

## Programs, Exercise, and Recreation (Title 15, § 1371)

### 1003.1 PURPOSE AND SCOPE

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

#### 1003.1.1 DEFINITIONS

Definitions related to this policy include:

**Exercise** - An activity that requires physical exertion of the large muscle groups. Fulfilled primarily through Probation led recreation.

**Programs** - Structured programs that include but are not limited to trauma-focused, cognitive, evidence-based, best practice interventions that are culturally relevant and linguistically appropriate, or pro-social interventions and activities designed to reduce recidivism.

**Recreation (Free time)** - The youth's free time to choose from activities that occupy the attention and offer the opportunity for relaxation. Such activities may include ping-pong, TV, reading, board games, and letter writing.

### 1003.2 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.

### 1003.3 RESPONSIBILITIES

Youths must be provided the opportunity for programs, recreation, and exercise a minimum of three hours a day during the week and five hours a day each Saturday, Sunday, or non-school day, of which one hour must be an outdoor activity, weather permitting. (15 CCR 1371)

The Division Chief or the authorized designee must develop and implement procedures ensuring there is sufficient secure space for programming, physical exercise, and recreation for all youth. The intent is to minimize the amount of time youths are in their rooms or their bed area. (15 CCR 1371) 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 program, exercise, and recreation schedule must be posted in the living areas. (15 CCR 1371)

Officers must 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 must 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 by the department to ensure content offered is current, consistent, and relevant to the population. (15 CCR 1371)

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 safety or security need.

#### **1003.4 ACCESS TO EXERCISE**

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

#### **1003.5 ACCESS TO RECREATION**

All youths must be provided the opportunity for at least one hour of daily access to unscheduled activities such as leisure reading, letter writing, and entertainment. Activities must be supervised and must include orientation and may include coaching of youths. (15 CCR 1371)

Televisions, newspapers, table games, and other items may also be provided to enhance recreation time.

#### **1003.6 ACCESS TO PROGRAMS**

All youths must be provided with the opportunity for at least one hour of daily programming to include but not be limited to trauma focused, cognitive, evidence-based, best practice interventions that are culturally relevant and linguistically appropriate, or pro-social interventions and activities designed to reduce recidivism. The programs must be structured and designed to enhance socialization, and youth participation must be monitored. Programs should be based on the youth's individual needs in accordance with the [Case Management Policy](#) and [Counseling Services Policy](#). (15 CCR 1371)

Programs may be provided under the direction of the Chief Probation Officer or the County Office of Education and can be administered by county partners such as mental health agencies, community-based organizations, faith-based organizations, or probation staff members. (15 CCR 1371)

Programs may include but are not limited to the following (15 CCR 1371):

- (a) Cognitive behavior interventions
- (b) Management of stress and trauma
- (c) Anger management
- (d) Conflict resolution
- (e) Juvenile justice system
- (f) Trauma-related interventions
- (g) Victim awareness

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- (h) Self-improvement
- (i) Parenting skills and support
- (j) Tolerance and diversity
- (k) Healing-informed approaches
- (l) Best practice interventions that are culturally relevant and linguistically appropriate by credible messengers
- (m) Gender-specific programming
- (n) Art, creative writing, or self-expression
- (o) CPR and first-aid training
- (p) Restorative justice or civic engagement
- (q) Career and leadership opportunities
- (r) Other topics suitable for the youth population

#### 1003.6.1 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](#))

#### **1003.7 SECURITY AND SUPERVISION**

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

Staff members must 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 must not be used. Youths may not use equipment without supervision. All equipment must be accounted for before youths return to their housing unit.

The supervising staff member 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 member. Whenever an exercise or recreation period is involuntarily terminated, the staff member 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 access to recreation and programs for a period not to exceed 24 hours. ([15 CCR 1371](#))

A youth's participation in programs, recreation, and exercise 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. ([15 CCR 1371](#))

The Division Chief or the authorized designee must document the reasons why suspension of recreation and programs occurs. ([15 CCR 1371](#)).

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#### **1003.8 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.

#### **1003.9 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 financial and operational resources to remedy the situation. The Division Chief should document all action taken to try to remedy the situation, including financial and operational requests, population reduction requests, and all responses to those requests.

#### **1003.10 REFERENCES**

Date Last Reviewed	11/2/2025
Date(s) Revised	07/20/09, 10/19/09, 03/15/10, 06/14/10, 09/13/10, 04/11/11, 01/08/15, 11/2/2025
Policy and Procedure References	<a href="#">Case Management Policy</a> <a href="#">Counseling Services Policy</a>
Attachments/Links	<a href="#">15 CCR 1371</a> <a href="#">Welfare and Institutions Code § 851.1</a> <a href="#">Welfare and Institutions Code § 889.1</a>