

KERN COUNTY SHERIFF'S OFFICE

Detentions Bureau Policies and Procedures

TITLE: INCARCERATED PEOPLE EXERCISE

G-1100

EFFECTIVE:	REVIEWED:	REVISED:	UPDATED:
July 11, 1994	07-11-24	06-10-03	07-11-24

APPROVED BY: Detentions Bureau Chief Deputy Cindy Cisneros

REFERENCE: Title 15, Section 1065, C.C.R., DBPPM H-100

POLICY

The Detentions Bureau recognizes the value of regular exercise in promoting the overall health of incarcerated people and reducing the stress of incarceration. For this reason, the Bureau maintains safe and secure exercise areas for use by incarcerated people. Incarcerated people will be allowed access to an exercise area for a minimum of three hours distributed over each seven-day period.

Incarcerated people who are housed in the infirmary for medical reasons must receive approval from the Medical Staff prior to being allowed access to the exercise area.

Procedure A. Inspections of Recreation Areas Prior to and After Use

Prior to allowing incarcerated people access to an exercise area, staff will:

- Inspect the area for contraband, security breaches, or hazardous conditions.
- If an Officer finds a potential security breach or hazardous condition that cannot be immediately remedied, the Officer will cancel use of the exercise area until it can be made safe and secure. The Officer will advise the Shift Supervisor, document the reason for the closure in the station logbook, and take steps to have the area made safe and secure.
- Repeat the inspection procedure after the incarcerated people leave the exercise area.

Staff will document the use or refusal of exercise time for any housing unit or individually confined incarcerated people.

Each facility will develop and implement written procedures to ensure incarcerated people receive exercise time as mandated in this policy. These procedures will include regulations that are reasonable and necessary to protect the facility's security and the incarcerated person's welfare. Nothing in this policy prevents a Shift Supervisor from suspending use of an exercise area during times of emergency.