

# Project READY...GO

**Physical and Sport Activities in prison as a support for inmates  
to acquire transversal competences for a best reintegration  
into society and employment when post-released**

ERASMUS+ KA2 Strategic Partnership

n° 2016-1-FR01-KA204-023846

**Formal presentation of  
READY...GO French Partner**



Erasmus+



# **ERASMUS+ Strategic Partnership READY...GO Project**

## **Part 1**

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**EU Coordinator and Project Engineer**

**Presentation of French partner**

**Euro-CIDES**



# Euro-CIDES

is located in **BORDEAUX** (SW of France)

- 500 kms from Paris
- 200 kms from Pyreneas
- 50 kms from the Atlantic ocean
- close to the wider gardened forest of Europe.

The airport to meet us is **BORDEAUX (FR)**.

We have very well known wines as well as good food such as « foie gras », oysters, smoked duck,...

**BORDEAUX** belongs to the UNESCO's heritage.



# **Euro-CIDES** *created in July 2000*

*works in collaboration with*

- **1 - Public Authorities (local authorities, communities, ministries, universities,...)**
- **2 - Organisations (foundations, colleges,...)**
- **3 - Regional Institutions (to train social workers, public servants)**

**from various countries members of EU or associated countries.**



# **Euro-CIDES EU Network**

**Austria, Belgium, Bulgaria, Cyprus, Czech Republic, Finland, Germany, Greece, Hungary, Italy, Latvia, Lithuania, Luxemburg, Malta, Netherlands, Norway, Poland, Portugal, Romania, Spain, Sweden, Turkey, United Kingdom**



# **Euro-CIDES** since 2000 develops

Projects based on activities focused on places and activities for low skilled adults such as :

- **Penal institutions (prison, closed institution for minors, wellcare units)**
- **Institutions working with mental / intellectual disabilities**
  - **New types of local SME's activities**
- **Info point on LLL supported by public libraries**



# Euro-CIDES

*by committment of*

## **French local authorities**

- ☞ **make Diagnosis of social needs on local territories and communities**
- ☞ **work with policy makers to develop investigations for new orientations**



# Since 1997, I work on projects supported by Grants under following EU programmes

- **PIC HORIZON** (1997-2000)  
**ACCES ARIADNE**
- **GRUNDTVIG Education for adults** (2000-2016)  
**ACRE 1 & ACRE 2 - ON/OFF - HIPPO - ESM - FEFI**
- **EUROPEAN SOCIAL FUNDS** (2003-2011)  
**SKILLS VALIDATION IN PRISON**
- **CULTURE programme** (2002-2004)  
**MNEMOSYNE**
- **ERASMUS+ Education for adults** (since 2015)  
**ESM-YA - VALMOPRIS - CITI-VAL - READY...GO – SERA**
- **JUSTICE Daphne** (since 2016)  
**CAPTIVE**





# **Euro-CIDES** takes part in the training of

- **future social workers,**
- **managers of social services and institutions,**
  - **public servants leading with social and welfare services.**



# Euro-CIDES

*on behalf of*

**French High Commissioner for Youth**

**realized the 2007/2009  
national intermediary evaluation of the  
European programme titled  
« Youth in action »  
(e.g. EVS, youth' exchanges)**



# Euro-CIDES

*on behalf of*

**French ministry of Active Solidarities**

**develops from 2010 to 2012  
the permanent evaluation of  
one social experimentation based on  
activities for youngs from 13 to 18/21 years  
living in the department of Orne (Normandy)**



