

## Recreation, Programs, and Exercise (Title 15, Section 1371)

### 623.1 PURPOSE:

Establish and implement written policies and procedures for recreation, programs, and exercise of all youth in Juvenile Detention and Assessment Centers (JDACs)/Treatment Facilities (TFs). In order to maximize the amount of time youth are out of their rooms and not confined to their bed area.

### 623.2 RESPONSIBILITIES:

#### Applications:

- I. Recreation, Programs, and Exercise:
  - A. Equivalent programming for both females and males shall exist for all recreation programs.
  - B. Include a written daily schedule, access to approved reading material and other programs such as television/video, radio, or games. Activities shall be supervised and include orientation and coaching of youth.
  - C. Facilities shall provide the opportunity for recreation and exercise a minimum of:
    1. Three (3) hours a day during the week (Monday – Friday)
    2. Five (5) hours a day each Saturday, Sunday and other non-school days.
  - D. Recreation:
    1. Shall include the opportunity for at least one (1) hour of daily access to unscheduled activities such as leisure reading, letter writing and entertainment.
    2. Recreation and Program access may be suspended, for a period not to exceed twenty-four (24) hours, by a facility Director or designee and shall be documented.
    3. Youth are not to watch programs or videos which glorify gang involvement, promote criminal activity, demean a particular gender, condone racial discord or is of sexually explicit nature.
    4. News bulletins that cover any type of violence (i.e., standoffs, carjacking, police chases) are not to be viewed on the living units.
  - E. Exercise:
    1. The recreation/exercise schedule shall include the opportunity for at least one (1) hour of outdoor physical activity each day, weather permitting. In the event weather does not permit outdoor physical activity, at least one (1) hour each day of exercise involving large muscle activities shall be provided.

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2. Youth on disciplinary status shall have the opportunity for a minimum of one (1) hour of large muscle exercise.
    - (a) That one (1) hour of exercise may only be suspended upon a written finding by the facility Director or designee that the youth presents a threat to the safety and security of the facility.
  3. Recreation access may also be modified or suspended due to a youth's medical/physical condition. Activity and PE exercises are given to youth by the medical staff in the event of illnesses, injuries, or medical problems that limit or prohibit participation.
  4. Unit staff shall review the "No PE List" prior to any physical activity. Youth who are on the list may not actively participate in the activity or event.
  5. The "No PE List" also applies to a youth's work status. This list should be reviewed by staff prior to the assignment of any youth to a work detail or the Industrial Skills Program.
- F. Programs:
1. All youth shall be provided with the opportunity for at least one (1) 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 pro-social interventions and activities to reduce recidivism.
  2. Programs shall be based on the youth's individual needs.
  3. Programming may be administered by mental health agencies, community based organizations, and faith based organizations or probation staff.
  4. Programs may include but are not limited to:
    - (a) Cognitive Behavior Interventions
    - (b) Management of Stress and Trauma
    - (c) Anger Management
    - (d) Conflict Resolution
    - (e) Juvenile Justice System
    - (f) Trauma-Related Interventions
    - (g) Victims 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

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- (n) Art, Creative Writing or Self-Expression
- (o) CPR and First Aid training
- (p) Restorative Justice or Civic Engagement
- (q) Career and Leadership Opportunities
- (r) Other topics suitable to the youth population

#### **Responsibilities:**

- I. Probation Corrections Officer (PCO) assigned to housing units:
  - A. Adhere, when possible, to the posted unit schedules and organize shifts to provide, no less than, the above minimal recreation/exercise hours (Section I.C.).
  - B. Activities shall be supervised and include orientation and may include coaching of youth at the start of each recreation/social awareness program/exercise activity.
  - C. Document activities in the CE Activity Log.
  - D. Document special programming in the CE Group Log.
- II. Probation Corrections Supervisors I (PCSI) assigned to housing units:
  - A. Submit the following to their respective PCSII:
    - 1. Each Wednesday review their assigned housing unit's activity report from the previous week.
    - 2. Monthly review the facility activity report.
    - 3. Submit a written explanation of any deficiencies of weekly/monthly review to their assigned PCSII.
- III. Probation Corrections Supervisor II (PCSII):
  - A. Ensure their assigned unit provides all youth the minimum standards of recreation programs and exercise.
  - B. Review their assigned PCSI(s) written review of weekly/monthly recreation, social awareness program, exercise hours and write a Corrective Action Plan (CAP) for deficiencies.
  - C. Submit CAP to facility Directors and ensure unit staff follows the CAP expectations.
- IV. Division Director I/II (DDI/II)
  - A. An annual review of programs, recreation and exercises will be conducted to ensure content offered is current, consistent and relevant to the population.
  - B. A youth's participation in programs, recreation and exercise may be suspended only upon written findings by the administrator/manager or designee that a youth represents a threat to the safety and security of the facility and shall be documented.

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