



# Uniform FAQs



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## Why should I Wear My Uniform?

Wearing the AHG Official Uniform can help girls grow in many of the AHG Creed words.

*Loyal and Reverent:* The AHG Uniform signifies belonging to a group that shares common beliefs and goals. Just as sports team members wearing team uniforms, a Girl Member or Adult Leader wearing the AHG Uniform symbolizes being a part of an organization that is dedicated to faith formation through service, life skill development, and social activities. Wearing the AHG Uniform shows others that you are Loyal to the AHG Mission and Vision. It also shows that you are Reverent by honoring God.

*Respect and Responsibility:* Wearing and keeping a Uniform neat, tidy, and up-to-date takes a lot of Responsibility. Girls who take Responsibility for their AHG Uniform will learn to Respect their AHG commitments.

*Pure and Compassionate:* Uniforms are an equalizer for girls in their Unit Level. Instead of worrying about wearing the latest trends to their Troop meeting, girls can attend AHG meetings with Pure hearts, not showing off or worrying about whether they will fit in. This will allow girls room to grow in Compassion for their Troop friends, without worrying about social norms.

*Perseverant:* Girls can aspire to wear the next Program Level Uniform. After an Explorer has worked hard to earn her Lewis & Clark Award, she will look forward to wearing her Pioneer Uniform to showcase that Award. For a Tenderheart who aspires to be like her Pioneer mentor, graduating into her own Pioneer Uniform will be a meaningful part of achieving the same Program Level as her role model. Seeing the Uniforms of older girls helps younger girls to Persevere in their AHG journey.

Logistically, AHG Uniforms are useful when a Troop is participating in a community activity like marching in a parade or serving at a local food pantry. Community members are able to identify the Troop as being a single group and will also come to recognize the AHG Uniform as a symbol of AHG's values and Mission. Troop Leaders are able to better keep track of their girls in AHG Uniform while out in the community.

## New Addition to the AHG Official Uniform

1. What are the newest changes to the AHG Official Uniform?

Shorts are now allowed for girls and adults (see details below). Pioneers and Patriots may choose to have separate sashes for each Program Level (see details below). Navy bottoms are now approved for all Girl Members at any Program Level. Adult Leaders may now wear navy, khaki, or black pants, skirts, shorts, or capris with any Official Uniform Polo. A new Ladies Dress Blouse has been added to the Adult Uniform options.

## General Uniform Questions

1. What is the AHG Official Uniform for Girl Members and Adult Leaders?

The AHG Official Uniform standards are listed in the AHG Girl Handbook on pages 20-23 and on the AHG website <http://www.americanheritagegirls.org/girls-only/> . Where any conflict occurs, this document supersedes any previously published information regarding Uniform standards.

For Adult Leaders, the AHG Official Uniform standards are listed in the Unit Leader Handbook on pages 51-52.

2. What is the Class B Uniform?

The Class B Uniform is the Red or Blue Class B Uniform T-Shirts sold in the AHGstore and worn with appropriate, modest pants, jeans, shorts, skirts, or capris.

3. What is Spirit Wear?

Spirit Wear is considered any Troop-designed and purchased apparel or other AHG shirt found in the AHGstore and worn with appropriate modest pants, jeans, shorts, skirts, or capris.

4. What options are available other than the Official Short-Sleeved AHG Polo in colder weather?

Girls and Adult Leaders may wear a solid white or red long-sleeved shirt under the Official AHG Polo in colder weather. The Official AHG Long-Sleeved Polo is also available for Adult Leaders only.

5. Should shirts be tucked in or left untucked when one is in Uniform?

Girls and Adult Leaders may choose to tuck or untuck their shirts as a personal choice, as long as the overall look is neat and tidy.

6. For Tenderhearts and Explorers, should the neckerchief be worn under or over the collar?

The neckerchief should be rolled tightly and worn under the collar. Neckerchiefs should not be embellished nor have add-ons attached.

