

Grooming Standards

BBA 1

Les Roches



lesroches.edu

Les Roches Standards of Excellence and Grooming Standards have been drawn up as a guide of conduct for future managers in hospitality. They reflect the industry's conservative traditions and our school's high standards. It is essential for our students to present a professional, polished and well-groomed image at all times.

In BBA1, these standards are reinforced continuously since students are regularly in contact with food and beverage preparation and service; and they are basic requirements in terms of health and safety. They are applicable in all areas of practical training.

Please take pride and care in your personal appearance and ensure that you present a very good first impression. This sense of pride is a value that will accompany you throughout your career in the hospitality world!



Hair

- Hair must be clean, neat and trimmed at or above the standard collar line. No ponytails for men.
- No extreme hairstyles or haircuts.
- Hair colour must be natural.
- For ladies: hair longer than shoulder length must be kept tied back in a bun and a hair net must be used in the kitchen.

Facial hair for men

- Clean shaven every day. No beard is allowed in BBA1 unless validated by Dean of Practical Arts prior to week 1.
- Sideburns must not extend beyond the lobe nor may they be grown onto the front of the face.

Jewelry

- No jewelry in the kitchen. Exception: earrings (see below).
- No bracelets or wristwatch allowed in the kitchen.
- A maximum of one simple ring on each hand is allowed for service and Room division courses. Wedding and engagement rings are considered one ring.
- One bracelet or wristwatch only per arm for service and room division courses. Braided string, fabric or cloth bracelets are not permitted. Ankle bracelets are unacceptable.
- Necklaces: No necklaces may show outside the uniform.
- Pins / brooches: No other than nametag and Les Roches pin on any uniform.
- Piercing of other parts of the anatomy (including tongue) cannot be accessorised to be visible while at work.
- Earrings: For ladies - No dangling or extreme styles. No double pierced earrings. Earrings must be matched set. No earrings for males.
- Keep fingernails neatly trimmed and moderate in length.
- For ladies: no nail polish, no nail art when in kitchen. Nail polish accepted in other departments but only discreet colours.

Any requests for exceptions to the grooming standards due to medical or religious reasons need to be submitted to the Dean of Practical Arts within the first week of the semester and before the first day of these Practical Art class start.

Personal hygiene

- Pay special attention to your personal hygiene: brush your teeth, use deodorant, keep your hair clean and take a shower every day.
- A non-pungent deodorant should be worn always. Perfume should be used with discretion. No perfume in the kitchen.
- Wash your hands regularly, every time you eat, you smoke, you come back from the toilets, you finish doing mise en place or any time you touch food, money or paperwork. Hands should always be dry and clean.
- All cuts and burns should be periodically redressed.
- DO NOT cough, sneeze, smoke, pick your nose, scalp, spit or touch your face while serving guests or being in a public or non-designated area.
- Only discreet and conservative make up is allowed in Practical Arts.

Uniforms

Shoes

- Shoes must be clean, polished and in good repair.
- Black leather, fully enclosed (closed-toe shoes) with rubber soles.
- Professional style and conservative. No cosmetic stitching.
- High heel, platform, moccasins or over-elaborated shoes are not be permitted.
- Kitchen students must wear professional kitchen shoes for safety reasons.

Socks

- Only plain black socks are permitted for male students with no designs or special patterns.
- Ladies will wear natural skin-colour tights.
- For stewarding and kitchen, socks for both male and female students must match the shoe colour (white or black)



Uniforms in general

- Only school-issued uniforms are allowed for practical training.
- Uniforms must be kept spotlessly clean and pressed at all times.
- Must be free of odours or stains, free of rips, holes or tears and properly fitted.
- Students must wear entire uniform at all times.
- No visible underwear (use a colour matching the uniform).
- Students must not carry telephones, combs or other large items in pockets. These must be kept in the lockers.
- Usage of smartphones or iPads for learning purposes needs to be previously authorized by the teacher on duty.
- Practical Training Uniforms cannot be worn outside the campus.



Uniforms per course

Kitchen uniforms

- Must include chef jacket, black chef pants, safety shoes, neck tie, apron and toque (hat).
- Very strict hygiene measures are continuously reinforced in food preparation areas. Students will be requested by instructors to wear hairnets, gloves and other accessories to ensure the minimum standards of Health and Safety regulations.
- Kitchen uniforms cannot be worn outside. When students are walking between buildings they must either change to the polo shirts or wear a jacket over the chef jacket.
- ▶ Related rotations: FD-L K, FD-D K, PASTRY, MP-K, B3 / SUSHI, LAB-K



