

WEBER COUNTY CORRECTIONAL FACILITY

Volume

INMATE PROGRAMS AND ACTIVITIES

Chapter

JJ 01 - EXERCISE STANDARDS

Effective Date:

01-01-02

Review Date:

10-15-05

Pages

7

Approved

JJ 01/01.00 GENERAL

JJ 01/01.01 Purpose

JJ 01/01.02 Cross Reference

JJ 01/01.03 Definitions

JJ 01/02.00 EXERCISE STANDARDS

JJ 01/02.01 Policy

JJ 01/02.02 Rationale

JJ 01/02.03 Procedure: Frequency and Duration of Exercise

JJ 01/02.04 Procedure: Supervision of Exercise

JJ 01/02.05 Procedure: Refusal to Participate

JJ 01/02.06 Procedure: Exercise Facilities

JJ 01/02.07 Procedure: Movement to and From Recreation Areas

JJ 01/02.08 Procedure: Staffing Requirements

JJ 01/02.09 Procedure: Volunteers

JJ 01/02.10 Procedure: Recreation Officer

JJ 01/01.00 **GENERAL**

JJ 01/01.01 **Purpose**

The purpose of this chapter is to provide the policies, procedures, and requirements for WCCF's exercise program.

JJ 01/01.02 **Cross Reference**

JJ 07 - Volunteer Services

Utah Jail Standards

JJ 01/01.03 **Definitions**

aerobic exercise	a system of physical conditioning designed to improve respiratory and cardiovascular functioning through exercises that increase oxygen consumption (i.e., jogging, walking, swimming, jazzercise, etc.)
anaerobic exercise	a system of physical conditioning in which the muscles burn oxygen and nutrients faster than the respiratory and cardiovascular systems can supply it (i.e., sprinting, basketball, etc.)
cell	an individual cubical within a cell block; in a dorm-style housing area, and individual bed and the area immediately adjacent to it
common area	area in cell blocks which is outside of the individual cells or not immediately adjacent to the individual bunks; day room
day room	see "common area"
exercise opportunity	all time that an inmate is out of his or her individual cell
inmate	any person held, detained, incarcerated, or committed to the WCCF
isometric exercise	any exercise involving muscular contraction against resistance without significant shortening of the muscle fibers
isotension exercise	any exercise involving muscular contraction against resistance and significant shortening of muscle fibers

recreation	recreation shall mean opportunities for the inmates to exercise in their cell blocks or to participate in formal exercise programs provided by WCCF
recreation yard	that portion of each housing pod which provides an opportunity for enclosed secure outdoor activity
recreation officer	recreation officer shall mean recreation director or designee, or any other P.O.S.T. certified officer assigned to recreation duties
staff	staff shall mean P.O.S.T. certified members of WCCF, civilian members of the WCCF, contract providers, and volunteers
volunteer	any personnel that is contracted on a voluntary basis to perform non-P.O.S.T. certified recreation duties
USP	Utah State Prison
USP#	the number assigned to each state inmate by the Utah Department of Corrections
WCCF	Weber County Correctional Facility

JJ 01/02.00 **EXERCISE STANDARDS**

JJ 01/02.01 **Policy**

It is the policy of the WCCF that:

- A. inmates who are incarcerated in the WCCF for seven or more consecutive days shall be provided and opportunity to exercise;
- B. inmates may exercise in their cells, day rooms, and recreation yards, as there is sufficient space available in day rooms and recreation yards to provide opportunities for aerobic and anaerobic activity; and
- C. exceptions to required exercise standards may be effected:
 - 1. for inmates medically restricted from exercise;
 - 2. for inmates on disciplinary isolation, as these inmates can exercise in their individual cells;
 - 3. for inmates who have had recreations privileges suspended, as these inmates can exercise in their individual cells or day rooms;
 - 4. when it is contrary to the safety, security, management, and/or other penological interests of the WCCF.

JJ 01/02.02 **Rationale**

- A. WCCF recognizes exercise as an identifiable human need. If deprivation of exercise is severe enough, there could be adverse effects on the health of inmates housed in this facility. Therefore, written policy and procedures are furnished in order to provide guidelines, and to ensure that WCCF staff members fully understand and carry out WCCF's policies concerning inmate rights and opportunities for physical exercise and good health.
- B. Incarceration less than seven days without exercise is not sufficient enough to cause harm to an inmate. It certainly will not violate the Eighth Amendment to the U.S. Constitution by causing serious harm. To demonstrate a violation of the Eighth Amendment, an inmate must prove that access to and the opportunity for exercise was not provided by the facility. Exercise does not need to include a formal recreation process. Inmates have the opportunity to exercise in their cells, day rooms, and designated recreation yards. Thirty minutes of rigorous exercise, three times per week, can provide or maintain adequate aerobic activity.
- C. The Eighth Amendment to the Constitution requires the WCCF to provide

opportunities for exercise. However, it is not necessary for WCCF staff to enforce the exercise requirements upon unwilling inmates. If an inmate elects to remain inactive, he or she has voluntarily waived the right to and the potential health benefits from exercise.

