

Recreation Programming Policy

DIVISION OF CHILD AND FAMILY SERVICES
Juvenile Justice Services
STATEWIDE INSTITUTIONAL POLICY

SUBJECT:	Recreation Programming Policy
POLICY NUMBER:	DCFS/JJS: 500.05
NUMBER OF PAGES:	2
EFFECTIVE DATE:	4/15/16
ISSUE DATE:	4/13/16
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REFERENCES:	ACA 3-JTS-5F-01, 3-JTS-5F-05, 3-JTS-5F-04, 3-JTS-5F-06, 3-JTS-5F-03
ATTACHMENTS:	None

I. SUMMARY

The Division of Child and Family Services Juvenile Justice Services will provide recreational programming to all youth entering the facilities.

II. DEFINITIONS

As used in this document, the following definitions shall apply:

- A. **Medical Restricted Status:** Youth placed on medical restriction by a licensed medical professional whose medical condition would create a risk to their safety or health.
- B. **Physical Activities:** Kickball, football, volleyball, swimming, hiking, softball or any other activity that may utilize large muscle groups.
- C. **Recreation:** Leisure activities that promote physical, mental, emotional, social and psychological healing.

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- D. Recreation Areas: Outdoor yard, group rooms, activity room, gymnasium, common areas in living units.

III. RECREATION PROGRAMMING OBJECTIVES

- A. Recreation programming shall be a priority at all juvenile justice facilities operated by the Division. The objectives of the recreation programming shall be:
 1. To promote physical fitness and overall health;
 2. To promote creativity, self-expression, self-worth, self-confidence, and self-esteem;
 3. To enhance prosocial skills, tolerance, and positive relationships with others;
 4. To increase adaptability and resiliency;
 5. To develop problem solving skills with a healthy balance of competition
 6. To reduce boredom;
 7. To increase exposure to different types of activities that promote positive recreation experiences; and
 8. To recognize that recreation activities improve quality of life

IV. REQUIREMENTS OF RECREATION PROGRAMMING

- A. Physical activities or recreation must not be used as a punishment
- B. All physical activities and recreation must meet the physical, social, and mental needs of the youth.
- C. Each facility shall create a monthly physical activities and recreation schedule for indoor and outdoor recreation.
- D. All facilities shall comply with NRS 63.505. Any youth on room confinement for more than 24 hours must receive at least one hour of out-of-room large muscle exercise each day that includes access to outdoor recreation if weather permits.
- E. Segregated special recreation programs must be justified and the content shall parallel scheduled activities.
- F. When necessary, minor modification shall be made to activities so that a youth can obtain the therapeutic benefits.
- G. Facilities shall establish standard operating procedures establishing calendar creation, recreation areas, record keeping, training, and other procedures consistent with this policy.

V. MEDICAL RESTRICTIONS

- A. Facilities must follow all medical restrictions as directed by medical staff.
- B. Facilities must keep track of youth on medically restricted status and establish alternative physical activity or recreation programming based on the youth's needs.
- C. Facilities shall establish standard operating procedures consistent with this policy.