# **Euro-CIDES**

*on behalf of*

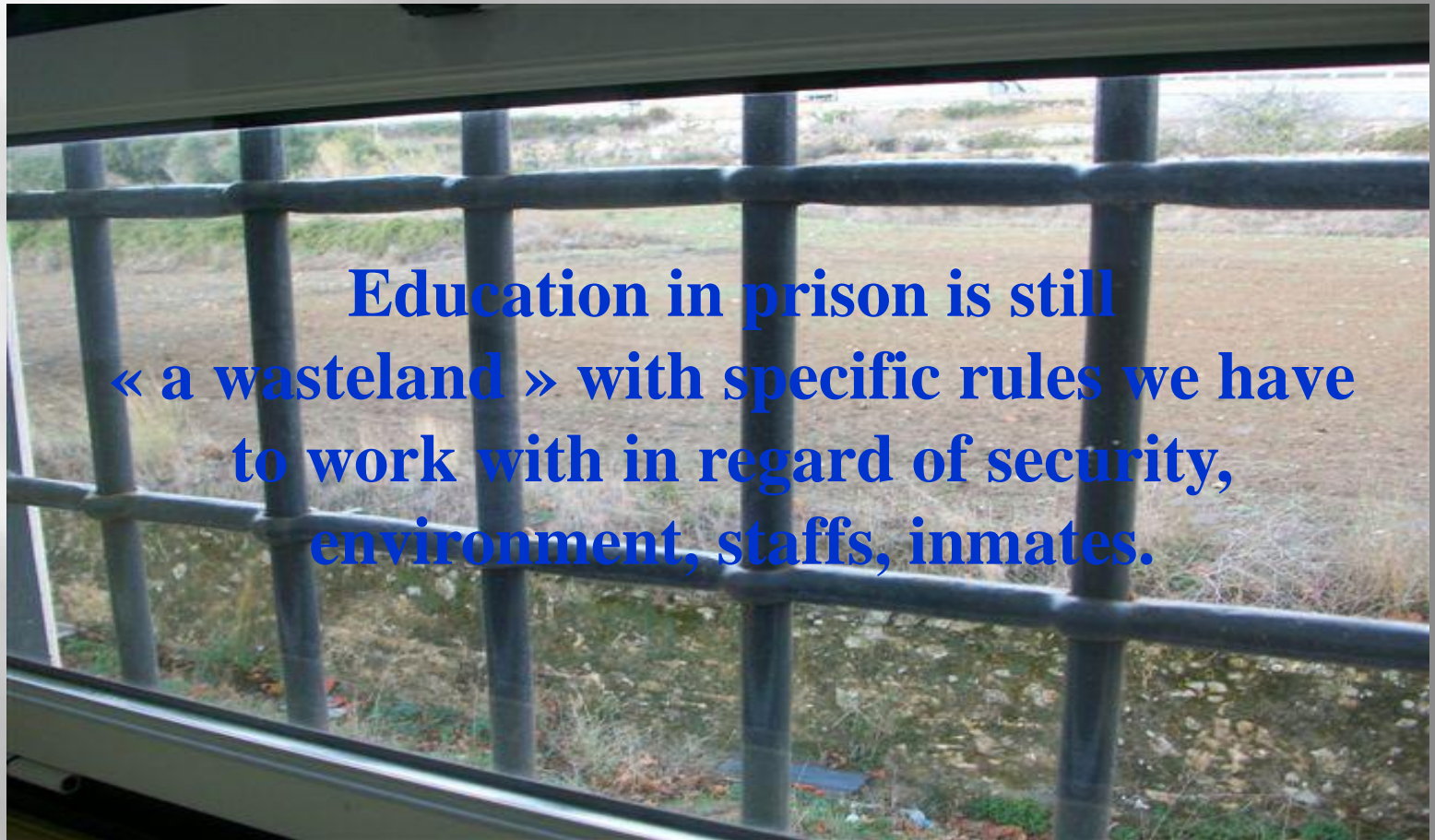
**the French National Agency**

**realized in 2008/2009 a national survey focusing  
on how GRUNDTVIG grants impact  
EDUCATION in PRISON for ADULTS**

**Since 2010, D. ANTONY is also an external  
independant expert of French National Agency**



# What did we learn from all these projects based on our experience and competences ?



# ERASMUS+ Strategic Partnership READY...GO Project

## Part 2

### Introduction of the French setup for PAS\* in prison

*\* Physical Activities and Sports*

# Some data about sport equipment at national level

Of 183 penitentiary establishments

- 80 have a self-contained sports field
- 67 have a large courtyard as a sports ground
- 110 have a gym room
- 7 have a gymnasium
- 55 have nothing (30%)



# *National data - 01 January 2016*

## *Age distribution*

- ▣ 0,1% were under 16 years old
- ▣ 0,8% were between 16 to 18 years
- ▣ 6,6% were between 18 to 21 years
- ▣ 16,7% were between 21 to 25 years
- ▣ 20,6% were between 25 to 30 years
- ▣ 26,9% were between 30 to 40 years
- ▣ 16,3% were between 40 to 50 years
- ▣ 8,1% were between 50 to 60 years
- ▣ 3,9% were over 60 years



# Average of Imprisonment period's duration (National data - 01 January 2016)

Duration	Rate of detainees
5 years and more	21 %
1 year or less	79 %
↳ 1 month or less	32 %

# Some reminders of regulations

# Most of the EPR (27.1 to 27.7) about sport in prison - 1/2

The organization of sports and recreational activities is the ideal way to involve prisoners in an important aspect of prison life and to help them develop their social and interpersonal skills.

Physical exercise and recreational opportunities should be available to all inmates but these activities should not be mandatory.

