

OREGON DEPARTMENT OF CORRECTIONS
Operations Division
Health Services Section Policy and Procedure #P-F-03

SUBJECT: EXERCISE

POLICY: Inmates will be offered an opportunity to participate in exercise in accordance with all Department of Corrections' Rules governing this activity.

REFERENCE: NCCHC Standard P-F-03
OAR 291-48-005 through 291-48-045
OAR 291-46-005 through 291-46-095
OAR 291-11-005 through 291-11-070
OAR 291-55-005 through 291-55-050

PROCEDURE:

- A. General population inmates will be given the opportunity on a daily basis to participate in exercise activities up to and including formalized sporting events.
- B. Inmates who currently are under disciplinary sanction may have modified exercise capabilities as outlined in the administrative rules listed above.

Effective Date: _____
Revision date: April 2007
Supersedes P&P dated: March 2006

Addendum to P&P P-F-03 – FOR OSCI ONLY

Therapeutic Gym at OSCI

SUBJECT: EXERCISE

POLICY: Inmates, while living at OSCI, can be offered an opportunity to participate in a special, optional exercise program. This program called “Therapeutic Gym” is designed to assist those who might not otherwise be able to access special equipment that might be of physical benefit. The program is run by security/recreation. Health Services will assist in determining patient eligibility and relative need.

PROCEDURE:

- A. The program is supervised and run by the Recreation/Security staff. Medical providers will provide the needed advice to security to help maintain the inmate list.
- B. Medical providers will provide any specific exercise instructions to the inmate and monitor his progress.
- C. Priority will be given to specific groups based on need in the following order:
 - 1. Persons who because of age or infirmity would find it difficult to access the equipment they need for exercise.
 - 2. Persons with an acute injury (less than three month’s duration) who need to use specific equipment for rehabilitation.
 - 3. Persons who because of particular vulnerability are judged in need of special access.
 - 4. Persons with chronic orthopedic problems who would benefit from the use of special equipment in some objective way.
 - 5. Persons with specific medical problems who might benefit from a conditioning program (e.g., Cancer, Heart or Lung problems, Morbid Obesity).
- D. The program is purely optional, provided at the convenience of the security department of the institution, and as such is considered to be a privilege. As such, there is no medical order for the program and it is not listed on the Health Status Sheet of the medical chart.
- E. If inmates wish to be considered for the program, they will kyte to the Health Services area and the nurse who triages the request will forward the request to her medical provider, who will do a chart review. No specific medical appointment will be made for patients to discuss this issue with a medical provider.
- F. Inmates may discuss the possibility of inclusion in the program at provider visits that are already scheduled for the condition that might qualify them for the program.
- G. A waiting list will be created if more than 25 inmates are on the list for the program.

- H. A medical provider or a designee will review the list at least twice monthly. Patients can be removed from the list, at the exclusive judgment of the medical provider. Irregular attendance, disruptive or threatening behavior, using the time for something other than exercise or other factors will result in removal from the program. Vacancies can be filled from the waiting list if there is one.
- I. Inmates in General Population qualify for the program. If an inmate is placed in segregation for any reason, he will be placed on the waiting list until he leaves the segregation unit, or removed from the list altogether at the sole discretion of the medical provider.
- J. The list will be maintained on the OSCI computer system where any staff member can access it. Only medical providers or their designees will make changes to the list.