- D. Achieving maximum levels of exercise is more important than where the exercise occurs; and comfort is not Constitutionally mandated. Therefore, the WCCF may meet exercise requirements indoors, even though outdoor exercise may be more pleasant.

JJ 01/02.03 **Procedure: Frequency and Duration of Exercise**

A. Frequency

1. Inmates shall be permitted no less than four exercise periods each week, unless the exceptions listed above apply.
2. Inmates incarcerated seven consecutive days or more may be permitted the opportunity to exercise daily.
3. Inmates incarcerated less than seven consecutive days may be allowed to exercise if they desire to make the effort.
4. Inmates on disciplinary isolation ("lock down" status) should be allowed to exercise, except when WCCF safety, security, management, and other legitimate concerns do not permit. If these inmates are not allowed to exercise, staff must document the reasons why.

B. Duration of Effort

Inmates incarcerated seven or more consecutive days in WCCF should be provided with four exercise periods per week.

1. Each period should be one hour in duration, but shall be not be less than 45 minutes.
2. All time out of cell shall be counted as opportunity to exercise.

JJ 01/02.04 **Procedure: Supervision of Exercise**

- A. Inmates may exercise in the cells, day rooms, and recreations yards. While inmates are exercising, they shall be supervised by their housing unit officers.
- B. Types of exercise allowed include:
1. calisthenic exercises that are not inherently dangerous;

2. exercises using facility chairs, bunks, and/or tables that are affixed to the floors or walls, as long as said exercises comply with WCCF housing unit rules; and/or
3. aerobic and anaerobic exercises that are not inherently dangerous, and comply with housing unit rules.

C. Documentation

1. All injuries shall be documented by:
 - a. notifying medical staff;
 - b. notifying the Operational Sergeant;
 - c. writing a report stating the time, date, and general circumstances surrounding the injury.
2. All exercise periods shall be documented in the housing unit log.
3. All periods of prohibition should be documented in the Operation Sergeant's log and shall be in the housing unit's log. Documentation shall include:
 - a. who canceled/prohibited the recreation;
 - b. reasons for cancellation/prohibition;
 - c. duration of cancellation/prohibition;
 - d. whether or not the recreation was rescheduled; and
 - e. whose recreation was canceled/prohibited.

JJ 01/02.05 **Procedure: Refusal to Participate**

- A. Inmates shall be allowed to decline the opportunity to participate in recreational activities.
- B. All refusals shall be documented in the aforementioned proscribed manner.

JJ 01/02.06 **Procedure: Exercise Facilities**

- A. The areas provided by WCCF for inmate recreation shall be sufficient for

vigorous exercise to the cardiovascular system and large muscle groups.

- B. No specific area-per-inmate shall be required.
- C. Day rooms in the WCCF are large enough for inmates to participate in aerobic exercises. Therefore, day rooms may be used for exercise purposes as long as all housing unit rules are followed.
- D. The WCCF has enclosed, outside recreation areas. Therefore, opportunities for outside recreation should be provided. No specific amount shall be required.
- E. Outside recreation may be restricted or denied for:
 - 1. all inmates during inclement weather;
 - 2. those inmates who pose too great an escape risk to permit access to WCCF's outdoor recreation areas;
 - 3. those inmates who are too dangerous to release into the outdoor recreation areas; and
 - 4. any or all inmates when situations or conditions exist which could jeopardize the safety, security, management, or other legitimate interests of WCCF, its staff, or the surrounding community.

JJ 01/02.07 **Procedure: Movement to and from Recreation Areas**

- A. All inmates should be searched before leaving cell blocks, and upon returning from recreation areas.
- B. Staff shall supervise the movement of inmates to and from the gym.
- C. Inmates shall move directly to and from the recreation areas in a quiet, orderly manner.
- D. Inmates shall not disturb programs, inmate workers, nor any other WCCF activities while moving to and from the gym.
- E. Exceptions to this rule shall be authorized, in writing, by the Operations Lieutenant.

JJ 01/02.08 **Procedure: Staffing Requirements**

- A. Sufficient staff time shall be provided to ensure that all inmates are provided with the opportunity to exercise on a consistent basis. WCCF officials may

use staff, volunteers and/or contract providers to ensure that all eligible inmates receive the minimum opportunity.

- B. Housing unit officers should facilitate the recreation program by staying familiar with the recreation schedule; and by providing the means for inmate searches and movement.

JJ 01/02.09 **Procedure: Volunteers**

- A. Volunteers may be used to assist in providing recreation for inmates.
- B. For reasons of safety and security, all non-P.O.S.T certified personnel should be accompanied by a P.O.S.T. certified staff member while with inmates.

JJ 01/02.10 **Procedure: Recreation Officer**

- A. A P.O.S.T. certified officer with appropriate qualifications in areas of health and fitness may be provided at the discretion of WCCF Commander/Designee.
- B. The duties of the recreation officer, when provided, should include, but not be limited to:
 - 1. logging all gym hours, injuries, and other significant incidents occurring during scheduled gym times;
 - 2. reporting all injuries to medical officer and shift supervisor;
 - 3. directing exercise programs;
 - 4. directing other staff and volunteers involved with the recreation program(s).