

## **GUIDELINES FOR CANDIDATES FOR COOKERY COMPETITION**

### **UNIFORM STANDARDS**

1. The candidate must wear a clean Chef's jacket & trousers **OR** clean cotton clothing (not loose fitted) covering full body.
2. The head must be covered with a Chef's hat / disposable net cap (available at venue too).
3. A cotton apron covering the front part of the body.
4. Safe non-slippery shoes covering full feet.
5. No visible jewellery is to be worn.
6. Cuts and open bruises on hands must be bandaged properly.

### **PERSONAL HYGIENE**

Participants should be clean and showered with good personal hygiene. Gentlemen should either be clean shaven or the ones with beards must wear a beard net. Clipped nails with no nail paints are essential. Ladies must wear their hair well tied preferably in a bun.

### **STANDARD TOOL KIT: (candidates are required to bring)**

1. Appropriate cutting, preparing and shaping tools can be used. (knives and tools must be stainless steel made)
2. Gas lighter (domestic style): 1 no.
3. Cotton kitchen duster: 2 no.
4. Pocket hand sanitizer: 1 no.