

<b>GEORGIA DEPARTMENT OF JUVENILE JUSTICE</b>	Transmittal # 14-01	Policy # 18.2
Applicability: { } All DJJ Staff { } Administration { } Community Services {x} Secure Facilities (RYDCs and YDCs)	Related Standards & References: ACA Standards 4-JCF-5G-01 through 06 DJJ 1.7 NCCHC Y-F-03	
Chapter 18: PROGRAM SERVICES	Effective Date: 1/15/14 Scheduled Review Date: 1/15/16	
Subject: RECREATION PROGRAMMING	Replaces: 2/1/12 APPROVED:	
Attachments: None.	 <hr/> Avery D. Niles, Commissioner	

## I. POLICY

Department of Juvenile Justice facilities and programs shall provide youth with an organized and planned program of recreation and leisure activities. Recreation and leisure activities shall be supervised by staff and planned for the purpose of:

- Maintaining good morale;
- Improving physical fitness and well being;
- Teaching new leisure-time skills; and
- Preventing idleness.

## II. DEFINITIONS

**Exercise:** Is the increased aerobic activity that stimulates and improves physical and mental health through the use of large-muscle activities such as walking, jogging in place, basketball, and isometrics.

**Recreation:** Large muscle development through physical exercise.

**Large Muscle Movement:** is used as part of the transitioning time to and from physical education (PE) and recreation class is considered exercise. The time documented for transition will be allotted for recreation.

**Leisure Activities:** Structured time that promotes creativity and socialization.

Chapter	Subject	Policy #	Page
PROGRAM SERVICES	RECREATION PROGRAMMING	18.2	2 of 4

### III. PROCEDURES

#### A. Recreation Director:

1. In YDCs, a full-time, qualified recreation director will plan and coordinate the recreation and leisure program.
2. In RYDCs, the Facility Director will designate a Recreation Coordinator to plan and coordinate the recreation and leisure program. When possible, this person should have training or background in recreation or a related field.

#### B. Recreation Program:

1. Outdoor recreation will be scheduled for a minimum of one hour daily, weather-permitting, for youth participating in regular programming. The Recreation Coordinator/Director will develop a contingency plan that provides for recreation activities in the event of inclement weather. If the youth is not available for the regular programming, the activity will not be rescheduled for that youth.
2. Time spent in the physical education component of the academic program is considered recreation.
3. Each facility will be responsible for developing a recreation schedule ensuring the program will provide a variety of competitive and non-competitive recreational experiences.,
  - a) All recreation schedules will be uploaded monthly on the OPTS SharePoint Site in the Master Schedule.
4. A variety of equipment, both fixed and/or movable, should be provided for indoor and outdoor recreation. Youth will wear appropriate attire, including footwear for participation in the recreational activity.
5. Activities that present a high chance of injury (e.g., boxing, tackle football, martial arts, weight lifting, etc.) will not be provided. Proper safety procedures and equipment will be used in all activities.
6. Youth in confinement will receive one hour of large muscle exercise daily outside of the room except when their behavior presents a safety and security risk to the facility.

#### C. Leisure Activities Program:

1. Leisure activities will be provided for all youth for a minimum of one hour daily.

Chapter	Subject	Policy #	Page
PROGRAM SERVICES	RECREATION PROGRAMMING	18.2	3 of 4

2. A variety of activities (e.g., arts and crafts, entertainment, games, etc.) will be provided as part of the leisure activities program.
  3. A variety of equipment, both fixed and movable, should be provided for leisure activities. The facility will develop a process for secure storage and inventory of all equipment and supplies.
  4. Youth in confinement will receive one hour of leisure activities each day inside their cell. Leisure activities may include books, puzzles, coloring books, and etc.
- D. Strenuous exercise in a very hot environment, inadequately ventilated space, or with heavy, insulating clothing should be avoided. The Designated Health Authority will monitor outside temperatures, and restrict outdoor activities during high heat index levels. Medical staff will restrict activities for certain youth when medically necessary with notification through the JTS Alert system.
1. Youth with any of the following symptoms must be immediately moved to a cool area and referred for medical care: fainting, dizziness, staggering, headaches and nausea/vomiting, cramps or muscle spasm (abdomen or extremities), muscle twitching, feeling weak, very thirsty, pale color or flushed color, faint pulse, or low blood pressure.
  2. Youth will not be permitted to exercise outdoors when there is a heat index of 105°F or higher. The local news outlets and/or a weather-related website (e.g., [www.weather.com](http://www.weather.com)) will be used to determine the heat index.
  3. Recreational staff should also be aware of the Air Quality Index (AQI) for ozone through local news outlets or [www.airnow.gov](http://www.airnow.gov). Medical staff should restrict outdoor physical activity for youth with asthma or other respiratory problems when the AQI is over 100 (Code Orange or Red, as unhealthy for sensitive groups).
  4. All youth should utilize sunscreen in exposed areas prior to outdoor activities. There are certain medical conditions and medications which cause sun sensitivity.
  5. Water must be readily accessible during recreation to youth and dispensed in a sanitary manner. Water should be available outdoors in the area where the activity is occurring.
  6. When the heat index is less than 95, optional water breaks may occur every 30-45 minutes.
  7. When the heat index is 95-104, mandatory water breaks are required and must be taken every 30-45 minutes spent during recreation.

Chapter	Subject	Policy #	Page
PROGRAM SERVICES	RECREATION PROGRAMMING	18.2	4 of 4

- 8. Protective clothing and access to shade will be available for youth when in direct sunlight for extended periods.
- E. When temperatures fall below 20°F with winds of 5 miles per hour, the facility Director will consult with the Designated Health Authority to determine if outside recreation activities should be permitted. Youth should be properly clothed when recreating outdoors in cold weather.
- F. Planning of programs will consider the needs and interests of youth, including those with disabilities.
- G. All youth will have access to recreation and leisure activities and will be encouraged to participate. Participation by an individual youth may be modified as necessary because of security concerns, disciplinary reasons, or the mental/physical condition of the youth.
- H. Recreation and leisure activities may be curtailed or suspended by order of the Director or senior official only in the event of an emergency. Suspension or curtailment of recreation or leisure activities must be documented, in the recreation logbook, including the reason.
- I. Community involvement is encouraged through the use of volunteers. (See DJJ 1.7, Citizen and Volunteer Involvement).

**IV. LOCAL OPERATING PROCEDURES REQUIRED: YES**