

YTC Gymnasium and Weight Room

1302.1 PURPOSE AND SCOPE

To establish guidelines and procedures for the safe use of the Youth Transition Campus (YTC) gymnasium and weight room. The Probation Department recognizes that health and fitness form an integral part of a youth's wellness and education. Under the supervision of sworn officers, all youth in the YTC program will be offered the opportunity to benefit from the use of the YTC gymnasium and weight room.

1302.2 POLICY

The gymnasium and weight room are aimed at providing youth the skills necessary to establish a fitness routine that they will carry with them into adulthood. It will afford them the means to stay active and teaches them that physical activity can be a great way to let go and de-stress. (See Programs, Exercise, and Recreation Policy)

1302.3 REFERENCES

For further guidance see the YTC Gymnasium and Weight Room Unit Procedure