

EXERCISE

STANDARD NO(S):

NYSSA#: 149

DATE:

October 6, 2009

REFER TO:

Michael Dwello

I. OBJECTIVE:

To establish the Seneca County Correctional Facility's policy and guidelines for inmate exercise.

II. POLICY:

It is the policy of the Seneca County Correctional Facility to provide all inmates with the opportunity for daily exercise. Physical exercise is essential to good health and can provide inmates with an outlet for tensions accumulated during their incarceration.

III. DETAILS:

- A.** All exercise periods will be held in the housing unit's outdoor exercise area on a year round basis.
- B.** Appropriate outer garments will be provided to inmates upon request from November through March.
- C.** Inmates are entitled to one hour of exercise daily, with the exception of those inmates who are presently in the classification process who will be denied participation in daily exercises until the end of the classification process. In no case will such denial of exercise last longer than five days, excluding weekends and holidays.
- D.** A daily activity schedule will be posted in each housing unit listing exercise times, exercise rules, and which assigned cells will participate in daily exercise at the same time per classification standards.
- E.** The date and time of each exercise period will be maintained by computer entry. Each period will commence when all inmates have entered the exercise area and will conclude when all inmates are instructed to cease exercise activities.

- F.** The exercise area entrance(s) and the louver will be controlled and opened for use at the Housing Unit Officer's discretion.
- G.** The Housing Unit Officer will conduct searches of the exercise area prior and subsequent to each exercise period. A record of each search will be made via computer entry and will include a list of any contraband found, if any.
- H.** No more than (16) male inmates or (10) female inmates will attend an exercise period at one time.
- I.** No food or drink of any kind will be permitted in the outside exercise area.
- J.** Scheduled outdoor exercise taken by inmates within the dayroom of the housing unit will count as outdoor recreation per section 7028.3 of the NYS Commission of Correction Minimum Standards. Activities including television viewing, card playing and board games will be afforded to all.

K. Limitation of Exercise –

1. The exercise periods of an inmate may be denied, revoked or limited when it is determined that such exercise period would cause a threat to the safety, security or good order of the facility or the safety, security or health of any person. Any determination to deny, revoke or limit an inmate's exercise period will be made by the Chief Administrative Officer in writing, and will state the specific facts and reasons underlying such determination. A copy of such determination will be given to the inmate as part of the disciplinary process on SCSO-CF-026 (Disciplinary Hearing Form). Limited exercise may include:
 - a. The inmate attending exercise alone.
 - b. The inmate being restrained during the exercise period.