

### **UNIFORM OPTION 5 – CADET PT UNIFORM**

The cadet PT uniform will be worn on designated PT days (normally Friday). The PT Uniform will consist of the Air Force PT Shirt and Shorts. On cold days, the Air Force issued Sweat Shirt and/or Sweat Pants may be worn over the shirt and shorts. The issued PT uniform will be well fitting enough to allow the cadet freedom of movement. The shirt may be worn out or tucked in. Appropriate athletic shoes are required with the PT uniform (no flip flops, sandals, or open toed shoes). On designated "Team Sports" days, the PT uniform is optional, although if not worn, the cadet must wear clothing that still allows them to participate, and the appropriate shoe rule is still in effect. If a cadet has a valid excuse for not participating in PT (i.e., doctor's note) they should still bring their PT gear with them on that day since a grade is given for having the appropriate uniform.



Option 5