

## Recreation, Programs and Exercise

### 962.1 PURPOSE AND SCOPE

The purpose is to establish and implement written policy and procedures for recreation, programs and exercise for youth in juvenile facilities. This policy applies to all juvenile facility staff.

### 962.2 AUTHORITY AND REFERENCES

- Board of State and Community Corrections Title 15, Article 6, §§ 1371 & 1378;
- Welfare and Institutions Code §§ 209, 210 & 885.

### 962.3 POLICY

Juvenile facility staff, with prior approval from the unit supervising probation officer (SPO)/duty officer (DO), shall develop and implement recreation, programs and exercise for all youth within the juvenile facility. The intent is to maximize the amount of time youth are out of their rooms and not confined to their bed.

### 962.4 RECREATION, PROGRAMS AND EXERCISE PROCEDURES

All recreation, programs and exercise shall be planned with consideration for time constraints and available resources. These shall be balanced among recreation, exercise and programs such as educational, social and entertainment programs. Appropriate supervision shall be available and all eligible youth shall be encouraged to participate whenever possible. Facility manager(s) may suspend, for a period not to exceed 24 hours, access to recreation and programs.

#### 962.4.1 MINIMUM REQUIREMENTS

Juvenile facilities shall provide the opportunity for recreation, programs and exercise a minimum of three hours a day during the week and five hours a day each Saturday, Sunday or other non-school days. Recreation, programs and exercise shall include the opportunity for at least one hour daily of outdoor activity, weather permitting. Such recreation, program and exercise schedule shall be posted in the living units.

Recreation shall include the opportunity for at least one hour of daily access to unscheduled activities such as reading, television, radio, music, video and games. Activities shall be supervised and include orientation and may include coaching of youth.

Programs shall include Social Awareness Programs as outlined in Title 15, Section 1378.

Exercise for all youth shall be provided with the opportunity for at least one hour daily of large muscle activity. That one hour of exercise may be suspended only upon a written finding by the facility manager(s) or designee that the youth represents a threat to the safety and security of the juvenile facility.

# Riverside County Probation Department

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#### 962.4.2 SAFETY

All recreation, programs and exercise shall have prior approval from a SPO/DO. Only safe and secure activities shall be permitted.

Staff shall take the medical bag including sunscreen, bandages and any medication (i.e., inhalers, epinephrine pen, etc.) which the youth may need, to all recreation, programs and exercise.

Youth shall be appropriately clothed with consideration to weather conditions and type of activity when participating in all recreation, programs and exercise.

#### **962.5 LIMITATIONS**

Access to recreation, programs and exercise may also be modified or suspended due to a youth's medical or physical condition as stipulated by on-site health care staff. Alternative activities and/or exercises shall be given to the youth by the on-site health care staff in the event of illness, injury or medical problems which limit or prohibit participation:

- (a) Unit staff shall review the physical education (PE) restrictions list prior to any exercise to determine a youth's PE restrictions. Youth who are on this list shall follow their restrictions.
- (b) Staff are reminded that often youth detained in the juvenile facilities are not in optimum physical or emotional condition and are reminded to exercise discretion in organizing and implementing all recreation, programs and exercise.

Exercise areas shall be designed to ensure access for disabled youth, taking into account a full range of potential disasters, due to visual impairment, physical limitations and use of prosthesis.

#### **962.6 TREATMENT FACILITIES**

Recreation, programs and exercise which involve the youth leaving the facility shall have prior approval from the facility manager(s) or designee. Staff escorting youth off grounds shall take the youth's medical files and medications with them. The medical files and medications shall remain in the possession of staff.

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