

Custodial Operations Policy and Procedures

6.11 Daily exercise and time out of cell

Policy summary

Corrective Services NSW (CSNSW) must ensure that all inmates, including those in segregated custody, are given their daily entitlement of exercise.

All inmates are to be allowed not less than two hours of exercise in the open air each day, except those confined to cells due to a penalty imposed for a correctional centre offence, who must be allowed a minimum of one hour's exercise in the open air each day.

Management of Public Correctional Centres Service Specifications

Service specifications	Decency and respect Professionalism and accountability
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Scope

This section applies to all correctional centres and other facilities administered by or on behalf of CSNSW.

It also applies to all CSNSW employees, and where relevant to other personnel such as Justice Health and Forensic Mental Health Network (JH&FMHN), contractors, subcontractors, and visitors.

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1 Daily exercise and time out of cell

1.1 Policy

CSNSW must ensure all inmates are given their entitlement to daily exercise, including those in segregated custody. Inmate daily exercise regimes must not consist of any forms of physical exercise that promotes violence. This includes, but is not limited to combat training such as boxing, sparring, wrestling, mixed martial arts and other fighting styles. All equipment associated with these activities is to be removed. Any item of property manufactured to resemble a training aid is to be confiscated.

Under clause 53 of the *Crimes (Administration of Sentences) Regulation 2014*, all inmates must be provided with access to the open air for exercise for a minimum of two hours daily, except for those confined to cells due to a penalty imposed for a correctional centre offence. This minimum two hour requirement also applies to inmates subject to a segregated custody direction (**refer to COPP section 3.4 Segregation**).

Inmates confined to cells due to a penalty imposed for a correctional centre offence, in accordance with section 53(1)(c) or 56(1)(c) of the *Crimes (Administration of Sentences Act) 1999*, must be provided with access to the open air for exercise for a minimum of one hour daily.

These entitlements to daily exercise are subject to limitations that may arise in connection with the administration of the correctional facility, such as where a Variation to Operational Routine (VOR) has been approved. Any exceptions to the required time out of cells for inmates must be recorded on the [Daily Security System 2](#) on the Corrective Services NSW intranet.

1.2 Procedures

	Procedure	Responsibility
1.	Record all let-go and lock-in times that occur in the <i>Accommodation journal</i> (refer to COPP 5.3 Let-go, lock-in, musters). Where more than one category of inmate is housed, officers are required to record all let-go and lock-in times for each category of inmate.	Accommodation officers
2.	Check all information in the <i>Inmate Accommodation Journal</i> for accuracy on a daily basis.	MOS/FM/ Authorised officer
3.	Ensure that when a VOR occurs affecting the times that inmates spend out of cell, details are entered through the Daily Security System 2 on the Corrective Services NSW intranet.	MOS/FM

2 Quick links

- [Related COPP](#)
- [Forms and annexures](#)
- [Related documents](#)

3 Definitions

Authorised officer	The officer authorised by the Governor to perform the functions set out in this part of the Custodial Operations Policy and Procedures.
COPP	Custodial Operations Policy and Procedures
CSNSW	Corrective Services NSW
Daily Security System 2	The electronic system used to record the centre's Variation to Operational Routine. The MOS or Functional Manager, Accommodation is responsible for the daily recording of the Variation to Operational Routine (and any updates) on the Daily Security System 2.
FM	Functional Manager
MOS	Manager of Security
VOR	Variation to Operational Routine

4 Document information

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1.0		Initial publication (<i>Replaces section 7.1 of the superseded Operations Procedures Manual</i>)
1.1	12/03/20	General formatting update and improvements