

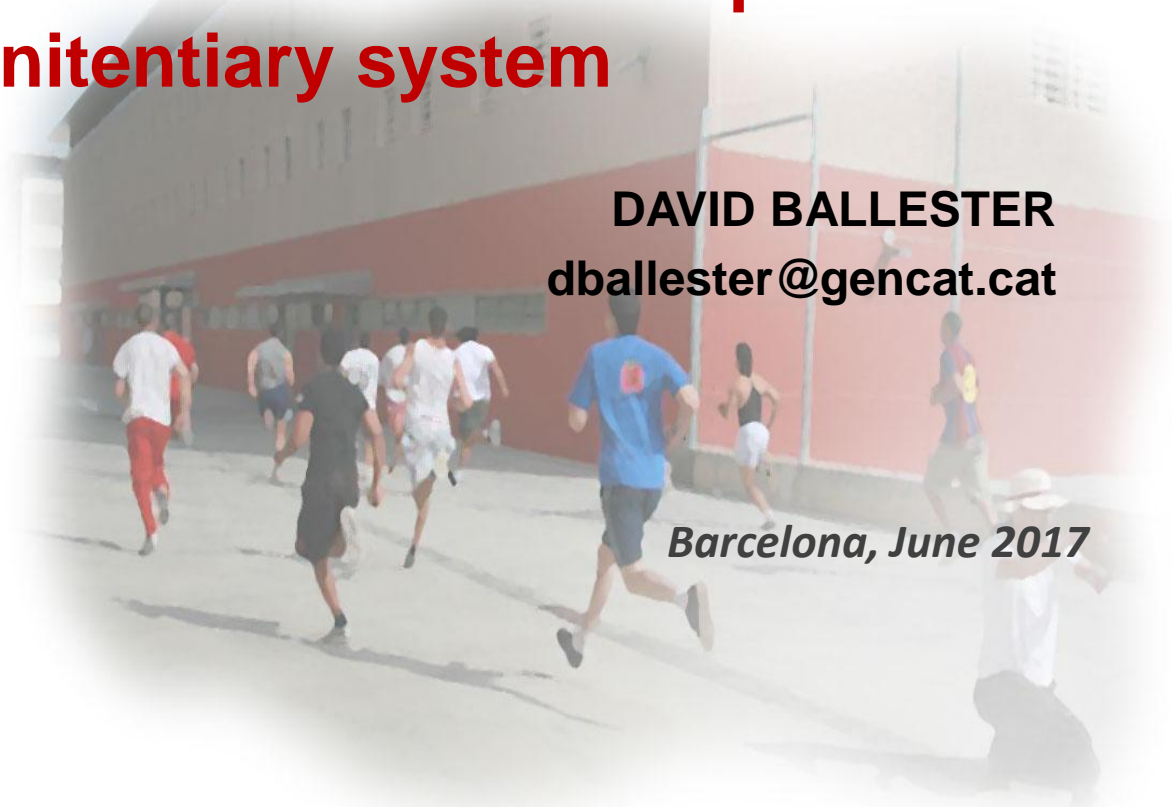


Generalitat de Catalunya
Departament de Justícia

Introduction to the Catalan sports Penitentiary system

