

Higher Ground Retreats Staff and Participant Dress Code

In order to promote a safe, healthy and positive community experience rooted in the Reign of God Higher Ground Retreats expects the following dress code be followed by all Male and Female Participants and Staff members.

- Shirts must be long enough to naturally touch the top of the lower garment, with arms raised. Shirts must cover the shoulders. All attire should be sized to fit without exposing undergarments, buttocks, stomachs or cleavage.
- Shorts and skirts must be fingertip length when arms are resting at sides
- No yoga pants
- No Spaghetti straps, tank tops, and halter tops or transparent/mesh clothing or shirts with revealing necklines or armholes
- No clothing or accessories that promote drugs, alcohol or tobacco either by brand or message
- No clothing or accessories with sexually suggestive language or messages or clothing or accessories that promote violence, criminal activity, intimidation or intolerance of others (based on religion, ethnicity, gender or lifestyle)
- Modest swim suit appropriate for a catholic retreat setting, No Speedos or bikinis.

Signature _____ Date _____