

STATE OF OHIO



DEPARTMENT OF REHABILITATION
AND CORRECTION

SUBJECT: Inmate Weight Lifting	PAGE <u> 1 </u> OF <u> 2 </u>
	NUMBER: 77-REC-04
RULE/CODE REFERENCE: ORC 5145.30; 5120.423; 5120.424	SUPERSEDES: 77-REC-04 dated 07/04/03
RELATED ACA STANDARDS:	EFFECTIVE DATE: November 1, 2010
	APPROVED: 

I. AUTHORITY

This policy is issued in compliance with Ohio Revised Code 5120.01 which delegates to the Director of the Department of Rehabilitation and Correction the authority to manage and direct the total operations of the Department and to establish such rules and regulations as the Director prescribes.

II. PURPOSE

The purpose of this policy is to establish limits on the accessibility of weight training equipment and programs for inmate recreational use in institutions under the jurisdiction of the Ohio Department of Rehabilitation and Correction.

III. APPLICABILITY

This policy applies to all staff that develops, implements, and supervises institutional weight training programs and equipment, as well as those inmates who participate in these programs.

IV. DEFINITIONS

Free Weights - Weight training equipment including dumbbells that permit the increase or decrease of independent free weights to a bar, a free standing bar to which weights have been permanently affixed, or other form of weight lifting system.

Weight-Enclosed Machines - Weight training equipment which includes machines that utilize weight plates in which the weight may be varied using adjustment pins or tension straps. The plates are enclosed and cannot be readily removed from the machine.

V. POLICY

It is the policy of the Ohio Department of Rehabilitation and Correction to encourage the physical health and fitness of inmates by providing appropriate recreational equipment and programs consistent with the designated security level of the institution.

VI. PROCEDURES

1. Inmates assigned to a Level 3, 4, or 5 institution or who are housed in security control, disciplinary control, local control, death row, or any other restricted status approved by the Managing Officer shall not have access to programs or areas that include free weights or weight-enclosed machines.
2. Inmates assigned to a Level 2 or 1 institution may have access to weight-enclosed machines only. An inmate shall not be allowed access to such weight-enclosed machines for more than three hours per week.
3. Each Managing Officer of a Level 1 or 2 institution that provides access to weight-enclosed machines shall be responsible for developing a procedure consistent with this policy for limiting and monitoring an inmate's access to such machines.
4. Monies allocated for the purchase of weight training equipment for inmate use at Level 1 or 2 institutions shall only be made from the institution's Industrial and Entertainment (I&E) Fund.
5. The chief security officer of the institution will monitor programs that utilize weight training equipment.