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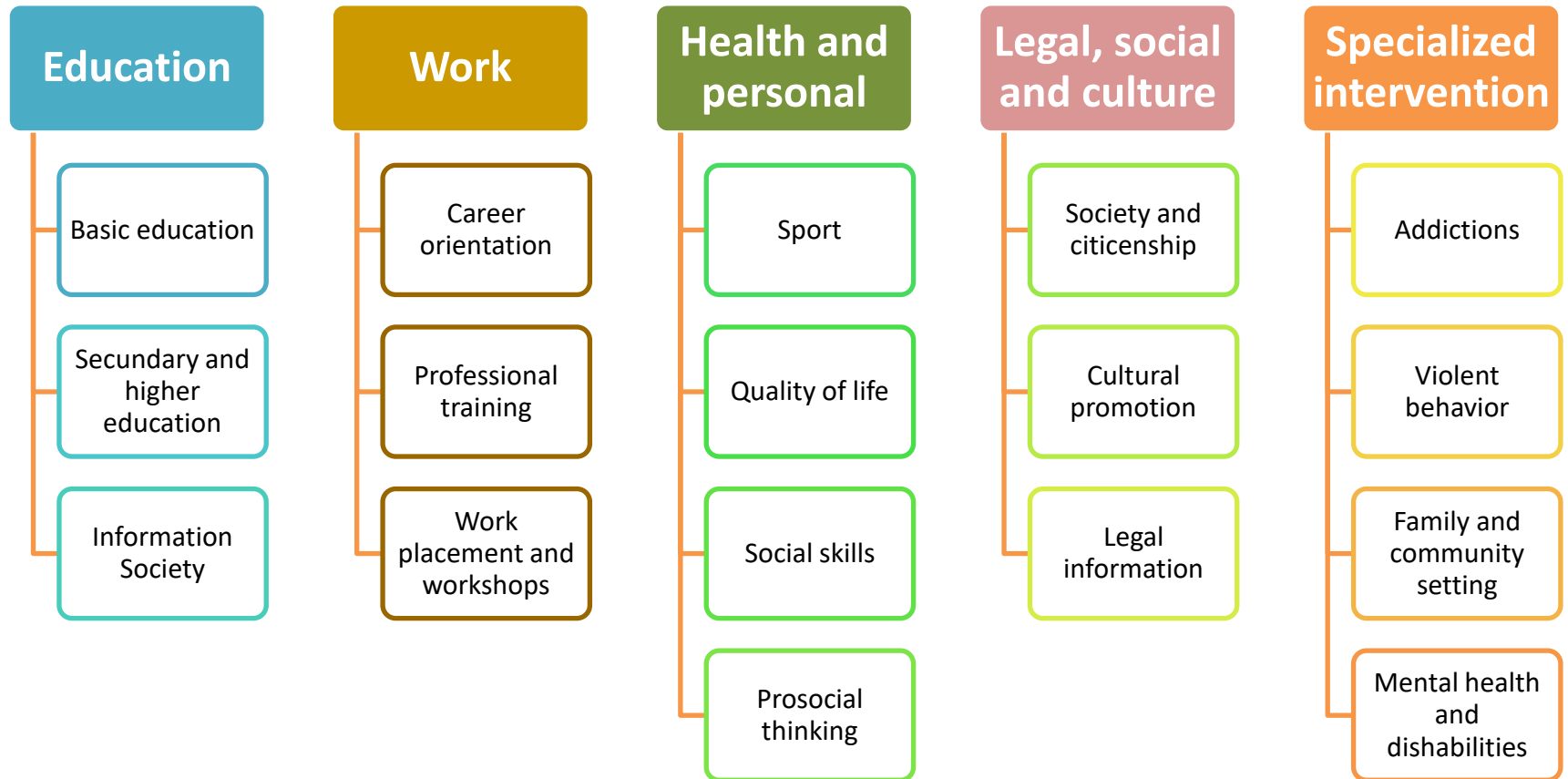
Barcelona, June 2017



