

07-175/55 Exercise

Los Angeles County Sheriff's Department

Unit Order: #07-175/55	
CUSTODY SERVICES DIVISION	Effective Date: 01-01-1999
GENERAL POPULATION	Reviewed Date: 08-13-2026
NORTH COUNTY CORRECTIONAL FACILITY	
Subject: Exercise	
Reference: CDM 5-13/120.00; CCR Title 15, Section 1065	
Unit Commander Signature: ORIGINAL SIGNED	Date: 08/13/2026

PURPOSE OF ORDER: The purpose of this unit order is to establish procedures for outdoor exercise time.

SCOPE OF ORDER: This order applies to all personnel assigned to and/or working at the North County Correctional Facility (NCCF).

ORDER:

GENERAL

Outdoor exercise time 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.

Inmates shall have access to a minimum of three hours of exercise time distributed over a period of seven days. Exercise times shall be rotated to allow each housing area an opportunity to access the yard at different intervals during the course of each month.

Exercise time shall be logged in the electronic Uniform Daily Activity Log

(e-UDAL) by NCCF yard deputies who are responsible for overseeing inmate outdoor exercise. This will allow for consistency in data input and allow yard deputies to make accommodations for any additional exercise time that may be needed. The weekly outdoor exercise schedule includes two days that are set

aside to compensate for any needed exercise time.

NCCF fields 2, three-deputy yard crews. Each yard crew works a different schedule to maximize their ability to ensure Title-15 exercise requirements are met. These yard crews also supervise inmate workers during the cleaning of NCCF's three outdoor exercise yards on a weekly basis.

There shall be a minimum of two deputies in the yard and one deputy in the overlook post for that yard. Overlook posts are located on the [REDACTED TEXT] adjacent to yards [REDACTED TEXT] and [REDACTED TEXT], and in the [REDACTED TEXT] yard tower.

During exercise time, the door from the yard to the outdoor exercise area shall remain locked. Inmates shall not be allowed free access between the outdoor exercise area and the building.

The tower deputy shall frequently move within the tower to assist in visually monitoring all areas of the yard.

The yard deputies should remain in the yard for the duration of the exercise period. The yard deputies will monitor the inmates within the yard for suspicious or criminal activity, as well as provide security and safety for all inmates. While in the yard, the deputies shall remain together and respond to all incidents as a team.

Exercise time for inmates housed in buildings [REDACTED TEXT] and [REDACTED TEXT] are handled by one yard crew. The other yard crew will handle exercise time for Buildings [REDACTED TEXT] and [REDACTED TEXT]. Building [REDACTED TEXT] personnel will handle exercise time for those inmates housed in Building [REDACTED TEXT].

This assignment of yard crews ensures a separate [REDACTED TEXT] deputy overlooks a single yard area, even when the [REDACTED TEXT] and [REDACTED TEXT] yards are used simultaneously and the two overlook deputies are in the same general area.

Buildings [REDACTED TEXT], [REDACTED TEXT], [REDACTED TEXT], and [REDACTED TEXT]

Exercise time shall be optional for inmates. The inmates shall be allowed to go to the yard at their assigned time or stay inside their dorms. Refusal of exercise time shall be documented in the e-UDAL.

Building [REDACTED TEXT] inmates will receive exercise time in the [REDACTED TEXT] Dayroom and [REDACTED TEXT] Dayroom.

Building [REDACTED TEXT]

- Administratively segregated inmates are to receive exercise time in the yard one at a time.
- Inmates assigned to discipline shall receive no exercise time.
- Pre-discipline inmates (inmates do not remain on pre-disciplinary status longer than 72 hours) and inmates on disciplinary status shall not receive exercise time.

