

Chapter: Rules for State-Operated Programs and Facilities Subchapter: Program Services Division: Basic Services <b>Rule: Structured Activity and Recreation</b>  ACA: 4-JCF-5G-03, 5G-04, 5G-05 3-JCRF-5E-01 Statute(s): N/A	<b>Effective Date: 4/15/15</b>  Page: 1 of 1  Replaces: GAP.380.9117, 12/15/08
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**RULE**

(a) **Purpose.**

The purpose of this rule is to provide for structured activity and recreation programs for youth as a vital and essential aspect of individual development and as opportunity for appropriate social interaction.

(b) **Applicability.**

This rule applies to high and medium restriction facilities operated by the Texas Juvenile Justice Department (TJJD).

(c) **General Provisions.**

(1) Each facility's schedule includes the following:

(A) at least one hour of large-muscle exercise:

- (i) seven days per week in high restriction facilities; and
- (ii) five days per week in medium restriction facilities; and

(B) structured recreational activities or leisure-time activities:

- (i) for at least one hour each day in high restriction facilities; and
- (ii) for at least two hours each day in medium restriction facilities.

(2) The recreation and large-muscle exercise program at each facility:

(A) is conducted in cooperation with staff from various facility departments;

(B) provides access to:

- (i) a variety of indoor and outdoor recreational activities as weather permits; and
- (ii) fixed and movable recreation equipment and adequate indoor and outdoor recreation and activity space; and

(C) includes:

- (i) a variety of physical activities to reflect the expressed interests of the youth and to expose youth to different opportunities;
- (ii) physical skill-building to help maintain lifetime health and fitness;
- (iii) encouragement for youth to self-monitor and set personal fitness goals; and
- (iv) a means to individualize the intensity of activities and measure individual improvement.

(3) A written schedule of large-muscle exercise activities and recreation events is available to youth.

(4) TJJD ensures adequate staff are available to provide proper supervision during recreational activities.

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- See [INS.51.05](#) for implementation procedures in institutions.
  - See [HWH.09.21](#) for implementation procedures in halfway houses.