# Most of the EPR (27.1 to 27.7) about sport in prison - 2/2

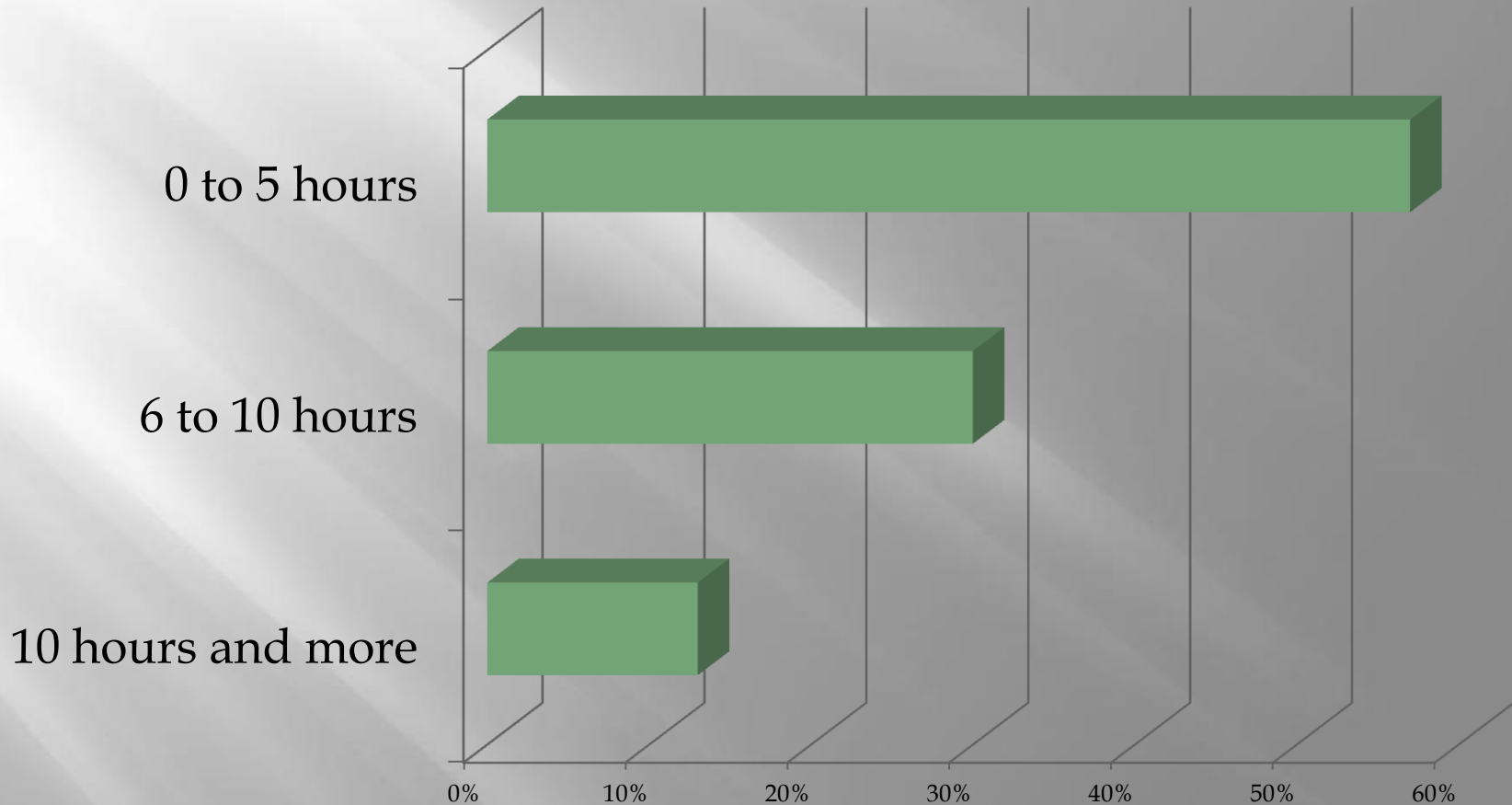
Sufficient facilities should be provided for outdoor physical exercise to enable prisoners to fully exercise physically.

The one-hour physical exercise is a minimum that must be applied to all inmates who do not perform sufficient exercise during their work.

# The french declension

While the majority of EPRs are recognized, in whole or in part, their application sometimes faces difficulties in remand prisons, in particular, due to the deterioration of certain institutions and prison overcrowding.

# Average of weekly sports practice in prison (2014)



# Obligation of activity

## Prison act n°2009-1436

### Art. 27

Every convicted person is obliged to carry out at least one of the activities\* proposed to him by the head of the establishment and the director of the SPIP\*\* (when his purpose is the reintegration of the person concerned) adapted to his age , ability, disability and personality.

*\* At large sense*

*\*\* SPIP = Penitentiary Service for Probation and Integration*



# The French code of sport

## Article L100-1

In France, the Sport Code takes into account the societal role of sport by identifying "physical and sporting activities as an important element of education, culture, integration and social life".

In detention, the practice of PAS is a factor in learning collective rules, socialization and accountability in that it allows the criminal population to build up a rewarding image and contribute to the construction of a reintegration project which may prevent recidivism.



# Memorandum of Understanding (2007) between Ministry of Justice and Ministry of Youth, Sports and Community Life

« The Ministry of Justice considers that the physical and sports activities practiced by incarcerated persons are an essential element of their personal balance and reintegration ».

The mission entrusted to the prison administration can only be exercised fully within the framework of a close partnership with the sports federations.

All persons detained must be provided with adequate and adapted activities.