7. May a Girl Member or Adult Leader wear Blue or Khaki Uniform shorts like those worn at many private schools?

Yes, Bermuda-style shorts may be worn at any Program Level. Shorts should be modest and the hem should reach past mid-thigh towards the knee. For most girls, this is around 2" above the knee.

8. May a Girl Member or Adult Leader wear capris, or is it strictly pants or skirts/skorts/shorts?

Capri-style slacks are acceptable as long as they are not cargo-style with pockets along the legs.

9. May a Girl Member or Adult Leader wear cargo pants?

Cargo pants are not part of the AHG Official Uniform for meetings and events. Cargo pants may be worn as part of the Uniform while at camp.

10. Are there requirements for skirt length?

Skirts should be modest and should be longer than mid-thigh towards the knee. (For most girls, this is around 2" above the knee.) Skirts with a slit must also be modest and the slit should be no higher than below mid-thigh.

11. May a girl wear jeans, leggings, or jeggings rather than Khaki or Navy pants?

As part of the AHG Official Uniform, jeans, leggings, and jeggings are not approved to be worn. When performing service projects or participating in events where the AHG Official Uniform would become soiled or be compromised in appearance, the Troop may choose for participants to wear the Class B Uniform. Jeans may be worn with the Class B Uniform Shirts.

12. What shoes are required as part of the AHG Official Uniform?

Closed-toe shoes are required for the AHG Official Uniform. Shoes should be consistent with other Uniform pieces, be modest and not be worn to attract attention to an individual member. Flip flops, clunky style boots, and sheepskin slipper style shoes may not be worn.

13. How do we gracefully encourage/enforce correct Uniform wear?

The Troop should set expectations for compliance. Each Girl Member, when earning the Joining Award, presents herself in full Uniform, describes when and where it should be worn, and agrees to follow the Uniform guidelines. Leaders should also encourage girls to wear their Uniform by setting an example. Keeping the commitment to the standard is part of being an American Heritage Girl! Troops also may want to develop a program to share and reuse gently worn Uniform pieces. Seeking sponsors to assist families with financial hardships may be another alternative for such Troop programs.

14. What type of hat or headgear may be worn when outdoors?

Proper headgear for weather conditions is essential to Health & Safety! Hats and headgear should be as consistent as possible with other Uniform pieces; they should not include offensive language or appear to support organizations which are not aligned with the AHG Oath, Creed, and Mission.

15. What type of outerwear may be worn outdoors in colder weather?

Proper outerwear such as coats and jackets are essential to Health & Safety! Items should be appropriate for the conditions, as consistent as possible with other Uniform pieces, and should not include offensive language or appear to support organizations which are not aligned with the AHG Oath, Creed, and Mission.

16. What types of tights or hosiery may be worn with skirts or skorts?

Opaque tights may be worn in White, Navy or Red solid colors and should complement the Uniform. Hosiery should be complementary to skin tone or Navy and should complement the Uniform.

## Badges

1. What is the order in which Badges are placed on the Uniform?

Instructions for Badge placement are included on page 24 of the AHG Girl Handbook. The flowers should include one Badge from each Frontier, starting with the Heritage Frontier and then moving clockwise around the flower to Family Living, Arts, Outdoor Skills, Personal Well-Being, and Science & Technology.

2. How should we measure the insignia placement or is it necessary?

The measurement guidelines on pages 26-27 of the Girl Handbook are general guidelines to ensure a well-balanced vest or sash and consistency in placement. Some vests and sashes may be larger or longer and may have additional spacing at the bottom.

3. For Pioneers and Patriots, does it matter in which order the Level Awards are placed on the sash?

The recommended method for starting the first flower is the Joining Award or Lewis & Clark Level Award, if earned at the Explorer Level. The second flower should be started with the Harriet Tubman Level Award, if earned. The third flower should be started with the Dolley Madison Level Award, if earned. It is also permissible to “book flap” the Dolley Madison Level Award over the Lewis & Clark Level Award. Badges may be overlapped by sewing along the top edge of the Badge creating a “book flap”.

