is the most appropriate.
- Dress pants with coordinating sport coat, blazer or vest combined with a formal shirt and tie are also acceptable.



Points for Culinary (Baking & Pastry Arts and Professional Cooking):

- Please note that your instructor will advise whether the planned activity requires professional attire as noted above or whether the requirement is for full “whites”.

As with any part of your learning, if you have any doubts about whether your intended ensemble is appropriate, ask your Instructor's advice BEFORE the event. This is the same as clarifying any question you have before a test.

How to afford this on a student's budget:

- Black pants/skirt and a white shirt/blouse are industry standards for serving and are therefore an excellent way to start building a business attire wardrobe.
- Since you will only need these clothes from time to time, borrow items from classmates, friends and family members.
- Consider second-hand clothing stores, consignment clothing stores or charitable organizations that sell items at low prices, lend items or even give people an outfit.

Failure to adhere to the above policy may result in denial of participation in a course activity and could therefore impact a student's grade in that course.

If you have any questions, please contact your Instructor or Academic Chair. This policy has been reviewed and is supported by the members of the School of Hospitality and Tourism Advisory Committees.