# Some statements on which to debate

- The sport presents itself to the prisoner both as a tolerated space for debridement of emotions and as an activity with strong symbolic escape power.
- Practice of sport is considered by practitioners as a source of pleasure, an area of freedom and a powerful derivative of prison tensions.
- Sport is an effective means of pacification and self-control of behavior and violence in prison.

## *What does EPR 27.4 say?*

- « In the field of sport, the Ministry of Justice must pay particular attention to facilities, equipment and materials made available to the public entrusted ».

## *What are the recommendations of the CGFPL?*

-1-

- « Provision should be made for sufficiently large areas to enable detained persons to take any activity of their choice, whether vegetable, horticultural or sports».

# Recommendation of CGFPL (2013)

-2-

It is necessary to provide everywhere, from the promenade spaces, access to an independent sports platform allowing the practice of physical exercise and collective sports.

-3-

The supply of equipment must cover both individual needs (eg strength training in detention) and collective needs both in covered and open spaces.





# Prisons in New Aquitaine

2015	Number of Prisons	Number of inmates
<b>Maisons d'arrêt</b> <i>before sentences and short sentences &lt; 2 years</i>	11	1184
<b>Centres de détention</b> <i>End of sentences and Sentences &gt; 2 years</i>	5	1458
<b>Centres Pénitentiaires</b> <i>Combines 2 types of prison</i>	3	1865
<b>Maison centrale</b> <i>Very long sentences</i>	1	381

# PAS in prison : Aims - 1/5

*By virtue of Article 27 of the Penitentiary Act dated November 24, 2009 the PAS contribute :*

- **At the individual level**, the preservation of physical and psychic health, the fight against idleness and obesity, the learning or "re-learning" of collective rules, knowledge, esteem and passing self-reliance, accountability, and prevention of recidivism and suicide.

# PAS in prison : Aims - 2/5

*By virtue of Article 27 of the Penitentiary Act dated November 24, 2009 the PAS contribute :*

- **At the establishment level**, to the balance and security of collective life. Activities punctuate the life of the institution, open it to the outside and provide a space for physical and mental liberation. They make it possible to acquire a new socialization prior to reintegration.



# PAS in prison : Aims - 3/5

*By virtue of Article 27 of the Penitentiary Act dated November 24, 2009 the development of PAS is possible:*

- **Through Human Resources.** Nearly 300 “sports instructors” supervise the practice of sport, with the participation of (30) external specialists and graduates from sports federations or associations, or from the Ministry of Youth and Sports.

# PAS in prison : Aims - 4/5

*By virtue of Article 27 of the Penitentiary Act dated November 24, 2009 the development of PAS is possible :*

- **By means of facilities.** The sports facilities and equipments are numerous and of increasing quality but uneven. Their upgrading, adaptation to climatic conditions, maintenance, legal accessibility (M/F - MA/CD) and their versatility are the main sources of improvement.

# PAS in prison : Aims - 5/5

*By virtue of Article 27 of the Penitentiary Act dated November 24, 2009 the development of PAS is possible :*

- - **By means of partnership.** The penitentiary administration is bound by agreement with several partners of the sports movement (federations, associations). The development of this partnership with the sports movement and the Ministry responsible for sports has led to an increase and diversification of the practice of PAS in penitentiary settings.

# **Different French ministries are involved in the organisation of PAS in prison**

The important ones are :

- Ministry of Justice**
- Ministry of Culture**
- Ministry of Sports**

the two last ones act under supervision of Prisons' Administration.

# The role of the sports movement in the penitentiary environment

- 1 - To ensure a public service mission in its variations and several components (competition, recreational sport, health sport, PAS).
- 2 - Contributing to the health of an overall health-fragile, confined and sedentary population.
- 3 - Regulate life in custody by organizing regular activities to overcome the consequences of confinement both physically (need to move, to spend energy) and psychologically (need to be distracted).
- 4 - Prepare for release and prevent recidivism by offering socializing activities inside and outside prisons, organizing sports activities to mobilize on positive projects and prepare for their exit from prison.



# The influence of detention regimes on sports logics

In France, the supply of activities remains closely dependent on the constraints on the detention regime (remand centers and penal institutions), the penal category of prisoners and the level of security in the establishment

- 1 - “**Maison d’arrêt**”: prisoners are prevented or sentenced with a residual <2 years; High turnover and very high occupancy. Little diversity in activities and SAPs are essential (leisure, sport health, learning rules).
- 2 - “**Centre de détention**”: promotes the organization of activities to develop contacts with the outside(in/out).
- 3 - “**Mmaison centrale**”: focusing on enhanced security.