4. Are there any tips to attach Badges, Patches, and Service Stars?

Sew AHG Insignia such as Badges, Patches, and Service Stars onto the designated areas on the Uniform. Badge Magic is a fast and easy alternative to sewing.

## Patches

1. Can any Patch of the girl's choosing go on the back of her vest or sash?

With so little room to work with, the recommended strategy for Troops is that only Troop-earned and National activity Patches be allowed on the back of a vest or sash. Patches from outside activities may

be displayed on items such as tote bags or backpacks. Individual Troop Boards may decide the Troop policy, for instance, allowing meaningful Patches from family vacations or other activities.

2. When moving to the next Program Level, may girls move their Patches to the next Program Level's vest or sash?

A girl's vest or sash should represent a girl's current Program Level and current activities at that Program Level, therefore moving Patches from a previous Program Level would not be considered acceptable.

## Sports Pins

1. May girls move their Sports Pins to the next Program Level's vest or sash?

A girl's vest or sash should represent a girl's current AHG story, so girls may move a Sports Pin from one Program Level to the next if she still remains active in that sport. Additional hours of participation will be counted towards disks for that sport. Sports Pins should not be moved if the girl is no longer active in that sport.

## Religious Recognitions

1. When moving to the next Program Level, may girls move their Religious Recognition pins to the next Program Level's vest or sash?

A girl's vest or sash should represent a girl's current AHG story, so girls may not move their current Religious Recognition from one Program Level to the next.

2. Where are Religious Recognitions worn?

Medals and pins are worn on the front of the vest/sash. Patches are worn on the back of the vest/sash. The AHG Spiritual Development Award is only available at the Patriot Level. It is a Badge that is worn with other Badges, not as part of a flower, but along the bottom with the additional Badges earned.

## Other Awards

1. Where is the Presidential Volunteer Service Award worn?

The Presidential Volunteer Service Award is worn on the back of the vest or sash as this award is not Official AHG Insignia.

2. Can the Youth Patriotism Awards be worn with the AHG Official Uniform?

Yes, on the back of the vest or sash, as this award is not Official AHG Insignia.

## Service Stars

1. Where are Service Stars placed?

Service Stars are placed under the Flag Patch on vests and under the Troop Numbers on sashes. Refer to the AHG Girl Handbook for pictures of placement.

2. Service Stars are difficult to attach. Do you have recommendations on the best way to attach them to the Uniform?

For best results, the Service Stars may be ironed on at the points of the stars. Sewing them on with invisible thread in two to three lines to hold down the points has also proven successful.

## Pioneer and Patriot Uniform Questions

1. How do we best accommodate the large number of Badges and Patches that a girl may earn as a Pioneer or Patriot?

Pioneers and Patriots may choose to have separate sashes for their Pioneer and Patriot Levels. Once finished with the Pioneer Level, they may start the first flower on their Patriot sash with the Harriet Tubman Level Award or the Joining Award. Girls may not wear two sashes side by side or crossed across their chest (one on each shoulder). If they choose to switch sashes after their Pioneer Level, they will only wear their Patriot sash from that point forward.

If a Pioneer or Patriot chooses to keep the same sash the entire time, it should remain neat and Badges should be organized when sewn onto the sash. After creating the two flowers and lining up additional Badges across the bottom of the sash, Badges may be overlapped by sewing along the top edge of the Badge creating a “book flap”.

2. How can a girl keep her sash on the shoulder?

The recommended method is to sew a small button under the collar of the Official AHG Polo at the shoulder seam. Sew a small loop of round elastic to the top of the sash at the seam. The elastic loop is then used to slip over the button. This will keep the sash in place. An alternative is to sew magnets into a strip of material on the underside of the sash and slide the connecting magnet under the shirt. Velcro is not recommended.

## Stars + Stripes

1. What is the placement of the Stars & Stripes Award on the AHG Uniform?

The Stars & Stripes Award patch should be attached to the Official AHG Girl Polo using the Membership Pin. The placement is on the chest on the side opposite the sash. When a Recipient reaches the age of 21, the patch may still be worn on the AHG Leader Polo on the side opposite the logo.

