



**Youth Detention Facility
GENERAL ORDER**

**PROGRAMS, RECREATION, AND EXERCISE- TITLE
XV 1371**

Purpose and Scope

Opportunity for programs, recreation and exercises shall be scheduled a minimum of three hours a day during the week and five hours a day each Saturday, Sunday or other non-school days, of which one hour shall be an outdoor activity, weather permitting. Every youth shall have the opportunity for at least one hour each day of exercise, involving large-muscle activities. Equal opportunity for all youth shall exist in all program, recreational and athletic programs.

Program, recreation and exercise minimize the amount of time youth are in their rooms or in their bed area. Neither recreational activities nor exercise programs shall be used as discipline or punishment. A youth's participation in program, recreation, and exercise may be suspended only upon a written finding by the administrator/manager or designee that a youth represents a threat to the safety and security of the facility.

Affected Personnel

All Sworn Personnel – YDF

Authority

Title XV 1371

Effective Date

11/1/2019

I. Guidelines:

- A. All living units will post the schedule of daily program, recreation and exercise. In addition, the daily routine will accommodate the weekly schedule for use of the gym and pool. The Chief Deputy or Assistant Chief Deputy may suspend, for a period not to exceed 24 hours, access to recreation and programs and document the reasons for the suspension. A written annual review of the programs, recreation and exercise by the department will be maintained to ensure content

offered is current, consistent, and relevant to the population.

B. Programs

1. All youth shall be provided with the opportunity for 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 to linguistically appropriate, or pro-social interventions and activities designed to reduce recidivism.
2. These programs should be based on the youth's individual needs identified through individual assessment required by Sections 1355 and 1356.
3. Such programs may be provided under the direction of the Chief Probation Officer or the Sacramento 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.
4. Programs may include but not limited to;
 - a. Cognitive Behavior Intervention;
 - b. Management of Stress and Trauma;
 - c. Anger Management;
 - d. Conflict Resolution;
 - e. Juvenile Justice System;
 - f. Trauma-related interventions;
 - g. Victim Awareness;
 - h. Self-Improvement;
 - i. Parenting Skills and support;
 - j. Tolerance and Diversity;
 - k. Healing Informed Approaches;
 - l. Interventions by Credible Messengers;
 - m. Gender Specific Programming;
 - n. Art, creative writing; or self-expression;
 - o. CPR and First Aide training;
 - p. Restorative Justice or Civil Engagement;
 - q. Career and leadership opportunities; and
 - r. Other topics suitable to the youth population.

C. All living units will comply with the following:

1. Recreation. All youth shall be provided with 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 included orientation and may include coaching of youth.

2. All youth shall be provided with the opportunity for at least one hour of large muscle activity each day.
3. Secure the courtyard and playfields by "walking" the area prior to usage of said area to ensure there is no contraband/weapons present.

II. Procedures

- A. All living units will manage and track all youth program, recreation and exercise on the Floor Plan Interactive Application (FPIA):
 1. Staff will move youth participating in the activity to and from the desired location (gym, courtyard, L.E.A.P., day space etc.) in the FPIA; movement will occur at the start of the activity and immediately at the conclusion of the activity.
 2. The Duty Supervisor shall be notified immediately and an Institutional Incident Report (IIR) shall be generated when a youth has been suspended from programming or the living unit has been unable to comply with the minimum stated standards.
- B. All youth will be allowed the opportunity for:
 1. At least one hour of outdoor activity each day, weather permitting.
 2. At least one hour of exercise involving large muscle activity. (LME)
- C. The exceptions are:
 1. Youth on physical activity restriction based on a medical evaluation.
 - a. Even though a youth is not able to participate in the activity, the youth shall remain with the living unit during all activities, unless they have been placed on bed rest by the clinic.
 2. Youth whose behavior represents a threat to the safety and security of staff or other youth.
 - a. If unit staff determines a youth's behavior represents a threat to the safety of the staff and/or other residents, the Duty Supervisor shall be notified immediately and a detailed explanation must be documented in an Institutional Incident Report (IIR)
 3. Youth who have been deemed a safety risk and authorized by a Duty Supervisor not to participate in 1 hour of LME with the unit, must be offered 1 hour of LME outside of their room to be completed by themselves with staff supervision.