Five lines of action

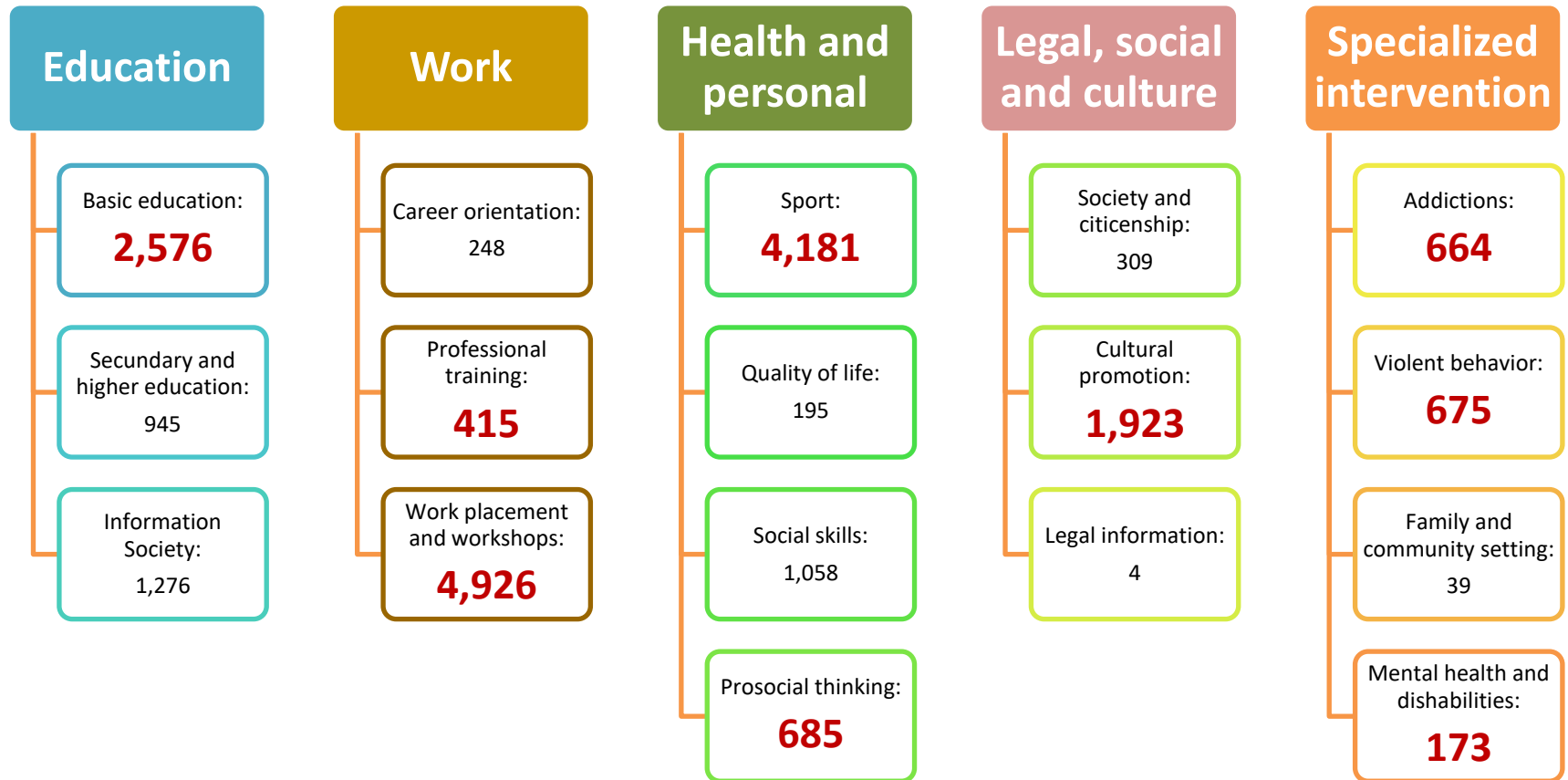


Curricula organization Program: PMOC



A broad offer of constructive activities:

Participation



Accessibility to physical and sport activities in prison

Mission: Ensure the inmates of prisons the right to practice sport and physical activities appropriate to their needs

- Each inmate has the right to practice physical activity at least one hour daily. (European Prison Rules for the treatment of inmates population (2006 articles 26,28).
- Once the inmate do the request, our procedure contemplates 2 weeks max. to allow inmates to register in the system. Then they start to practice sport under guide of sports supervisors.
- Our rehabilitation model seeks that everyone who is at prison (not workers!) can practice physical activity and sport, as we are aware it's a powerful skill to achieve certain benefits.

SWOT analysis sport in prison

Strengths

- Gradual establishment of qualified sport supervisors
- New prison spaces designed specifically for sports.
- Availability generic sports resources in all prisons.
- Dissemination of physical activity to anyone who wishes
- Availability of human resources very conscious of the typical problems of those in detention regime.
- Our staff, in general, is really motivated to do their job with the highest possible excellence.
- Integration of sports coaches within multidisciplinary teams.

SWOT analysis sport in prison

Weaknesses

- Lack of sports facilities properly equipped with the necessary technical elements to practice a standardized sport. (Except for newly created centers)
- Most prisons do not have large spaces for sports such as football.
- Concentration of specific sport supervisors in certain prisons.
- Breach of the ratio professional / inmate In the professional intervention.
- There is no host sports program that addresses the increasingly growing volume of foreign inmates
- The costs of construction of sports facilities within the prisons are mostly high and are not considered as priority by architects, or politicians

SWOT analysis sport in prison

Opportunities

- Awareness politicians that sport can be very useful for people deprived of freedom.
- Mostly young prison population.
- External organizations show high sensitivity to population at risk of exclusion.
- High demand of inmates requesting physical activities and sports practice.
- Design master plan for sports in prisons.

SWOT analysis sport in prison

Threats

- Safety standards prisons difficult sport practice or particular type of sport (martial arts, boxing, etc..)
- 15% inmates are remand, which difficult the rate of permanence and stability to the sports programs.
- It's increasing the volume of foreign inmates, with different needs, and in some cases we have not enough formation to plan a succesful intervention.
- Not everyone within workers staff (specially surveillance and safety workers), look favorably to sports practice at prisons.
- In times of crisis is not well seen that inmates own certain privileges such as swimming pools, sports grounds, etc..

