

Programs, Recreation, and Exercise

962.1 PURPOSE AND SCOPE

The purpose is to establish and implement written policy and procedures for programs, recreation, 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;
- 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 programs, recreation and exercise for all youth within the juvenile facility. The intent is to minimize the amount of time are in their rooms or their bed area.

962.4 PROGRAMS, RECREATION, AND EXERCISE PROCEDURES

All programs, recreation, and exercise shall be planned with consideration for time constraints and available resources. Appropriate supervision shall be available and all eligible youth shall be encouraged to participate whenever possible. A youths's participation in programs, recreation and exercise may be suspended only upon written finding by the Facility manager(s) or designee when a youth represents a threat to the safety and security of the facility.

962.4.1 MINIMUM REQUIREMENTS

Juvenile facilities shall provide 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 other non-school days. Programs, recreation, and exercise shall include the opportunity for at least one hour daily of outdoor activity, weather permitting. Such programs, recreation, and exercise schedule shall be posted in the living units.

Programs for all youth shall be provided with the opportunity of at least one hour of daily programming to include but not limited to, trauma focused, cognitive, evidence-based, best practice interventions that are culturally relevant and linguistically appropriate, or prosocial interventions and activities designed to reduces recidivism. These programs should be based on the youth's individual needs as identified through the Individual Detention Youth Questioner (IDYQ) and counseling and casework. Such programs may be provided under the direction of the Chief Probation Officer or Riverside County Office of Education and can be administered by the county partners such as behavioral health services, community based organizations, faith-based organizations or Probation staff. Programs may include but are not limited to:

1. Cognitive behavior interventions;
2. Management of stress and trauma;

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3. Anger management;
4. Conflict resolution;
5. Juvenile justice system;
6. Trauma-related interventions;
7. Victim awareness;
8. Self- improvement;
9. Parenting skills and support;
10. Tolerance and diversity;
11. Healing informed approaches;
12. Interventions by credible messengers;
13. Gender specific programs;
14. Art, creative writing, or self-expression;
15. CPR and first aid training;
16. Restorative justice or civic engagement;
17. Career and leadership opportunities; and
18. Other topic suitable to the youth population.

Recreation for all youth 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 include orientation and may include coaching of youth.

Exercise for all youth shall be provided with the opportunity for at least one hour daily of large muscle activity. The Facility manager or designee may suspend, for a period not to exceed 24 hours, access to recreation and programs and shall document the reasons why the suspension of recreation and programs occurred.

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

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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 a 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.

962.7 ANNUAL REVIEW

A written annual review of the programs, recreation, and exercise by the responsible agency to ensure content offered is current, consistent, and relevant to the population.

Date last reviewed: 04/04/2023

Date(s) revised: 04/04/2023, and 03/07/2016.

Created: 03/01/2000

Attachments:

1. [Annual Review Programs, Recreation and Exercise for Managers](#)
2. [Sample Annual Review Programs, Recreation and Exercise for Outside Agencies](#)