



## INMATE EXERCISE AND LEISURE ACTIVITIES

### POLICY.

It is the policy of the Deschutes County Sheriff's Office - Adult Jail (AJ) to provide inmates with an opportunity for safe and healthy exercise and leisure activities for their personal well-being and to aid in their rehabilitation.

### PURPOSE.

The purpose of this policy is to provide members with guidelines promoting various types of inmate exercise and leisure activities, thereby reducing inmate idle time.

### OREGON JAIL STANDARDS:

- I-101 Exercise Opportunity Required
- I-102 Frequency and Duration of Exercise
- I-103 Refusal to Participate
- I-104 Exercise Supervision
- I-105 Exercise Areas
- I-106 Outdoor Exercise
- I-107 New Construction Exercise Space
- I-108 Inmate Out of Cell Time
- I-201 Leisure Activities
- I-202 Regulating Leisure Activities
- I-203 Facilities for Leisure Activities
- I-204 Library Services

### DEFINITIONS.

**Indirect Supervision.** Members must be in position in the control center to visually monitor the area of activity. Electronic monitoring may be used to enhance, but may not be used in lieu of indirect supervision.

**General Population.** Housing that allows inmates to mix with each other and have certain living area privileges. It is for minimum, medium, and/or close custody inmates that do not have needs or risks that call for segregation or custodial separation.

### PROCEDURES.

#### ***SECTION A: GENERAL GUIDELINES***

- A-1.** The AJ encourage inmates to exercise. The AJ Medical Unit may restrict inmates from doing some types of exercise for medical reasons.
- A-2.** An inmate may exercise using their own methods, provided they do not include the use of weighted objects or other devices. Inmates may not alter any item to serve as an exercise device or use any item not designated as exercise equipment.
- A-3.** Health exercises are encouraged and described in the Inmate Manual. Each inmate is provided an Inmate Manual upon housing.
- A-4.** Inmates will do all exercising either in their cell, bunk area or in the recreation yard. Inmates may also walk, but not run, around the perimeter of the dayroom.
- A-5.** Members may not force an inmate to exercise as a form of punishment.
- A-6.** The indoor/outdoor recreation yards are visually observed by indirect supervision. Sufficient members will be provided to ensure inmates consistently receive the opportunity to exercise.
- A-7.** Volunteers and contract providers may be used to assist in providing exercise for inmates.

***SECTION B: RECREATION YARD***

- B-1.** Access to indoor/outdoor recreation yards is permitted as follows:
  - a. All inmates may use the recreation yards four (4) days a week, one (1) hour per day.
  - b. Classification Level Max 8 inmates, inmates serving a disciplinary sanction, and/or inmates on Administrative Segregation may use the yards four (4) days a week, one hour per day. Yard time may be split with dayroom time, or may be taken as a whole hour per inmate request for one hour total. Members will ask if the inmate wants to split their time or take the whole hour in the yard on scheduled yard days when dayroom access is offered.
  - c. Inmates with legitimate medical reasons, as determined by a nurse, may use the yards for exercise even if their incarceration will be for less than seven (7) days. Examples of legitimate medical reasons include, but are not limited to, brittle diabetes, certain heart conditions and Tourette's syndrome. When such circumstances arise, the Medical Unit will inform the shift supervisor of the pending need, by means of *Medical Directive Form No. 581*.
- B-2.** **Security** Classification Level Max 8 inmates will not mix with general population inmates in the indoor/outdoor recreation area unless authorized by the shift supervisor. Separate housing units are not to be mixed in the indoor/outdoor recreation area unless authorized by the shift supervisor. Such instances will be documented in an incident report.