SPORT IN PRISON

Resources



SPORT IN PRISON

Resources



SPORT IN PRISON

Resources



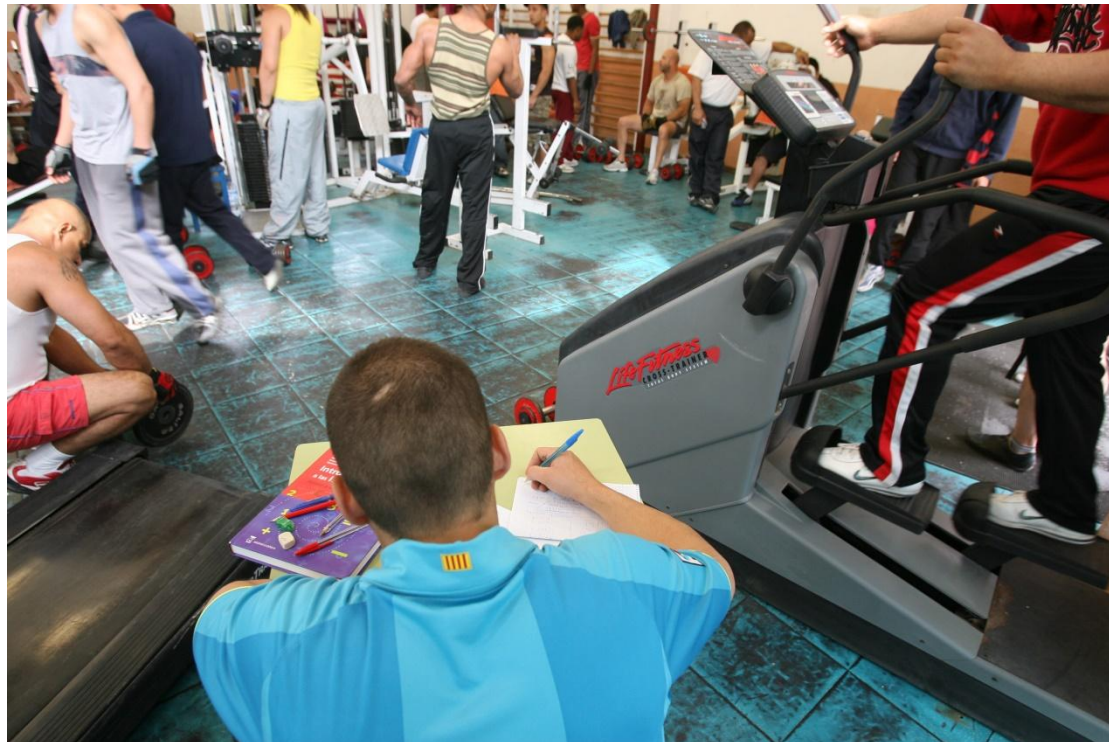
SPORT IN PRISON

Resources



SPORT IN PRISON

Resources



SPORT IN PRISON

Resources



SPORT IN PRISON

Resources



SPORT IN PRISON

Resources for a new penitentiary centre

- SPORTIVE AREA: Multisport Pavilion 1.035 m² (indoor football, volley, basket, tennis, handbol).
- Hall gym. 120 m².
- Swimming pool. 25 x 12.5 m² with 1.40 deep. A total of 625 m² of water surface.
- Football field: 100 x 50 meters. Land area

Puig de les Basses New Center



Lledoners New Center



SPORT IN PRISON

Training of sport staffs

Through Cejfe, our formation centre from justice department, we can achieve competences in several fields, as:

- Planning intervention.
- Intervention.
- People Management
- Control for safety
- Communication

SPORT IN PRISON

Training of sport staffs

Programa Compartim (share program)*Inspiring practice*

- It's a self formation program, that Cejfe makes available to us, in order to create knowledge and to share good practices in our job.
- It adresses to all the sports supervisors working in our prisons (about 30).
- From 2010, we have designed *7 new products*, including sports development like basket, football indoor, handball, volleyball, racket sports, whith full adaptation to the prison world.
- This self formation, allows the collective improve the daily praxis with the inmates, give us more strength and confidence to do our job and specially, it provides cohesion and a global vision to the collective.

