



CORRECTIONS MEDICINE

Exercise Program

ACA Standard: 4 ALDF – 4C – 41

Effective: January 1994

Revised: July 2015, April 2016, April 2017, April 2018, April 2019, August 2019

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Policy Number:
CM – 47

- I. **PURPOSE:** Exercise areas are available to meet exercise and physical therapy needs for incarcerated individuals in the Buzz Westfall Justice Center.

- II. **POLICY:** Incarcerated individuals in the general population shall have access to the indoor open gym area to allow an opportunity for physical exercise, in accordance with Department of Justice Services’ (DJS) policies. The Corrections Medicine staff is responsible to communicate any medically related information regarding activity restrictions.

- III. **RESPONSIBILITY:** All Corrections Medicine staff are responsible for the content of and adherence to this policy and procedure.

- IV. **PROCEDURE:**
 - 1. Incarcerated individuals shall have the opportunity to participate in recreational activities which are determined by DJS staff.

 - 2. Exercise sessions are subject to the supervision of DJS custody staff.

 - 3. Patients on sick call or requesting medical attention will be excluded from any active recreation until they have been assessed by the Corrections Medicine staff.

- V. **REFERENCE:**

American Correctional Association; Performance-Based Standards for Adult Local Detention Facilities, fourth edition; 2004; Standard 4-ALDF-4C-41