I. POLICY:

Department of Juvenile Justice facilities shall provide youth with an organized and planned program of recreation and leisure activities. Recreation facilities, outdoor and indoor, are provided in sufficient number to ensure that each youth is offered at least one hour of access daily.

II. DEFINITIONS:

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

Recreation: Physical activity provided in a coordinated system that includes exercise.

Leisure Activities: Structured time that promotes creativity and socialization. A variety of activities will include but not be limited to arts and crafts, entertainment, games, etc.

III. PROCEDURES:

A. The Recreation Supervisor/Recreation Coordinator will oversee the development and delivery of recreation and leisure services in secure facilities.

B. Each facility will schedule on-site staffing coverage to provide security supervision for the recreation and leisure needs of the youth, to include regular evening and weekend coverage.

C. Recreation areas will be consistent with DJJ 7.1, Physical Plant Requirements.

D. Regional Recreation Coordinator will provide support and oversight to the facility recreation and leisure staff to ensure the quality and accessibility of all recreation and leisure programming, including but not limited to:
1. Assessing the recreation and leisure service delivery systems;
2. Assessing resource needs;
3. Monitoring the facility’s recreation and leisure services processes, including helping with the development of corrective action plans as needed;
4. Participating in regional planning of recreation and leisure services;
5. Developing monthly reports by the Regional Recreational Coordinator;
6. Acting as a liaison to other departmental staff;
7. Monitoring the use of best practices and OBHS service delivery models; and
8. Ensuring that the Director of OBHS and the Chief of Programs and Case Management are informed in a timely manner of any serious and/or significant situations, events, or incidents.

E. Recreation Director/Supervisor/Coordinators:

1. In facilities with 50 or more youth, the facility Director will designate a full-time, qualified Recreation Director/Supervisor that will plan and coordinate the recreation and leisure program.
2. In facilities with fewer than 50 youth, the facility Director, will designate a local Recreation Coordinator to plan and coordinate the recreation and leisure program. The Recreation Coordinator should have training or background in recreation or a related field.
3. The Recreation Director/Supervisor/Coordinator will maintain a daily log of all youth participating in recreation and leisure programming.

F. Recreation Program:

1. Facility recreation programs will include:
   a. A wide variety of physical activities which will be outlined in the facility master schedule in accordance with DJJ 18.10, Program Activity Schedule;
   b. Physical skill-building to help maintain a lifetime of fitness;
   c. Encouragement for juveniles to self-monitor and set personal fitness goals; and
d. A means to individualize the intensity of the activities and measure individual improvement.

2. Recreation and leisure activities will be scheduled for a minimum of one hour each day. Outdoor activities will be encouraged, weather-permitting, for youth participating in regular programming. The Recreation Director/Supervisor/Coordinator 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.

3. Time spent in the physical education component of the academic program is considered recreation. Youth who are not enrolled in a physical education as part of an academic program will receive one hour of recreation time as part of their regular programming.

4. Each Recreation Director/Supervisor/Coordinator will be responsible for developing a recreation schedule ensuring the program will provide a variety of competitive and non-competitive recreational experiences.

5. A variety of equipment, both fixed and/or movable, should be provided for indoor and outdoor recreation. The facility Director (or designee) in conjunction with the Recreation Director/Supervisor/Coordinator will maintain an inventory of all facility recreation materials. This inventory will be completed quarterly at minimum using Attachment A. Quarterly updates will be filed and maintained in an accessible area for review.

6. Youth will wear appropriate attire, including footwear, for participation in the recreational activity.

7. 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.

8. Youth placed in confinement will receive one hour of both indoor leisure activities and exercise daily. Leisure activities may include books, puzzles, coloring books, etc.

9. Youth placed in protective custody will participate in one hour of scheduled recreation and one hour of scheduled leisure activity.

G. A variety of equipment, both fixed and movable, will be provided for leisure activities. The Recreation Director/Supervisor/Coordinator or designee will maintain an inventory of all facility leisure materials. This inventory will be completed quarterly at
minimum using Attachment B. Quarterly updates will be filed and maintained in an accessible area for review.

H. Strenuous exercise in a very hot environment, inadequately ventilated space, or with heavy, insulating clothing should be avoided. Medical staff will restrict activities for certain youth when medically necessary with notification through the JTS Alert system.

1. Recreational staff should also be aware of the Air Quality Index (AQI) for ozone through local news outlets or 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).

I. Planning of programs will consider the needs and interests of youth, including those with disabilities.

J. 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 or the mental/physical condition of the youth.

K. In the event of an emergency, only the facility Director or senior official on duty may curtail or suspend recreation and leisure activities. Suspension or curtailing of recreation or leisure activities must be documented, in the recreation logbook, including the reason.

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