# Sport and Partnership Offer

Type of establishment	Waiting for sport	Type of partnership
Maison d'arrêt (prevented - sentenced <2ans)	Leisure - Activities	Local Sports Movement (LSM)
	Events	
	Summer Practices	Local Clubs
Centre de détention (sentenced)	Temporary Absences	Common Competition with LSM
	Introduction to PAS	Workouts
	Friendly Encounters	Internal organization
	Events	Local Sports Movement
Maison Centrale (Sentenced with high security rules)	Leisure - Activities	Local Sports Movement
	Opening on the outside	Local Clubs
Centres for Minors	Regular practices	Educational cycles
	Events	Local Sports Movement



# PAS : The sports instructor - 1/2

He is in charge of:

1. Organize socio-educational or sports activities by:
  - analyzing the needs and expectations of different audiences,
  - Designing and evaluating collective or individual sports projects.
2. Facilitating PAS by preparing and organizing sporting events,
3. Participate in multidisciplinary meetings,
4. Contribute to security, reintegration and prevention of recidivism.

# PAS : The sports instructor - 2/2

He is in charge of:

5. Provide technical advice on:

- sports facilities and equipment,
- personal hygiene, food hygiene, etc.
- prevention of accidents related to sports activities.

6. Manage partnerships by:

- Developing professional local networks,
- participating in the preparation of applications for project funding,
- preparing and following conventions.

# Who is the prison sport instructor?

1. Above all, he is a prison supervisor
2. He is recruited by internal selection:
  - >>> first aid training certificate
  - >>> eligibility test (2 test exercises)
  - >>> admission test (30 ' oral exam)
  - >>> 28-week training
  - >>> professional patent of Activities for all
  - >>> probationary period before tenure or return to the original employment.

# Statutory Progress

In order to make progress on the statutory scale, sports supervisors must return to their original job.

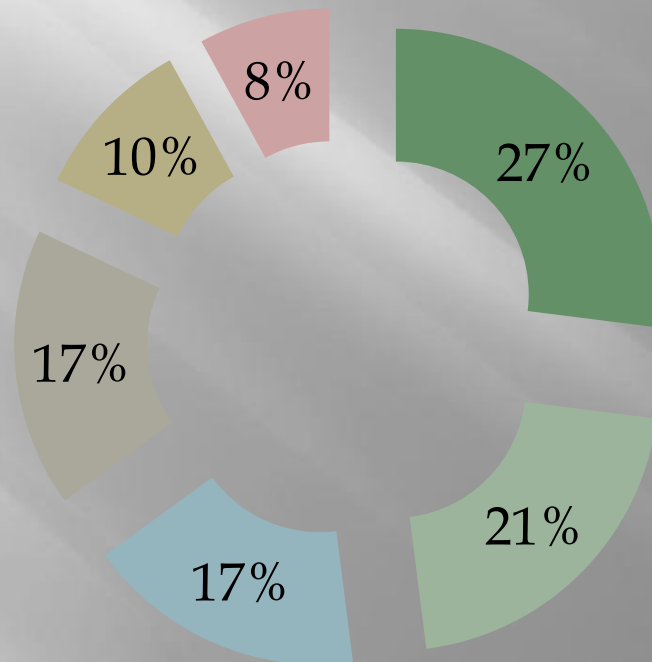
There is no way to rise in the statutory hierarchy from the sole status of sports instructor.

