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## Programs, Exercise, and Recreation

### 1002.1 PURPOSE AND SCOPE

The purpose of this policy is to establish guidelines and procedures ensuring that San Diego County Probation Department facilities will have sufficiently scheduled programs, exercise, and recreation periods, and sufficient space for these activities, as required by law (15 CCR 1371).

#### 1002.1.1 DEFINITIONS

Definitions related to this policy include:

**Exercise** - The physical exertion of large muscle groups.

**Programs** - Structured programs designed to enhance socialization that provides a positive, pro-social experience to build positive youth development.

**Recreation** - Activities that may include table games, watching television, or socializing with other individuals.

### 1002.2 POLICY

It is the policy of this department to provide youths with access to programs, exercise opportunities, and recreation activities in accordance with state laws or requirements. The intent is to minimize the time youths are in their rooms or bed area.

### 1002.3 RESPONSIBILITIES

Youths shall be provided the opportunity for programs, recreation, and exercise at least three hours a day during the week and five hours a day each Saturday, Sunday, or non-school day, of which one hour shall be an outdoor activity, weather permitting.

A youth's participation in programs, recreation, and exercise may be suspended only upon written finding by the Division Chief or designee that a youth represents a threat to the safety and security of the facility.

The Division Chief or the authorized designee shall be responsible for ensuring there is sufficient secure space for programming, physical exercise, and recreation. A schedule should be developed to ensure accessibility for all youths without interfering with other daily activity requirements (meals, education, religious services, other regularly scheduled events). The recreation and exercise schedule shall be posted in the living unit (15 CCR 1371).

The shift leader shall use the approved daily activity log sheet to document the actual time of an activity and if a youth has declined participation.

Daily activity log sheets should be collected monthly and forwarded to the Division Chief. Log sheets shall be maintained in accordance with established records retention schedules.

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There will be an annual written review of the programs, exercise, and recreation to ensure content is current, consistent, and relevant to the population.

If the Division Chief or the authorized designee denies any youth or group of youths the programs, exercise, or recreation time period, documentation should exist that verifies that the denial is based on good cause in relation to a security need.

#### **1002.4 ACCESS TO EXERCISE**

Youths shall have an opportunity for at least one hour of large-muscle activity each day. When weather permits, the youths' exercise time shall be outdoors (15 CCR 1371).

#### **1002.5 ACCESS TO RECREATION**

All youths shall be provided the opportunity for at least one hour of daily access to unscheduled activities such as leisure reading, letter writing, and entertainment. Activities shall be supervised and shall include orientation, and may include coaching of youths. Televisions, newspapers, table games, and other items may also be provided to enhance recreation time (15 CCR 1371).

#### **1002.6 ACCESS TO PROGRAMS**

All youths shall be provided with the opportunity for at least one hour of daily programming. The program should be structured and designed to enhance socialization, and youth participation shall be monitored.

Facility programs shall include any additional activities required under 15 CCR 1371 (e.g., trauma-focused, cognitive, evidence-based, best practice interventions that are culturally relevant and linguistically appropriate; prosocial intervention and activities designed to reduce recidivism).

##### **1002.6.1 COMPUTER AND INTERNET ACCESS**

The Division Chief may authorize providing a youth with reasonable access to computer technology and the internet so that the youth can maintain relationships with family members (Welfare and Institutions Code § 851.1; Welfare and Institutions Code § 889.1).

#### **1002.7 SECURITY AND SUPERVISION**

The staff supervising youths during programs, exercise, and recreation time shall document when each youth actively participates.

Staff shall be responsible for inspecting exercise and recreational equipment to ensure it appears safe for use. Broken equipment or equipment that is in an unsafe condition shall not be used. Youths may not use equipment without supervision. All equipment shall be accounted for before youths return to their housing unit.

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The supervising staff may terminate the exercise or recreation period and escort back to the housing unit any youth who continues to act in an aggressive or disorderly manner after being ordered to stop by the staff. Whenever an exercise or recreation period is involuntarily terminated, the staff will document the incident and the rationale for terminating the exercise period. The Watch Commander will determine whether disciplinary action is warranted. The Division Chief may suspend for a period not to exceed 24 hours access to recreation and programs (15 CCR 1371).

A youth's participation in programs and recreation may only be suspended upon a written finding by the Division Chief or the authorized designee that a youth presents a threat to the safety and security of the facility.

The Division Chief or authorized designee shall document the reasons why suspension occurs (15 CCR 1371).

#### 1002.7.1 MEMBER PARTICIPATION IN ACTIVITIES

Members may participate in recreation, programs, exercise, and non-contact sporting activities with the youth when staffing is adequate, and members are able to maintain proper structure and security for all the youth in the unit.

#### 1002.8 EXERCISE SPACE

Exercise areas, as specified by federal, state, and/or local laws or requirements, should be sufficient to allow each youth at least one hour of exercise every day. Use of outdoor exercise is preferred, but weather conditions may require the use of covered/enclosed space. Dayroom space is not considered exercise space (24 CCR 1230.1; 24 CCR 1230.11).

#### 1002.9 INABILITY TO MEET REQUIREMENTS

In the event that the youth population exceeds the ability of the facility to meet the exercise and recreation requirements, the Division Chief should notify the governing body that there is a deficiency in space for exercise, that the deficiency may violate the law and/or space requirements, and that the Division Chief requests funds to remedy the situation. The Division Chief should document all action taken to try to remedy the situation, including funding requests, population reduction requests, and all responses to those requests.