



OREGON YOUTH AUTHORITY
Policy Statement
Part II – Youth Services (Facilities)



Subject:

Youth Recreational Activities

<i>Section – Policy Number:</i> E: Programming – 2.1	<i>Supersedes:</i> II-B-3.1 (11/02)	<i>Effective Date:</i> 01/30/2012	<i>Date of Last Review:</i> 01/30/2020
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Related Standards and References:	<ul style="list-style-type: none"> ▪ OAR Chapter 416, Division 470 (Prohibited Offender Behaviors and Processing Behavior Violations) ▪ OAR Chapter 416, Division 490 (Use of Time-out, Special Program Placement, Isolation, Physical Intervention and Restraint in OYA Facilities) ▪ Performance-based Standards (PbS), <i>Juvenile Correction and Detention Facilities</i>; Programming ▪ American Correctional Association, <i>Standards for Juvenile Correctional Facilities</i>; 4-JCF-1C-07 (Outdoor Recreational Space); 4-JCF-5G-02 (Recreation Staffing); 4-JCF-5G-03 (Large Muscle Activity and Leisure Recreation); 4-JCF-5G-04 (Recreation Schedules); 4-JCF-5G-05 (Indoor and Outdoor Activities) ▪ OYA policy: II-F-1.0 (Youth Rights)
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Related Procedures:	<ul style="list-style-type: none"> ▪ None
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Policy Owner: Facility Services Assistant Director	Approved:  Colette S. Peters, Director
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I. PURPOSE:

This policy directs OYA facility staff in providing structured recreational activities for OYA youth in OYA facilities.

II. POLICY DEFINITIONS:

Horseplay: Acting in a seemingly playful way that distracts from the order and potential safety of the unit or facility operations.

Large Muscle Exercise: Planned, structured, and repetitive bodily movement that improves circulation and cardiovascular health by moving the large muscle groups of the body. Examples include walking, jogging, swimming, basketball, and other physical activities.

Recreational activities: Activities which foster the health and social well-being of individuals through constructive use of free time to keep physically fit, mentally

alert, and emotionally balanced. Recreational activities foster creativity, bring pleasure and amusement, and a sense of accomplishment to individuals.

III. POLICY:

OYA recognizes exercise and recreation as essential to good health. Opportunities for play and creative activity are necessary for healthy development. Recreational programs in OYA facilities provide youth opportunities to practice social skills; alleviate idleness and boredom; positive reinforcement; develop the concepts of cooperation and sportsmanship; and improve self-esteem, health and physical conditioning.

IV. GENERAL STANDARDS:

A. Each OYA facility must offer recreation programs to youth as soon as the youth are admitted into the facility.

1. At a minimum, each facility must provide for one hour of large muscle exercise each weekday, and two hours each day on weekends.

To meet this standard, facilities may take advantage of education system courses offered as part of the physical education curriculum.

2. Equal opportunities to participate in recreational activities must be provided to all youth with the following exceptions:
 - a) Youth in isolation must be allowed daily opportunity for large muscle exercise outside or in a gym. Youth may not be restricted from this activity unless they pose a danger to themselves or others according to OYA II-B-1.2 (Use of Time-out, Special Program Placement, Isolation, Physical Intervention and Restraint in OYA Facilities).
 - b) In cases where the number of participants in a specific activity is limited, staff will ensure youth take turns participating or will offer alternative activities if time does not permit all youth to participate in the activity.
 - c) Facility administration must offer a youth who is physically limited due to a medical condition appropriate alternative activities that meet the youth's recreational needs as determined by Health Services staff.
 - d) Staff may temporarily suspend a youth who demonstrates unacceptable behavior during an activity from the activity in order to maintain safety for all participants.
 - e) Staff must assist youth who have medical or mental health conditions that curtail their participation or who may need modifications in order to participate.

3. At no time will physical activity be used as a sanction or refocus option.
4. At no time will denying physical activity be used as a sanction or refocus option.

B. Recreation Program Structure

OYA has an agencywide recreation coordinator whose duties include planning a variety of activities, providing staff direction, and ensuring each OYA facility has an official recreation schedule that meets the requirements of this policy.

1. Staff must actively encourage all youth to participate in activities, but may not sanction or refocus a youth if the youth chooses not to participate.
2. Activities must be consistent with the needs and preferences of the youth.
3. Facilities must develop a system to gather youth comment and allow for evaluation of activities and development of new activities that interest youth.
4. Activities must be appropriate to the age, abilities, and special needs of the youth involved, and designed so all participants may feel a sense of accomplishment.
5. Activities must occur within a structured and supervised setting.
6. Activities must relate to the youth's individual case plan goals and include opportunities for leisure and social interaction.
7. Non-competitive and competitive sports must be included in the recreation program.
8. Quiet time leisure activities must be included in the recreation program, such as arts and crafts, and reading.
9. Opportunities for both indoor and outdoor activities must be included in the recreation program.
10. Staff must encourage interaction with the community by inviting community groups to present recreational and entertainment programs within the facility.
11. Staff may take youth into the community to participate in recreational activities as part of transition/camp facility programs.

C. Physical Fitness Assessment

1. Staff must ensure each youth is given a physical fitness assessment within the first 30 days of incarceration.
2. Staff must ensure each youth is re-assessed for physical fitness twice per year.
3. Staff must track each youth's individual progress and improvement in the physical fitness assessment results.

D. Supervision of Youth

1. Staff must provide direct supervision of all youth physical recreational activities.

Specialized activities that require additional skill and knowledge to mitigate risk of injury (e.g., weightlifting) is permitted only under the supervision of staff who are skilled and trained in the specialized activity.

2. Staff must provide direct supervision of all youth recreational activities where scissors, other controlled items, or dangerous tools may be used.
3. Staff must use caution when actively participating in recreational activities with youth to ensure they are demonstrating activity skills and are refraining from physical contact with youth.
4. Facility administration may allow periodic staff vs. youth activities as special events and to promote healthy morale. Staff are cautioned to avoid injury and overexertion during these activities.
5. Horseplay is prohibited. This includes rough or boisterous play, mock-wrestling, and physical pranks or teasing that is directed towards a person (e.g. spraying with a water hose; verbal jesting).

E. Reporting

Staff will record youth participation in group recreation in JJIS "attendance tracking."

V. LOCAL OPERATING PROCEDURE REQUIRED: NO