# Sports seen by prisoners

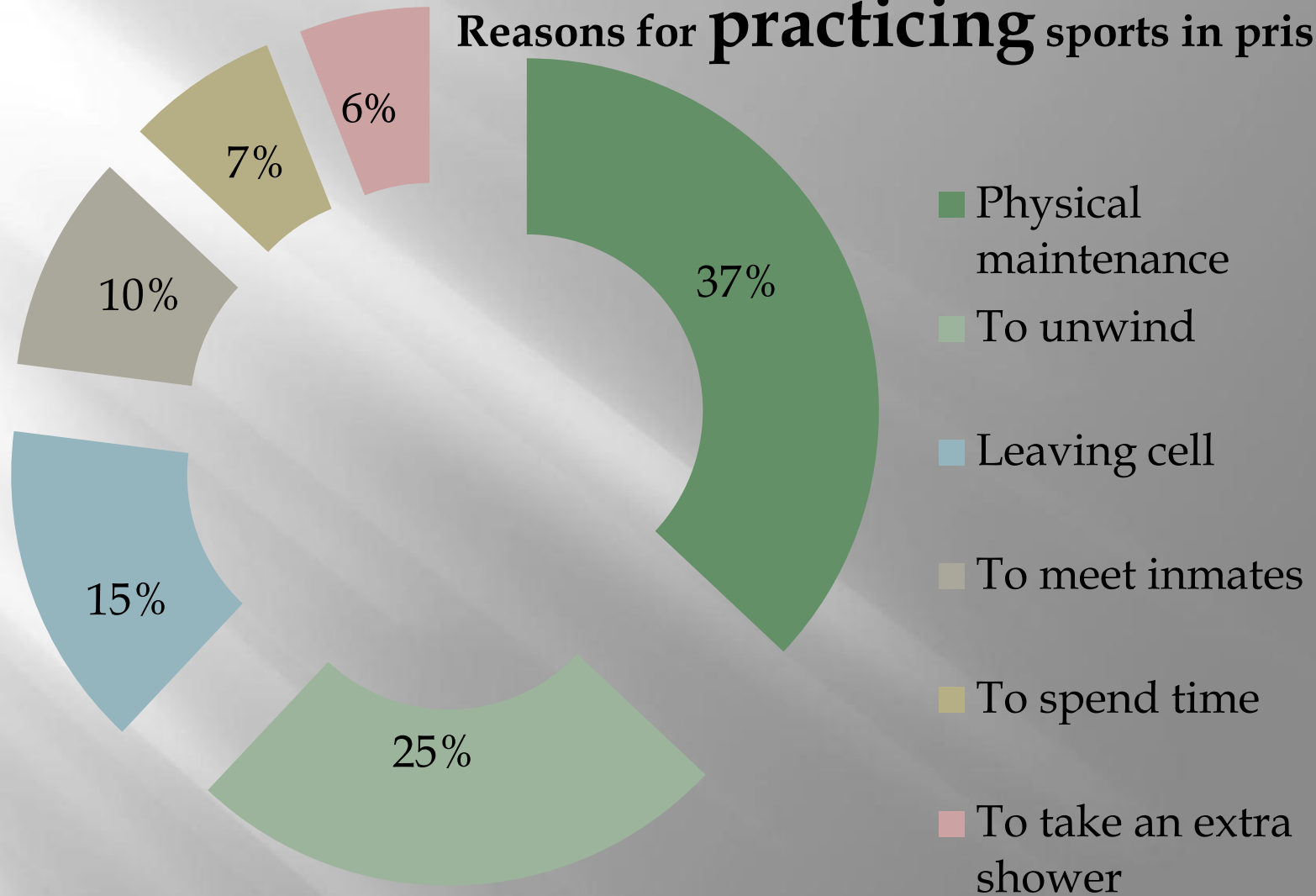
Kick-off meeting in Bordeaux (FR)  
November 28-30, 2016

# Sport in general is

- a physical effort
- a competition
- to forget problems
- a leisure
- watch on TV
- to spend time