2. At what events (if any) does a Stars & Stripes recipient wear her sash?

Girl members should remain active in the Troop after earning the Stars & Stripes Award and should wear their Uniforms. Girls that are no longer Girl Members but have become Leaders-In-Training (18-21) may wear their sash and Stars & Stripes Award Insignia whenever they would like and as long as they are in the Official AHG Uniform. The Stars & Stripes Award Insignia may be worn at all times and should be attached to the AHG Official Polo using the Membership Pin.

## Adult Uniforms

1. Does it matter if the adults wear the Red or the Blue Leader Polo?

Adult Leaders may wear the Red or Blue Leader Polo at any time and when working with any Program Level. Previously there were guidelines; however, there no longer exists any delineation between colors for AHG Leaders.

2. May the adults wear Navy pants or skirts, or do they wear Khaki only?

Adults may wear Navy, Khaki, or Black pants, skirts, shorts, or capris. Cargo pants, capris, and shorts are not part of the AHG Official Uniform but are acceptable at camp only.

Adults should adhere to the guidelines set for the Girl Members with regard to wearing a skirt and its length, shoe recommendations, cold weather clothing and weather-appropriate headgear.

## Ladies Dress Blouse

3. When should I wear the AHG Ladies Dress Blouse?

There is no regulation on when the Dress Blouse should or should not be worn. The Dress Blouse was created to be worn for more dressy occasions such as Award Ceremonies and Recruitment Events. A Leader may choose to wear their Dress Blouse any time they would wear their regular AHG Uniform.

4. What bottoms should I wear with the AHG Ladies Dress Blouse?

Adults may wear Navy, Khaki, or Black pants, skirts, or capris with the Dress Blouse.

5. Does the AHG Ladies Dress Blouse replace the Leader Polos?

The AHG Dress Blouse is an additional option to the AHG Leader Polo

6. Do I have to buy the AHG Ladies Dress Blouse?

No. The Dress Blouse is an optional Uniform piece.

7. Why is the Dress Blouse light blue?

The Dress Blouse is the same color as the background of the AHG Badges.

## Leader Tab

1. Who can wear the Leader Tab?

Any Registered Girl or Adult Member of American Heritage Girls may wear the Leader Tab with their AHG Official Uniform.

2. What do I put on the Leader Tab?

Any Official AHG Leader Insignia and Award Recognitions may be worn on the Leader Tab. Some examples include Position Bars, tenure pins, Gem of a Leader, Jewel of a Coordinator, Presidential Service Award Pins, Stars & Stripes Mentor Pin, etc.

3. Where should I place the Leader Tab?

The Leader Tab is placed on the right side of the shirt, opposite the AHG Logo.

4. Can I wear the Leader Tab on the Leader Polo?

Yes, the Leader Tab may be worn on the Dress Blouse or the Leader Polo.

5. Why was the Leader Tab created?

The Leader Tab was created so that Leaders have one spot to place all of their recognitions. The Leader Tab is easy to move from one shirt to another with its magnetic backing.

## Adult Awards

1. Where on the AHG Adult Polo does one place the tenure pin?

Leaders should refer to the Unit Leader Handbook, page 52 for placement.

2. What other Awards are allowed as part of an AHG Leader Uniform?

Only AHG Insignia is permitted to be worn on an Adult AHG Leader Uniform.

## Flag Etiquette

1. Does one salute the flag when wearing a Class B Uniform or place the right hand over the heart?

When in the AHG Official Uniform or in a Class B Uniform, Girl Members and Adult Leaders should salute the flag. When in spirit-wear or other attire, the right hand should be placed over the heart.

2. When participating in a Flag Ceremony as a Flag Bearer or Color Guard what is the Uniform standard?

The Uniform standard for a Flag Ceremony is full AHG Uniform, whether Troop meeting, special event or camp.