5-13/120.00 Exercise and Recreation

The unit commander of each facility shall develop and implement an exercise and recreation program, in an area designed for recreation, which allows a minimum of ten (10) hours of out-of-cell time distributed over a period of seven (7) days. Inmates shall be offered an opportunity for three (3) hours of exercise and seven (7) hours of recreation, which shall not be provided in a single three-hour or seven-hour block. This program shall detail reasonable and necessary regulations to ensure the security and welfare of the facility and inmates.

Recreational activities and exercise shall be available to all inmates unless they are restricted by medical or mental health staff for medical or mental health reasons or by the unit commander for discipline, safety, or security reasons.