

Recreation, Programs, and Exercise (Title 15, Section 1371)

Effective Date:	1/8/26
Revised Date:	1/8/26
Issuing Authority: Chief Probation Officer	

623.1 PURPOSE:

To establish guidelines for recreation, programs, and exercise for youth in Juvenile Detention and Assessment Centers (JDACs)/Treatment Facilities (TFs).

623.2 GUIDELINES:

- A. Programs may include but are not limited to:
 1. Cognitive Behavior Interventions
 2. Management of Stress and Trauma
 3. Anger Management
 4. Conflict Resolution
 5. Juvenile Justice System
 6. Trauma-Related Interventions
 7. Victims Awareness
 8. Self-Improvement
 9. Parenting Skills and Support
 10. Tolerance and Diversity
 11. Healing Informed Approaches
 12. Interventions by Credible Messengers
 13. Gender Specific Programming
 14. Art, Creative Writing, or Self-Expression
 15. CPR and First Aid training
 16. Restorative Justice or Civic Engagement
 17. Career and Leadership Opportunities
 18. Other topics suitable for the youth population

San Bernardino County Probation Department
MANUAL

Recreation, Programs, and Exercise (Title 15, Section 1371)

623.3 RESPONSIBILITIES:

- I. Unit Sworn Officers:
 - A. Supervise all activities and include orientation at the start of each activity (recreation, programming, and exercise).
 - B. Ensure all youth are provided with a written daily schedule; access to approved reading materials, writing supplies, entertainment, and other leisure opportunities; and the opportunity for recreation, programming, and exercise as follows:
 1. A minimum of three (3) hours per day, Monday through Friday, consisting of at least one (1) hour of outdoors/large muscle activity (LMA), one (1) hour of recreation (e.g. reading, writing, television), and one (1) hour of programming. Programming must be based on the youth's individual needs and may be administered by mental health agencies, community-based organizations, faith-based organizations, or probation staff.
 2. A minimum of five (5) hours per day on Saturdays, Sundays, and other non-school days, consisting of at least one (1) hour of outdoors/large muscle activity (LMA), one (1) hour of recreation (e.g. reading, writing, television), and one (1) hour of programming. Programming must be based on the youth's individual needs and may be administered by mental health agencies, community-based organizations, faith-based organizations, or probation staff.
 3. When weather does not permit outdoor physical activity, at least one (1) hour of LMA should be provided indoors.
 4. Youth restricted from participating in physical activity due to medical reasons are exempt from any requirement to exercise.
 - C. Ensure any suspension of Recreation and Programs does not exceed twenty-four (24) hours, is approved by the Superintendent or designee, and the reason is documented in Caseload Explorer (CE) or as designated by the Superintendent.
 - D. Ensure that a youth's participation in programs, recreation, and exercise is only suspended if the Superintendent or designee issues a written finding that the youth represents a threat to the safety and security of the facility.
 - E. Ensure youth on disciplinary status, such as Administrative Separation, receive the same minimum requirements as all other youth. Any suspension of these requirements must comply with the guidelines outlined above.
 - F. Ensure unit medical records are reviewed prior to any physical activity (e.g. LMA or PE) or programming (e.g. laborious tasks such as painting) to identify youth who are restricted from participation, and ensure participating youth adhere to the limits of any medical restrictions.
 - G. Ensure youth do not watch programs or videos which glorify gang involvement, promote criminal activity, demean a particular gender, condone racial discord, or is of a sexually explicit nature. Additionally, news bulletins that cover any type

San Bernardino County Probation Department

MANUAL

Recreation, Programs, and Exercise (Title 15, Section 1371)

of violence (i.e., standoffs, carjacking, police chases) are not to be viewed on the living units.

- H. Document activities (recreation, programming, and exercise) in the CE Activity Log.
 - I. Document special programming, such as Positive Behavioral Interventions and Supports (PBIS), Prison Rape Elimination Act (PREA), and other staff/Community Based Organization (CBO) lead groups that focus on youth rehabilitation, in the CE Group Log.
- II. Probation Corrections Supervisors I (PCSI):
- A. Ensure officers assigned to housing units provide all youth with the minimum standards of recreation, programs, and exercise.
 - B. If assigned to a housing unit, submit the following to their respective PCSII:
 1. A weekly review of the assigned housing unit's activity report (each Wednesday).
 2. A written explanation of any deficiencies noted in the weekly review.
- III. Probation Corrections Supervisor II (PCSII):
- A. Ensure their assigned unit provides all youth with the minimum standards of recreation programs and exercise.
 - B. Review their assigned PCSI(s)'s written review of weekly recreation, social awareness programming, and exercise hours. Write a Corrective Action Plan (CAP) for deficiencies.
 - C. Submit CAP to immediate Director(s) and ensure unit staff meet CAP expectations.
- IV. Superintendent or designee:
- A. Ensure equivalent programming for all youth exists for all recreation programs.
 - B. Conduct an annual review of programs, recreation, and exercises, to ensure content offered is current, consistent, and relevant to the population.
 - C. Review and approve any suspension of access to Recreation and Programs as appropriate, ensuring it does not exceed twenty-four (24) hours and the reason for suspension is documented as designated.
 - D. Ensure written findings are documented when suspending a youth's participation in programs, recreation, or exercise, and ensure the suspension occurs only if the youth is a threat to the safety and security of the facility.