



## Grooming Standards Update for Medical Waivers Fact Sheet

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### BLUF

NAVADMIN 162/26 announces the update of policy for medical shaving waivers and outlines procedures for readiness tracking and administrative separation.

### Who needs to know?

- All Active and Reserve Sailors
- Commanding Officers, Executive Officers, Command Senior Enlisted Leaders
- Department Heads, Division Officers, Leaders and Supervisors
- Medical Personnel
- Navy applicants

### What you need to know – key points

- **General Policy**
  - Medical waivers are authorized only for prescribed medical treatment.
  - Approved medical based waivers limit facial hair to ¼ inch.
- **New Medical Waiver Process:**
  - Sailors with shaving-related skin conditions must report to their supervisor and seek a military medical evaluation.
  - Medical providers will document diagnoses, like PFB, and treatment plans on NAVPERS 1000/1.
  - Commanding Officers hold the authority to approve the medical shaving waiver by signing NAVPERS 1000/1.
  - Sailors must provide approved NAVPERS 1000/1 to their new command when transferring.
  - Sailors reporting for duty without a current, approved waiver are required to be clean-shaven.
- **Waiver Duration and Renewals:**
  - Medical accommodations will not exceed a total of 12 consecutive months.
  - Treatment plans are issued in increments of up to a maximum of 90 days.
- **Administrative Separation:**
  - Commands may recommend separation for Sailors who cannot comply with grooming standards after receiving 12 consecutive months of medical treatment.
  - A signed NAVPERS 1070/613, NAVPERS 1000/1, and Medical Evaluation Board determination are required to establish a permanent condition.
  - Separations will not commence until one year after the NAVADMIN release date.

### Key Actions and Responsibilities

- Commands must document and track all waiver durations to ensure compliance with the 90-day and 12-month limits.
- Commands must begin quarterly readiness evaluations for personnel with waivers to ensure proper fit of breathing masks.
- Sailors must report any shaving-related skin conditions and maintain a copy of the signed NAVPERS 1000/1 on their person while in uniform.
- Sailors must attend all follow-up medical re-evaluations unless approved by medical provider.

### Sample POD/POW Note

- NAVADMIN 162/26 announces the policy update for medical shaving waivers which are authorized only for prescribed medical treatment. COs may approve waivers not to exceed 12 consecutive months. Sailors reporting for duty without a current, approved waiver must be clean-shaven.