



## **INMATE EXERCISE AND LEISURE ACTIVITIES**

### **POLICY.**

It is the policy of the Deschutes County Adult Jail (DCAJ) and Work Center (WC) to provide inmates with an opportunity for safe and healthy exercise and leisure activities for their personal well-being and to aid in their rehabilitation.

### **PURPOSE.**

The purpose of this policy is to provide corrections staff with guidelines which promote various types of inmate exercise and leisure activities, thereby reducing inmate idle time.

### **OREGON JAIL STANDARDS:**

- I-101 Exercise Opportunity Required
- I-102 Frequency and Duration of Exercise
- I-103 Refusal to Participate
- I-104 Exercise Supervision
- I-105 Exercise Areas
- I-106 Outdoor Exercise
- I-107 New Construction Exercise Space
- I-201 Leisure Activities
- I-202 Regulating Leisure Activities
- I-203 Facilities for Leisure Activities
- I-204 Library Services

### **DEFINITIONS.**

**Indirect Supervision.** A corrections deputy must be in position in the Control Center to visually monitor the area of activity. Electronic monitoring may be used to enhance, but may not be used in lieu of indirect supervision.

### **PROCEDURES.**

#### ***SECTION A: GENERAL GUIDELINES***

- A-1.** DCAJ and WC encourage inmates to exercise. However, DCAJ health care staff may restrict inmates from doing some types of exercise for medical reasons.

- A-2. An inmate may exercise using his own methods, provided they do not include the use of weighted objects or other devices. Inmates may not alter any item to serve as an exercise device or use any item not designated as exercise equipment.
- A-3. Health exercises are encouraged and described in the Inmate Manual. Each inmate is provided an Inmate Manual upon housing.
- A-4. Inmates will do all exercising either in their cells, bunk area or in the recreation yard. Inmates may also walk, but not run, around the perimeter of the dayroom.
- A-5. Corrections staff may not force an inmate to exercise as a form of punishment.
- A-6. The indoor/outdoor recreation yards are supervised by indirect supervision. Sufficient staffing will be provided to ensure that inmates consistently receive the opportunity to exercise.
- A-7. Volunteers and contract providers may be used to assist in providing exercise for inmates.

***SECTION B: RECREATION YARD***

- B-1. As outlined in Supervision Level Grid Form No. 415, access to indoor/outdoor recreation yards is permitted as follows:
  - a. Supervision Levels I, II, III and IV may use the yards four (4) days a week, one (1) hour per day, after serving six (6) consecutive days in custody.
  - b. Supervision Level V may use the yards four (4) days a week, one hour per day, after serving six (6) consecutive days in custody.
  - c. Inmates with legitimate medical reasons, as determined by DCAJ medical staff, may use the yards for exercise even if their incarceration will be for less than seven (7) days. Examples of legitimate medical reasons include, but are not limited to, brittle diabetes, certain heart conditions and Tourette's syndrome. When such circumstances arise, medical staff will inform the shift supervisor of the pending need, by means of Medical Directive Form No. 581.
- B-2. Supervision levels are not to be mixed in the indoor/outdoor recreation area unless authorized by the shift supervisor. Such instances will be documented in an incident report.
- B-3. Female inmates will not be mixed with male inmates in the indoor/outdoor recreation area; however, female inmates will be given the same access as male inmates.
- B-4. During recreation use, no more than 20 inmates will be permitted in each indoor/outdoor combination area.
- B-5. During the one hour of access, inmates may move freely between the indoor and outdoor areas, unless corrections staff directs otherwise.

- B-6.** Barring exigent circumstances, indoor recreation is available to inmates from 0800 to 2300 hours. Outdoor recreation is only available during daylight hours.
- B-7.** Inmates must be fully dressed while moving to the exercise area, but may remove their shirts (male inmates only) for exercise during balmy weather conditions.
- B-8.** Coats may be provided for use if the weather or temperature makes their use necessary.
- B-9.** Outdoor exercise may be restricted or denied to inmates based on the following:
- a. Inclement weather, including dangerously high winds, torrential rains, blizzard conditions, dangerous ice accumulations or equivalent.
  - b. Inmates who present too great a risk to permit access to the outdoor exercise yard.
  - c. Inmates who have a medical restriction for such activity.
  - d. Inmates who are too dangerous to release into the outdoor exercise area.
  - e. Inmates when situations or conditions exist that would jeopardize the security, safety, or other legitimate interests of the DCAJ or WC.
  - f. Standing water, snow or ice in the exercise yard.
- B-10.** When an inmate is denied access to indoor/outdoor recreation for reasons of safety and security, Control Center staff will log the denial in the jail management system (JMS) and the shift supervisor will document the reasons in an incident report.
- B-11.** Inmates may be subjected to pat-down searches when transferring into or out of the indoor/outdoor recreation area. Inmates are not allowed to bring any items into or out of the indoor/outdoor recreation area, including food or drink.
- B-12.** Control Center staff will document the date and time that inmates are offered access to the indoor/outdoor recreation area on Recreation Yard Access Form No. 368. Beginning and ending times will be recorded, as will the percentage of inmates attending. Inmates are permitted to decline to participate in exercise activities, which will also be documented in JMS.

### ***SECTION C: LEISURE ACTIVITIES***

- C-1.** As outlined in Supervision Level Grid Form No. 415, DCAJ and WC may provide inmates with leisure activities including, but not necessarily limited to, the following:
- a. Television may be watched or viewed by inmates placed in Supervision Levels I, II and III. They may watch television at a reasonable level of volume, not disruptive to discipline or order, between the hours of 0600 and 2300.
  - b. Card games may be played by inmates in Supervision Levels I, II or III. The inmates must provide their own cards, which may be purchased through the facility commissary system. Using cards for gambling purposes will not be permitted.

- c. Telephones are available for personal phone calls. They are available to inmates in Supervision Levels I, II, III and IV. Inmates may utilize the pre-paid institutional telephones located in each housing unit. Supervision Level III, IV and V inmates may use the telephone during their time allocated for dayroom access, and Supervision Level I and II inmates may use the telephone between the hours of 0600 and 2300. Note: Per DCAJ Policy [CD-12-3, Inmate Telephone Calls](#), inmates in Level 5 are only permitted legal calls, unless authorized by a shift supervisor.
  - d. The facility library is available to all inmates in Supervision Levels I, II, III and IV. Inmates in Supervision Levels I, II, III, and IV may possess three books. Inmates may check books out in an informal “self-serve” manner. The library is located in each of the two recreation yards located in the North Jail, and each unit dayroom in the South Jail. Inmates are allowed access during their scheduled recreation yard, or dayroom time when housed in the South Jail. Supervision Level V inmates may be allowed to possess library books with shift supervisor approval. Such exceptions will be noted or logged in the jail management system (JMS).
- C-2.** Adequate seating and tables will be provided for leisure activities in the dayroom area of all applicable housing units.
- C-3.** Any leisure activity may be temporarily suspended for behavior or situation(s) that could disrupt or threaten the discipline, safety or security of the facility. Such cases will be noted or logged in the jail management system.

**FORMS USED:**

- Inmate Manual- Health Exercises
- Supervision Level Grid Form No. 415
- Recreation Yard Access Form No. 368
- Medical Directive Form No. 581