SPORTS PLAN. Non formal learning

BASIC CRITERIA IN PHYSICAL ACTIVITY AND SPORTS PLAN IN PRISONS

1. It must have educational purpose: Aims and objectives of the intervention.
2. Should be addressed to improve the health of inmates.
3. It has to be dinamized by sports supervisors

SPORTS PLAN. Non formal learning

SPECIFIC OBJECTIVES

1. Avoid a sedentary lifestyle and associated diseases and pathologies by stimulating inmates mobility.
2. Linking sport and physical activity as a tool for reintegration and rehabilitation.
3. Encourage healthy management of leisure time.
4. Education in values through sport: desire to improve, integration, teamwork, respect, cooperation ...
5. Prepare the prison population for life in freedom

SPORTS PLAN. Non formal learning

SPORT PROMOTION PROGRAMS

1. *Host program*. The host sports program heads and addresses inmates who enter the center prison for the first time.
2. *Basic program of physical condition*. Focused directly on improving **health** inmates.
3. *Training program to initiation and improvement in team sports*. It provides technical and tactical knowledge in team sports (**competitive**).
4. *Federated sports program*. At the present time, we have three centres which participate in indoor football against external teams. We do believe, it helps significantly to normalize attitudes and behaviors of inmates.

SPORTS PLAN. Non formal learning

SPORT PROMOTION PROGRAMS

5. *Individual sports program.* Athletics, racket sports, etc..
6. *Fitness and bodybuilding program.* Most practiced activity.
7. *Area aquatic program.* In the centers with swimming pools (4) we develop different programs (swimming sports, recreation, fitness and therapeutic), so we believe they can significantly improve life in prison.
8. *Sports program for women.* Women generally prioritize improving health, social and recreational part. If we succeed, our program activities should be physical support music and try to divide the users by levels.
9. *Sports program for psychiatric population.* The offer of activities is based on cooperative activities and socializing games.

SPORTS PLAN. Formal learning

TRAINING PROGRAMS

1. *Catalan Football Federation* . It provides inmates (pre-selection) of an official degree which facilitates employment possibilities, once they finish conviction.
2. *Catalan Sports School*. As the organization responsible in official sports teachings, it provides inmates in official degrees such as hygiene and first aid; first aid and water rescue; sports arbitration; revitalization of physical activities and sports.

Both initiatives seek to provide inmates about more employment opportunities, related to their interests and concerns.

Activities outside: Scheduled outings



- A group of inmates with a staff member go out to do activities
- Interaction in a different setting
- Preparation for subsequent leaves
- A way of motivation for activities
- 1,500 outings in 2016. 20% were sportive

In/out Activities 2017 : Competition between centers

COMPETITION	CENTER ORGANIZER	TIMING	PARTICIPATING TEAMS	OBSERVATIONS
ATHLETICS RACE (VIII edició) MOUNTAIN RACE (3ª edició) (SCHEDULED OUTING)	CP JOVES	APRIL DECEMBER		WITH THE COLLABORATION OF CATALAN ATHLETICS FEDERATION
TENNIS (4ªedició) (SCHEDULED OUTING)	CP BRIANS 1	JUNE		WITH THE COLLABORATION OF CATALAN TENNIS FEDERATION
BEACH TENNIS (SCHEDULED OUTING)	CENTRAL SERVICES UNIT	MAY		WITH THE COLLABORATION OF CATALAN TENNIS FEDERATION
BASKETBALL	CP LLEDONERS	NOVEMBER		WITH THE COLLABORATION OF CATALAN BASKETBALL FEDERATION
FOOTBALL 7 (SCHEDULED OUTING)	CENTRAL SERVICES UNIT	JUNE		WITH THE COLLABORATION OF PARE MANEL FOUNDATION AND CATALAN FOOTBALL FEDERATION
HANDBALL (4ª edition)	CP QUATRE CAMINS	OCTOBER		TOURNAMENT DAVID BARRUFET
VOLLEYBALL	CP BRIANS 2	MARCH		WITH THE COLLABORATION OF CATALAN BASKETBALL FEDERATION
3ª DAVIS CUP TENNIS (SCHEDULED OUTING))	CENTRAL SERVICES UNIT	DECEMBER		WITH THE COLLABORATION OF CATALAN TENNIS FEDERATION
INDOOR FOOTBALL (5ª edició)	CP LLEDONERS	SEPTEMBER		TOURNAMENT PARE MANEL

SPORTS PLAN. INSPIRING ACTIVITIES

EXTERNAL COMMUNITY NETWORK

1. *OFFICIAL TRAINING PROGRAMS*
2. *OLYMPIC GAMES PRISON*
3. *SPORTS AND LEISURE DAYS WITH UNIVERSITIES*
4. *FEDERATED SPORT PROGRAM*
5. *RUNNING PROJECTS*

Conclusions: challenges



1. Enjoy a range of sports organized and specifically programmed for each of the prisons of Catalonia.
2. Develop specific programs of sport and physical activity for all groups.
3. Increase the volume of participation in a 8% next years
4. Improve scientific research in the prison environment in the field of physical activity and sport



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Thanks for your attention

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