

	DEPARTMENT OF JUVENILE JUSTICE POLICY AND PROCEDURES	REFERENCES: 505 KAR 1:140 3-JDF-5E-01, 02, 03, 04
CHAPTER: Detention Services		AUTHORITY: KRS 15A.065
SUBJECT: Recreation and Structured Activities		
POLICY NUMBER: DJJ 720.2		
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APPROVAL: Vicki Reed, COMMISSIONER		

I. POLICY

Each juvenile detention center shall provide recreation and structured leisure time activities in its program schedule. At least two hours of recreation shall be provided per day, of which one hour shall be active recreation. Modification to scheduled recreation may be made if a juvenile is to be separated from the group.

II. APPLICABILITY

This policy shall apply to all juvenile detention centers.

III. DEFINITIONS

Refer to DJJPP 700.

IV. PROCEDURES

- A. Each Superintendent shall ensure the juveniles are offered a varied comprehensive recreation and leisure time program. The recreation program shall be conducted in cooperation with other departments including security, education, social service, religious service, and medical. The recreation program shall include the following:
 1. A wide variety of physical activities;
 2. Physical skill building to help maintain lifetime health and fitness;
 3. Encouragement for juveniles to self-monitor and set personal fitness goals; and
 4. A means to individualize the intensity of activities and measure individual improvement.
- B. Recreation shall be organized, structured, and supervised by a staff member. The superintendent shall ensure staffing is adequate for proper recreation and security supervision of juveniles during activities. A facility of 50 or more juveniles shall have a full-time, qualified recreation director who creates the recreation schedule, plans

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for constructive leisure time and activities, and supervises juveniles during recreation programs. Facilities of less than 50 juveniles shall have a staff member trained in recreation supervising the program.

- C. The facility shall provide juveniles a well-designed and comprehensive recreation program that utilizes both indoor and outdoor activities, which emphasize participation versus competitiveness. The recreation program shall consist of one (1) hour of large muscle exercise and one (1) hour of planned exercise or constructive leisure time activity during school days with an additional one (1) hour on weekends and holidays.
- D. Weekly recreation schedules shall be posted where juveniles can see the plan. Staff shall ensure that the recreation schedule is followed unless approval is given by a supervisor to alter the schedule.
- E. Juveniles who are restricted by medical personnel shall not be able to participate in any activity until a medical release is written. If a juvenile is unable to participate in the planned recreational activity, another activity shall be arranged for that juvenile.
- F. Recreation schedules and a plan for constructive leisure-time activities are prepared by the recreation staff. The recreation plan and schedule shall include a wide variety of activities to improve juvenile exposure to different opportunities, as well as reflect the expressed interests of juveniles. A portion of leisure time activities may be unstructured, but shall be supervised by staff.
- G. A variety of fixed and movable equipment for indoor and outdoor recreation shall be provided and may include the following; bats, balls, pool sticks, and horseshoes. The equipment shall be inventoried and secured after each use for safety concerns. Free weights shall be prohibited.
- H. Recreational activities shall be co-educational whenever possible. Juveniles shall be actively encouraged to take part in activities; however, no juvenile shall be forced to participate.
- I. Safety of the juvenile shall be the primary concern during recreational activities.
 - 1. Staff supervising recreational activities shall monitor and eliminate safety hazards.
 - 2. Proper dress and behavior shall be maintained during recreational activities.
 - 3. Staff shall not participate in any sport in which physical contact between players is an accepted part of play.
 - 4. Staff shall demonstrate high levels of guidance, coaching, and sportsmanship when participating in recreational activities.

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- J. Special efforts shall be made to provide daily physical exercise for those juveniles in special management. If a juvenile is placed in confinement during a scheduled recreation time, an alternative recreation activity that provides one (1) hour of large muscle activity shall be offered and documented. The alternative recreation activity may be conducted in the confinement area.

V. MONITORING MECHANISM

The Superintendent or designee shall be responsible to monitor these activities. The Quality Assurance Branch shall conduct annual program audits.