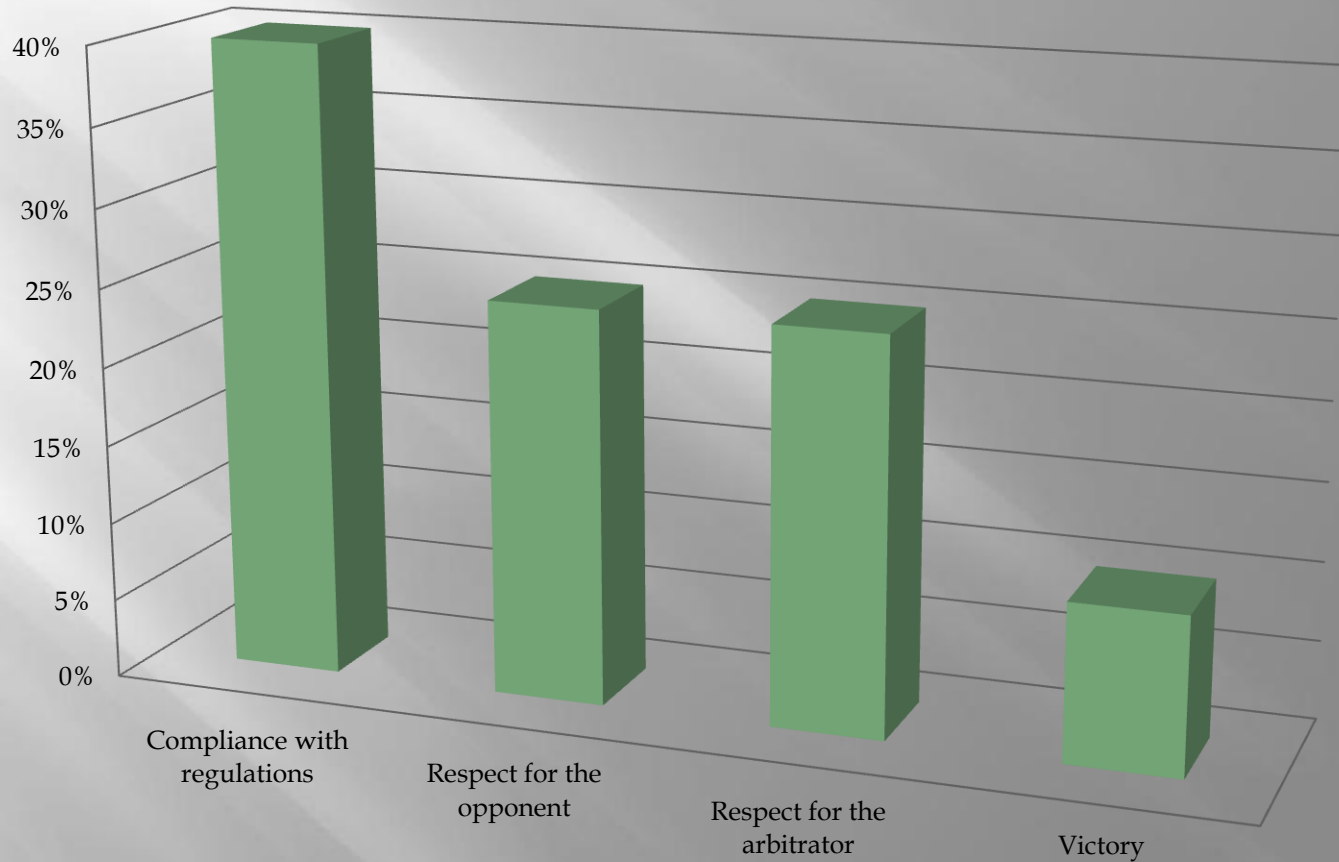


## Reasons for **practicing** sports in prison





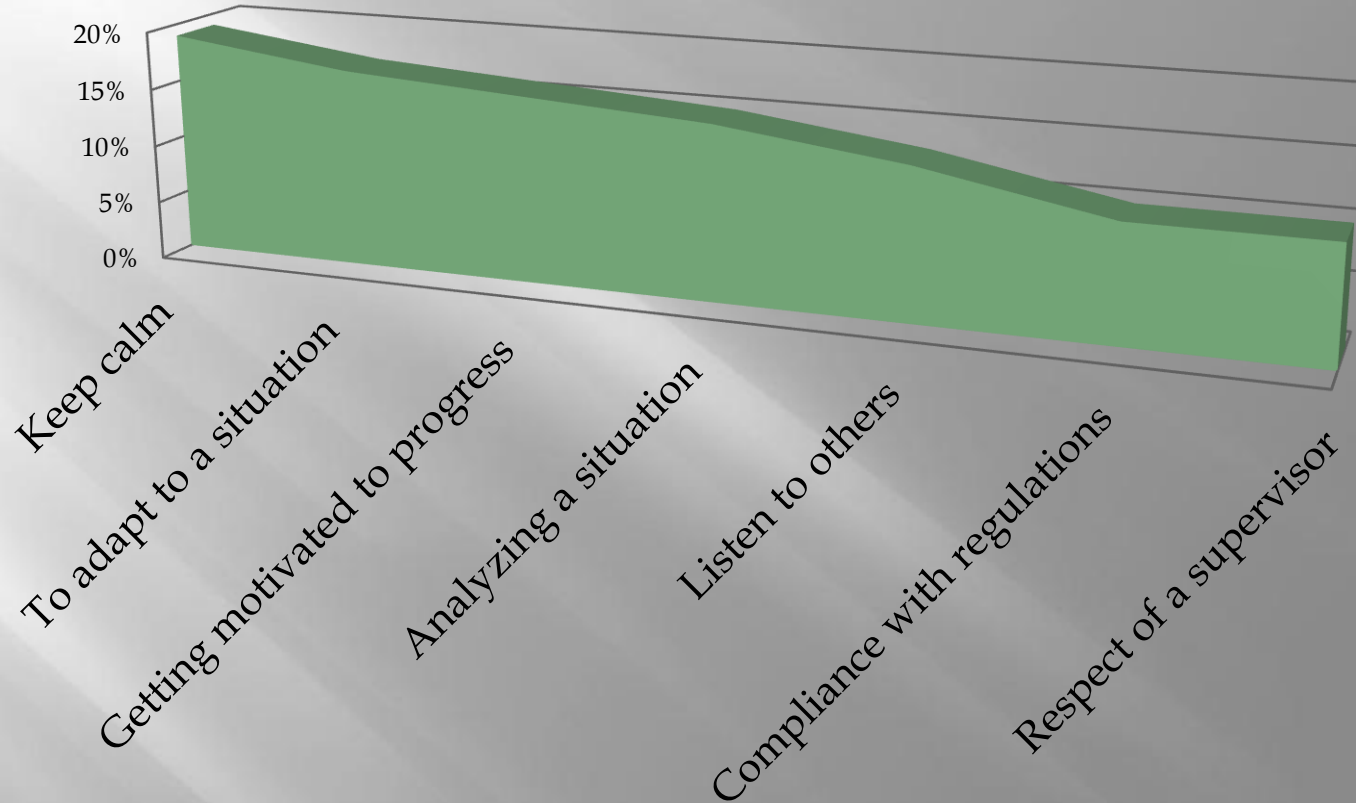
# What is most importance to you in the practice of sport?