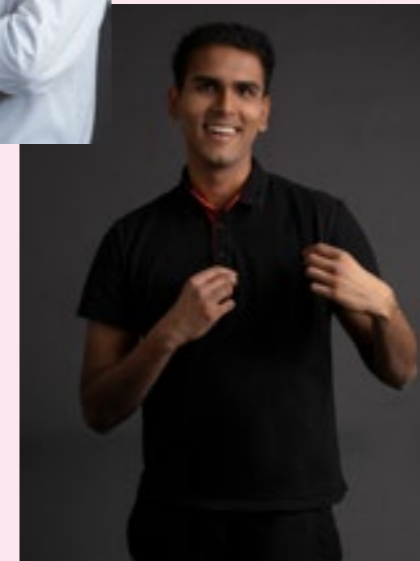
Stewarding uniforms

- Wear only school-issued red jumpsuit (will be distributed at the beginning of the week)
- Safety shoes.
- ▶ Related rotation: ST-LD



Market place service uniforms

- Black pants (or skirts), black shoes, black socks (or skin- colour stockings), white shirt, black neck tie/scarf, note pad, pen, bottle opener and crumber.
- Vest coat will be distributed at the beginning of the week
- Hair in bun for ladies
- ▶ Related rotations: MP-S (Service BL, Service D)

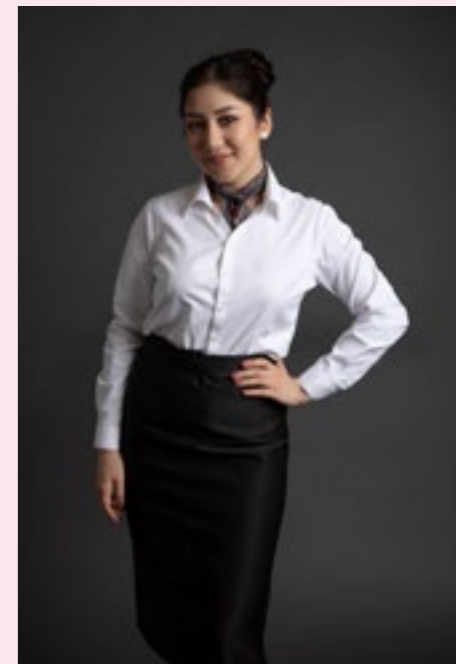


Housekeeping uniforms

- Wear black polo shirt and black chef pants
- Wear only black shoes. Sneakers are allowed (black only) as long as they do not have fancy motifs. Wear matching colour socks.

Roots service uniforms

- Black pants (or skirts), black shoes, black socks (or skin- colour stockings), white shirt, black neck tie/scarf, note pad, pen, bottle opener and crumber.
- Black apron
- ▶ Related rotations: FD-L S, FD-D S



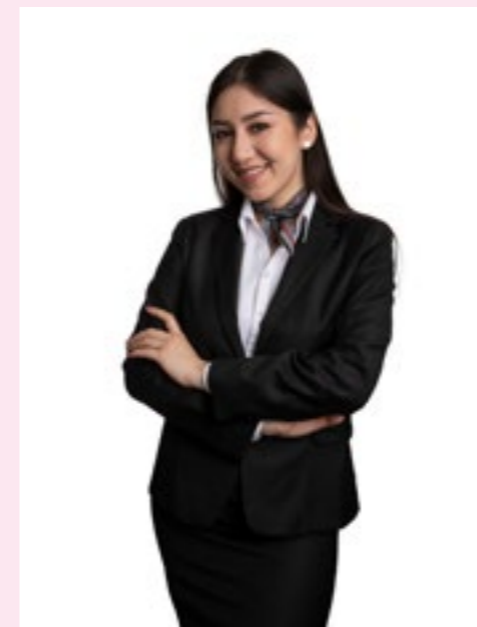
Bar uniform

- Black pants (or skirts), black shoes, black socks (or skin- colour stockings), white shirt, black neck tie/scarf, note pad, pen, and bottle opener
- Black tuxedo apron (will be distributed at the beginning of the week)
- ▶ Related rotations: Roots-Lob (Roots bar, Lobby bar)



Restaurant lab service uniform

- Black pants (or skirts), black shoes, black socks (or skin- colour stockings), white shirt, black neck tie/scarf, note pad, pen, bottle opener and crumber.
- Coloured apron depending of theme chosen (will be distributed at the beginning of the week)
- Hair in bun for ladies
- ▶ Related rotation: LAB-S



Concierge and guest relations

- Only school-issued uniforms are allowed.
- Black pants (or skirts), black jacket, black shoes, black socks (or skin- colour stockings), white shirt, school neck tie/ scarf.

Academic courses BBA1

- Only school-issued uniforms are allowed.
- Black pants (or skirts), black jacket, black shoes, black socks (or skin- colour stockings), white shirt, school neck tie/scarf

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