

## Section 12: Recreation and Programming

Subject: Exercise

Minimum Standard: 5120:1-8-11(A)

Revised:

Authorized: \_\_\_\_\_ Effective date: \_\_\_\_\_  
Sheriff Paul A. Sigsworth

### POLICY

Exercise and/or equipment for inmates shall be provided and the jail shall ensure that inmates are offered at least five hours per week. A full size indoor gym and 2 outdoor half court gyms are available for inmate use.

### PROCEDURE

#### A. Recreation Programs

##### 1. Indoor gym

- a. Will take place in the full size indoor gym.
- b. Basketballs are available for inmate use.
- c. Inmates are permitted to jog around the outside of the gym area.
- d. Inmates are permitted to perform calisthenics in the gym area.
- e. Inmates wishing to participate in gym activities must wear
  1. Gym shoes.
  2. Gym shirt.
  3. Gym shorts.
- f. Sandals and regular uniforms should not be worn in any gym area.
- g. Officers should inspect recreation areas for security concerns and contraband that may have been left behind by others prior use.

##### 2. Outdoor Gym

- a. Will take place following the same guidelines as Indoor Gym, except the following conditions:
  1. Will take place in the either of the outdoor half court gyms.
  2. Will be scheduled when weather permits:
    1. Outdoor Gym will only be allowed if the air temperature is at least 50 degrees with no precipitation and no standing water on the ground.

#### B. Schedule

1. During normal jail operating conditions, the following schedule should be used to determine opportunities for recreation.
  - a. E control:
    - i. Monday through Saturday 1000 to 1400 hours.
  - b. B Control:
    - i. Monday, Thursday, Friday, Saturday, and Sunday 1400 to 1600.
  - c. A Control Inmates:
    - i. Monday, Thursday, Friday, Saturday, and Sunday 1600 to 2100.
  - d. For special needs inmate and security risk, the shift supervisor will decide their schedule depending on schedule availability after 2100 hours.

## **Section 12: Recreation and Programming**

### **Subject: Exercise (Continued)**

**Minimum Standard: 5120:1-8-11(A)**

**Revised:**

#### **C. Eligibility**

1. All inmates will be allowed to participate for at least five hours of dayroom/indoor/outdoor recreation per week, unless medical staff determines their physical condition prevents them from participating.
  - a. The Nursing Staff will be responsible for placing inmates with physical condition that prevents them from participating in gym on the No Gym List.
  - b. The C Shift Supervisor will run a No Gym Report from the Jail's Record Management System Report List and place 1 copy in each of the control rooms and the Jail Sergeant's Office.
  - c. It is the responsibility of the officer working the control board of the area sending the inmates to gym to ensure they are not on the No Gym List.
2. Recreation should not interfere with mandatory scheduled activities such as Meals, Laundry Exchange, Visitation, etc. If a conflict between programs (church, AA, etc.) occurs, the inmate will be allowed to decide which program they wish to attend.

#### **D. Recording**

1. The Corrections Officer conducting recreation will:
  - a. Ascertain those housing areas and inmates wishing to participate in recreation activities.
  - b. Verify the eligibility of participation by checking the No Gym List.
  - c. Log the Gym Event as either a GYMI (gym indoor) or GYMO (outdoor gym) Event in the Jail Log of the JMS. This event will included:
    - i. Date and Time of Gym.
    - ii. Inmates that participated.
    - iii. Officer sending the inmates.
  - d. Only inmates from the same assigned pods or dorms will be allowed in the same gym area at the same time.
  - e. Because of safety concerns, participants are not allowed to play full court basketball games.

#### **E. Monitoring**

1. Prior to Gym being conducted, the Corrections Officer assigned as E Control Rover will inspect the Gym Area that inmates are being sent to.
  - a. They will look for any contraband and/or security issues and ensure the gym area is clean.
2. The Corrections Officer assigned to E Control Board will monitor the inmates during the gym time from the control board using the CCTV system and visually through the windows.