

DATE:	NOVEMBER 7, 2023
NUMBER:	T.11
SUBJECT:	EXERCISE AND RECREATION
RELATED SECTIONS:	TITLE 15, SEC. 1065

PURPOSE

To provide an opportunity for adequate exercise and recreation for all incarcerated persons.

POLICY

An exercise and recreation program shall be available to incarcerated persons at each facility. The program shall afford every incarcerated person a total of ten (10) hours of out-of-cell-time distributed over a period of seven days. This time shall be composed of a minimum of three (3) hours of recreation yard and a minimum of seven (7) hours of dayroom.

Recreation yard is defined by Title 15, as exercise which allows for the opportunity of physical exertion.

Dayroom time according to Title 15, is an individual's ability to choose from activities that occupy the attention and offer the opportunity for relaxation and may include reading, games, socialization, entertainment, education, and programs.

PROCEDURE

I. EXERCISE AND RECREATION

- A. Each facility shall develop a green sheet that will ensure minimum Title 15 standards for exercise and recreation are provided to all incarcerated persons. This policy shall identify the area to be used for exercise and recreation, the types of activity, and the equipment that will be made available.
- B. Dayroom time being offered to incarcerated persons shall include, but is not limited to, the following:
 - 1. Access to the telephone
 - 2. Access to newspapers
 - 3. Television programming
 - 4. Opportunity to utilize the shower
 - 5. Access to an area for recreation
- C. Since each facility has different security concerns and structural limitations, the Facility Commander shall determine what activities will be allowed and what equipment will be provided.
- D. Each facility incarcerated worker deputy will ensure there is an adequate supply of equipment. For some facilities, a recreational advisory group could be utilized. Suggestions from incarcerated persons as to their interest can be taken into consideration.

II. LOGGING ACTIVITIES

A. Mainline incarcerated persons or group entries:

1. The start and end of recreation time must be documented in the JIMS. The start of recreation will be documented by selecting "REC YARD STARTED" from the drop-down of the Area Activity. The "Area" and "HU" will denote the housing unit/module being offered recreation time. The "Count" field must indicate the accurate number of incarcerated persons that went to the recreation yard. The end of recreation will be documented by selecting "REC YARD ENDED" from the drop-down of the Area Activity. The "Area" and "HU" will denote the housing unit/module returning from recreation time. Housing units at Las Colinas Detention and Reentry Facility, where the recreation yard is directly attached to the dayroom, may deviate from this procedure but the deviation must be outlined in the facility green sheet. The "Count" field must indicate the accurate number of incarcerated persons returning from the yard. Deviation from this procedure section, for specific groups of incarcerated persons at reentry facilities (East Mesa Reentry Facility & Las Colinas Detention and Reentry Facility), shall be outlined via a facility green sheet.
2. If incarcerated persons elect not to utilize the recreation yard, an entry will be made in JIMS to indicate the refusal of recreation time. The refusal of recreation time will be documented by selecting "REC YARD REFUSED" from the drop-down of the Area Activity.
3. There may be circumstances that preclude the incarcerated persons from utilizing the recreation yard during the scheduled time (e.g., inclement weather, maintenance issues, facility emergency, etc.). An entry will be made in JIMS by selecting "REC YARD UNAVAILABLE" from the drop-down of the Area Activity. The "Description" must specify the reason recreation time was not available. If necessary, the "Notes" area may be used to provide a detailed explanation. In these cases, the watch commander will be notified.

B. Administratively separated incarcerated persons or individual entries:

1. A JIMS entry will be made in the incarcerated person's history using the "REC YARD STARTED" drop-down to indicate when the incarcerated persons have been given access to the recreation yard. Another JIMS entry will be made using the "REC YARD ENDED" drop-down in the incarcerated person's history to indicate when the incarcerated person has been returned to their housing unit.
2. If an incarcerated person chooses not to utilize the recreation yard, an entry will be made in the incarcerated person's history by using the "REC YARD REFUSED" drop-down in JIMS.
3. If there are circumstances that preclude the incarcerated person from utilizing the recreation yard during the scheduled time (i.e. - inclement weather, maintenance issues, facility emergency, etc.), an entry will be made in the incarcerated person's history in JIMS. Using the "REC YARD UNAVAILABLE" drop-down, the deputy will describe why the recreation yard was not available. If necessary, the "Notes" area may be used to provide a detailed explanation.

4. The facility sergeants should utilize the JIMS Report Housing Module History Audit Report under the Housing Header to ensure the appropriate drop-downs for Administrative Separation Recreation Yard are being utilized and Title 15 compliance for recreation yard are being met.

III. TELEPHONE ACCESS

- A. Telephones will be reasonably accessible and located in dayroom areas for incarcerated persons during recreation time.
 1. Telephone calls will be provided at no cost in accordance with County of San Diego Policy.
 2. The Facility Commander may revoke an incarcerated person's telephone access as necessary to preserve institutional safety and security or prevent criminal activity.
 3. If such action is taken, the Facility Commander shall implement a plan which allows an incarcerated person to use the telephone for the purpose of contacting their attorney and the courts.

IV. NEWSPAPERS

- A. Current newspapers purchased by the detention facilities must be distributed to incarcerated persons in such a way as to provide equal access. The facilities must also provide a current non-English language alternative as well to ensure reasonable access to interested people.
- B. Older edition newspapers will be removed from housing units, when possible, to maintain health, safety, and fire standards of the facility.
- C. This section shall not restrict incarcerated persons from purchasing newspapers of their choice, provided the newspapers comply with DSB P&P section P.3.

V. TELEVISION PROGRAMMING

- A. Televisions viewed by incarcerated persons should be utilized for informational, educational, and recreational use.
- B. Television programs and movies shall be appropriate and shall not contain anything extremely sexual or violent.