- B-3.** Female inmates will not be mixed with male inmates in the indoor/outdoor recreation area; however, female inmates will be given the same access as male inmates.
- B-4.** During recreation time, no more than 20 inmates will be permitted in each indoor/outdoor area.
- B-5.** During the one hour of access, inmates may move freely between the indoor and outdoor areas, unless members direct otherwise.
- B-6.** Barring operational needs, indoor recreation is available to inmates from 0800 to 2300 hours. Outdoor recreation is only available during daylight hours.
- B-7.** Inmates must be fully dressed while moving to the exercise area, but may remove their shirts (male inmates only) for exercise during warmer weather conditions.
- B-8.** Coats may be provided for use if the weather or temperature makes their use necessary.
- B-9.** Outdoor exercise may be restricted or denied based on the following:
- a. Inclement weather, including dangerously high winds, torrential rains, blizzard conditions, dangerous ice accumulations or equivalent.
  - b. Inmates who present too great a risk to permit access to the outdoor exercise yard.
  - c. Inmates who have a medical restriction for such activity.
  - d. Inmates who are too dangerous to release into the outdoor exercise area.
  - e. Inmates when situations or conditions exist that would jeopardize the security, safety, or other legitimate interests of the AJ.
  - f. Standing water, snow or ice in the exercise yard.
- B-10.** When an inmate is denied access to indoor/outdoor recreation for reasons of safety and security, control center members will log the denial in the Jail Management System (JMS). Exercise opportunities for a particular inmate may be suspended if that inmate presents a specific threat. Exercise opportunities for a group of inmates based upon their segregation status may be acceptable for short periods of time, but restriction of a disciplinary inmate's opportunity to exercise more than 21 days is prohibited.
- B-11.** Inmates may be subjected to pat-down searches when transferring into or out of the indoor/outdoor recreation area. Inmates are not allowed to bring any items into or out of the indoor/outdoor recreation area, including food or drink.
- B-12.** Control center members will document the date and time inmates are offered access to the indoor/outdoor recreation area on *Recreation Yard Access Form No. 368* and in the JMS. Beginning and ending times will be recorded, as will the number of inmates attending. Inmates are permitted to decline to participate in exercise activities, which will also be documented in JMS.

**SECTION C: LEISURE ACTIVITIES**

- C-1.** The AJ may provide inmates with leisure activities including, but not necessarily limited to, the following:
- a. Television may be watched or viewed by inmates placed in general population. They may watch television at a reasonable level of volume, not disruptive to others between the hours of 0600 and 2300. Inmates in lockdown units may watch television while on their dayroom time unless they are unclassified or restricted by segregation status. All inmates will be able to watch the Inmate Orientation video daily.
  - b. Card games may be played by general population inmates. The inmates must provide their own cards, which may be purchased through the AJ contracted commissary vendor. Using cards for gambling purposes is not permitted.
  - c. Telephones are available for personal phone calls. They are available to inmates in general population. Inmates may utilize the prepaid institutional telephones located in each housing unit. Inmates may use the telephone during their time allocated for dayroom access, and dormitory inmates may use the telephone between the hours of 0600 and 2300. Note: Per AJ Policy [\*CD-12-3, Inmate Telephone Calls\*](#), Disciplinary Inmates are only permitted legal calls, unless authorized by a supervisor.
  - d. The facility library is available to all custody levels. Inmates may possess three books unless restricted by disciplinary sanction, segregation status or restriction of privileges. Inmates may check books out in an informal “self-serve” manner. Library books are located in each of the two recreation yards located in the North recreation yard, the South recreation yard, and each unit dayroom in the South end. Inmates have access during their scheduled recreation yard time, or dayroom time when housed in the jail’s South end.
- C-2.** Adequate seating and tables will be provided for leisure activities in the dayroom area of all applicable housing units.
- C-3.** Any leisure activity may be temporarily suspended for behavior or situation(s) that could disrupt or threaten the discipline, safety or security of the facility. Such cases will be noted or logged in the jail management system (JMS).

**SECTION D: OUT OF CELL TIME**

- D-1.** To the extent possible given staffing and security concerns, all non-disciplinary inmates should be given two hours of out of cell time per day. For inmates with serious mental illness or intellectual disability (SMI/ID), to the extent possible given staffing and security concerns, they should be given at least three hours out of cell time per day. Members assigned to control should track how much out of cell time each inmate receives each day on the *Dayroom Access Log Form No 367*.

**FORMS USED:**

- Inmate Manual- Health Exercises
- Recreation Yard Access Form No. 368
- Medical Directive Form No. 581
- Dayroom Access Log Form No. 367