



STATE OF WASHINGTON
DEPARTMENT OF CORRECTIONS
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September 11, 2020

TO: All Incarcerated Individuals

FROM: *Svoboda Ronna Cole*
Arminda Svoboda and Ronna Cole
Prisons/Health Services Incident Commanders

SUBJECT: Updated Recreation Protocols

We understand the benefits of recreation and social interaction. As such, we have updated the list of allowable and prohibited equipment and activities based on clinical review.

The following activities remain **prohibited**: basketball, soccer, softball, volleyball and racquetball. These activities include multiple participants and close contact, which could increase the spread of COVID-19.

Assuming appropriate social distancing is taking place, equipment is being disinfected after use, individuals are wearing face coverings and frequently washing their hands, other leisure activities and exercise equipment (with the exception of the weight rooms) are authorized.

The following activities and equipment are **allowed** (as long as social distancing is maintained): horseshoes, pickle ball, handball, ping pong, corn hole, push up paddles, ab wheels, exercise mats, medicine balls, jump ropes, Frisbees, fitness machines, pull-up and dip bars, hacky sack and billiards. These activities are generally solo activities or activities where proper social distancing can be maintained.

Yoga classes taught by incarcerated individuals who are certified yoga instructors may resume. Social distancing can easily be maintained and face coverings can be worn during yoga classes. Mats used for yoga must be disinfected between uses.

Cc: Robert Herzog, Assistant Secretary, Prisons
All Prisons Deputy Directors