- a. If staff believe the youth represents a threat to the safety and security of the facility, even when participating by themselves, a supervisor shall be notified and the youth's behavior will be evaluated by the supervisor as to whether or not their behavior precludes participation in the outside or exercise program.
4. If the supervisor determines a youth will not participate in their one hour of LME, because the youth represents a threat to the safety and security of the facility staff shall document a detailed explanation in an Institutional Incident Report (IIR)
- D. Participation by youth in Large Muscle Exercise is to be voluntary.
- E. All youth who participate in outdoor/indoor physical activity or exercise involving large muscle exercise, can utilize the following Youth Detention Facility Exercise Program as a guide of exercises prior to the regularly scheduled activity:

1. Aerobic Exercises:

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|----|---------------------------|--------|----------------|
| a. | 3-count jumping jacks | 2 sets | 20 repetitions |
| b. | 4-count burpees | 2 sets | 10 repetitions |
| c. | 4-count maintain climbers | 2 sets | 10 repetitions |
| d. | Arm rotations | 2 sets | 10 repetitions |
| e. | Knee-bows | 2 sets | 10 repetitions |

Staff to choose from two of the above five exercises.

2. Strength Exercises:

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|----|------------------|--------|----------------|
| a. | Crunches | 2 sets | 20 repetitions |
| b. | Leg lifts | 2 sets | 10 repetitions |
| c. | Standard push-up | 2 sets | 10 repetitions |
| d. | "V" ups | 2 sets | 10 repetitions |
| e. | Squats | 2 sets | 10 repetitions |

Staff to choose from two of the above five exercises.

3. Run/Jog/Walk 10 times around the courtyard/gym (if applicable to location).

4. At no time shall the warm up exercises exceed 15 minutes in duration.
 5. Exceptions to the exercise program must be approved by the supervisor.
- F. During the program, recreation and exercise programs:
1. Staff may participate in recreational activities with the youth, such as cards or dominos, when staffing is adequate, and staff are able to maintain proper structure and supervision of all the youth in the unit.
 2. Staff may participate in non-contact sporting activities with the youth and provide instruction/demonstration prior to a sports activity. Staffing shall be adequate, and staff must be able to maintain proper structure and supervision of all the youth in the unit.
 3. At no time will staff participate in or allow any form of "gambling" between youth or between staff and youth. Nothing may be wagered on the outcome of any table game or sporting activity.
 4. Staff shall observe reasonable health and safety practices at all times i.e.:
 - a. No pool use without a certified lifeguard on duty.
 - b. No outside activity when the weather is too cold, hot or wet.
 - c. No use of play field without the proper alarms.
 5. Staff shall check all equipment prior to the beginning of any activity to ensure it is in safe working condition.
- G. **Field Use:** YDF has the North Field that may be utilized for youth recreational activity.

III. Field Guidelines:

- A. The following guidelines will be adhered to when a living unit utilizes the North Field.
1. North Field may be accessed through the North Play Field Door.
 2. All living units shall contact Central Control via radio prior to leaving their unit to obtain clearance to conduct a hall movement, enter the courtyard, and enter the field area. The same procedure must be followed upon leaving the field area.
 3. A staff member shall walk the field before the unit enters and prior to returning to their unit to check for all contraband.
 4. Youth shall not enter the field areas without Probation staff present.

5. While on the field, staff shall position themselves in a safe and triangular manner at all times so they see staff and youth simultaneously. Staff shall be in position to view all blind spot areas.
6. Staff shall take group counts upon entering and exiting the field and notify Central Control. Staff shall continue to take physical counts of the group while at the field.
7. Only Central Control or an SPO can authorize when a unit is cleared to enter and exit the field or courtyard.
8. As a precaution, unit staff shall place bright orange cones in areas such as drainage grates, hard sprinkler heads or holes.
9. Unit staff shall conduct pat down searches of all youth upon their return to their housing unit from the field.
10. Additional staff may be utilized if a youth is called from the field to another location (clinic, court).
11. All YDF safety and security procedures shall be followed while in the field areas.

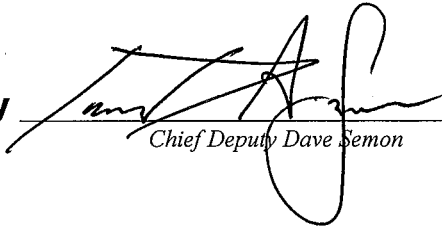
References

CAC, Title 15, Sections 4286, 4295, 4346 and 4350.
Model Institutional Standards – CPOC

Attachments

Amends/Replaces Previous Order

Authorized By



Chief Deputy Dave Semon

Date

10/22/17

Approved by: Dave Semon
Revised: 11/01/2019
Effective: 10/01/2013
Replaces: Outdoor South Field Use
Authority: CCR, Title XV 1371