# The values of sport over long term

- Ways of violence
- Learning of impulses
- Development of sociability
- Emotional debridement
- Learning standards and rules
- Promotion of integration and socialization

# The effects of sport over the long term



# Difficulties in collective or individual teaching

- The need for sports instructors in prison to create their own tools because the existing methods are not always adapted to the public in this context
- The importance of sharing the tools created or used
- Individualization of the paths
- The care of differentiated groups (aging inmates or with loss of autonomy, prisoners from foreign origin, young adults,...)

# Reinvestment of sport values

## Three interacting poles

The values of sport can be reinvested in an individual perspective where the personality is accomplished, for a better integration within the prison environment and to benefit for a social development where the individual finds a full place in society

# The Individual Perspective

Sport allows the prisoner to know himself and to compare himself to others.

The detainee's participation in the activity tends towards a general equilibrium of the individual and the disclosure of certain capacities to identify.

Sport contributes to the organization of the personality by making it possible to acquire a fighting spirit, the desire to succeed, to progress, but also to evaluate oneself in relation to the results obtained and to open oneself to others (by listening to them and by keeping its calm).

# The Integration

The sport allows to integrate in a group (victory of the whole team), allows a better appreciation (acceptance) of the time of punishment and allows to open a little on the outside knowing to analyze a situation.

Sport is a dynamic and a springboard to the outside by being in contact, for example through the Local Sports Movement (federations, associations).



# Social Development

The development of the independence of the detainee, the sense of organization inferred by sport, the taking of initiatives correspond to the aims of the sport and lead to the full development of the individual.

The will to respect a superior, the establishment of a social hierarchy, the will to respect the rules of life and the others testify to the fact that the prisoners appropriate the values governing a society and therefore an education to the citizenship.

# Learning to bounce in any occasion

Practicing sport is part of a system of progress, both technical and tactical, through the integration of a combative spirit.

# **The social reintegration assistance scheme to prevent the de-socializing effects of imprisonment on detained persons and the maintenance of social and family ties.**

This concept combines elements as varied as education, vocational training, work, preparation modules to release, leisure activities, the practice of PAS, cultural activities and free access to the health system.

# 3 levels of action

- 1 – School and vocational integrative actions
- 2 – Work and actions of cultural and social integration
- 3 – Integrative actions by physical (PAS, hygiene) and mental (self-control, motivation) health.

# Sport in prisons, an institutional tool for social reintegration

By contributing to the balance of detainees, SSPs tend to improve motor functions and promote control over their emotional reactions. They contribute to their health, their relaxation and their lifestyle. They also contribute to the appropriation and reinvestment of their taste and abilities. Thus all the values resulting from the practice of sport are reinvestable in society.

# Sport, a right recognized as a voluntary practice ... YES ... but ...

- Subject to authorization by the administration
- Concept of "good behavior "
- Respect for supervisors
- Acceptance of rules and standards



# Formal, Non formal and Informal sport activities

Various national federations of sport are partners with the Ministry of Justice to provide sport in prison.

Athletics – Badminton – Basket ball – Boxing – Cyclotourism – Weightlifting – Handball – Karate – Table tennis – Voluntary gymnastics – sport for all – Adapted sport – Football

**These networks should help to identify inspiring practices.**



# INSPIRING outside PRACTICES

## At national level

- 2013 : The Tour de France of the penitentiary in 3 stages (cycling)
- 2013, 2014 : The national basketball tournament of the penitentiary
- 2013, 2014 : Eco-trail

# INSPIRING outside PRACTICES

## At national level

- 09.2010 / National agreement signed with LICRA to use sport as a vector of insertion
- 09.2014 / National agreement signed with 4 sport organizations to physically maintain aging or addicted inmates

## At regional and local levels

Mainly depends on sport instructors and security rules in regard of prison environment.

# INSPIRING PRACTICES in prison

- Implementation of a health prevention program (balance, effort, ...)
- Maintain the practice of the good gestures in everyday life by regaining consciousness of its body
- Work on the mechanisms of balance of the inner ear, sight, muscles
- Working sociability and creating Group identity
- Work on memorization mechanisms
- Rehabilitation of cardiovascular function

# INSPIRING PRACTICES in prison

- Educational intentions (motor skill, flexibility, muscular strengthening) within the framework of a pedagogy centered on the person (sessions on well-being, relaxation, ...)
- Physical fitness tests to allow inmates to situate themselves from the 80 fundamentals of health sport
- PIED franco-canadian program for the prevention of falls of prisoners (individual / collective)

# RELEVANT « INSPIRING » PRACTICES in prison

## The individual sports book

It is a pedagogical tool composed for each practitioner of one personalized part (health questionnaire, progression table of equilibrium and cardiologic exercises), one part retracing the program as realized at each session and one last part proposing information in the fields of nutrition, sport and health.

# VINFL

## Validation of Informal and Non- Formal Learning

We are not so good even if we are sure that it exists,  
here and there in France, some individual  
initiatives and methodologies lead by individual  
sport monitors...

that we will try to identify during O1  
through data collection based on questionnaires.



# READY...GO Project

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Thank you  
for your attention

Questions ?



Erasmus+

