

9. Recreation Exercise Plan Checklist

Rules [285.1](#), [285.2](#), [285.3](#), [285.4](#)

[Rule 285.1](#) Physical Exercise

- Each facility shall have and implement a written plan, approved by the Commission, for inmate physical exercise and physical recreation. **Documentation** of physical exercise and physical recreation shall be **maintained for Commission review**. Each inmate shall be allowed **one hour of supervised** physical exercise or physical recreation **at least three days per week (1+ hr/day, 3x/week)**.
- Document all refusals.

[Rule 285.2](#) Sunlight

- Inmates **confined longer than ten (10) days** shall be allowed access to **sunlight no less than one hour weekly (Min. 1 hr/wk)**.

[Rule 285.3](#) Activities

- Activities** such as arts, crafts, cards, dominoes, checkers, chess, **and similar diversions should be considered as possible nonphysical recreational activities**. A television and radio may be available for day room viewing and listening.

[Rule §285.4](#) Volunteers (optional)

- Volunteers may be utilized** in conjunction with **recreational and exercise activities**.

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Notes:

- **Disclaimer:** The **bolded**, underlined, and/or **red** sections identify areas that most commonly require revision. However, **all provisions of the standard remain mandatory**, regardless of formatting or emphasis.
- Anything in **blue** is a **hyperlink** that can be clicked on to view pertinent info.
- It is helpful to preserve as much of the language in the standards as possible.
- **Refusals to participate must be documented properly.** This will be reviewed during **inspections**.
 - Please include the wording below in your recreation exercise plan.
 - 'Documentation of physical exercise and physical recreation, **including refusals**, shall be maintained for Commission review.'
- **Recreation** is a **right**, not a privilege.
 - ALL inmates are allowed to exercise.
 - Don't use the wording 'eligible inmates' because ALL inmates are allowed to exercise.
 - Inmates retain the right to exercise, even if they have been involved in a fight, for example. Inmates involved may be separated, but they must still receive their recreation / exercise time.
- Recreation time cannot be interrupted. Don't use this time for library visits, commissary, and/or haircuts, for example.
 - If recreation time is interrupted and a grievance is filed, it would be substantiated.
- Access to a television counts as recreation.