

**SPORTS ACTIVITIES AND SUPERVISION  
YOUTH LEADERSHIP ACADEMY**

- AUTHORITY:** Administrative Directive  
California Code of Regulations, Title 15, Section 1371
- RESCINDS:** Procedure Manual Item 3-8-035, dated 01/04/18
- FORMS:** None
- PURPOSE:** To establish sports activity standards for youth and Youth Leadership Academy (YLA) staff.

I. PROCEDURE

A. Staff Responsibility

Before any sports activity commences, unit staff will:

1. Ensure proper coverage in the unit, at the activity, as well as ensure that supervision is a coordinated effort when two or more staff are involved.
2. Make a duplicate list of youth wishing to participate in the activity. Check individuals for unit or medical restrictions, which might deny/limit their participation. Ensure that staff to youth ratio [REDACTED] is not exceeded.
3. Make the youth aware of behavioral expectations during the activity prior to departing the unit.
4. Remember they are not to participate in the activity if on Restricted Activity (RA) or No Contact Sports.
5. Ensure that youth wear the proper clothing at all times (i.e., shoes must be worn at all times during activities).
6. Ensure that all youth are aware of the rules of the game (even if instruction is necessary) and that the rules are followed.
7. Ensure that all youth taken to the activity are given the opportunity to participate.
8. All youth participating are to be given an opportunity to "warm up" prior to engaging in Large Muscle Exercise (LME)/sports activities.
9. Prior to utilizing the recreational areas of Juvenile Hall (JH), YLA staff will ensure they are available by contacting JH Control. Although YLA and JH youth may not co-mingle, they may utilize separate fields at the same time as long as proper supervision is maintained by both YLA and JH staff.

B. Sports Activities

1. Softball

- a. Two fields are available at JH.
- b. Equipment (bats, balls, gloves) is available and should be returned to the unit storage area after use.
- c. The baseball bats are aluminum. Extreme care must be taken to ensure youth do not use them in a dangerous manner (i.e. let the bat fly through the air or throw it at one another).
- d. All safety equipment shall be used while the youth are playing softball (baseball helmet, face mask, etc.).

2. Football (flag or touch)/Soccer

- a. Two fields are available at JH.
- b. Equipment (flags, footballs, etc.) is available and should be returned to the unit storage area after use.
- c. Don't let activity get out of hand. Tackle football is not allowed at any time.
- d. Do not allow youth to do "pull ups" on the soccer goal post crossbars.

3. Volleyball

- a. One area available (North basketball court of JH)
- b. Equipment (balls) is available and should be returned to the unit storage area after use.

4. Basketball

- a. Three courts are available (patio area outside of each unit and North basketball court of JH).
- b. Equipment is available and should be returned to the unit storage area after use.
- c. Ensure youth do not "slam dunk" basketballs as the portable goal posts may tip over.

5. Hand Ball

- a. Each YLA housing unit has an outdoor patio with walls designed to facilitate playing hand ball.

- b. Only soft balls designed for this activity are to be used as hard balls may damage the walls.
- c. Return equipment to the unit storage room after use.
- d. Youth with medical orders may wear sports goggles as directed.

**REFERENCES:**

Procedures: 3-2-021 Sports Activities and Supervision

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**APPROVED BY:**