

Ready...GO Project

Finland (Hämeenlinna Prison)

Hämeenlinna prison



Basic Info

- ▶ Hämeenlinna prison was opened at 1972
 - ▶ Hämeenlinna prison is largest closed unit for female prisoners in Finland
 - ▶ In the same grounds locates Prison Hospital which operates independently under THL (National Institute for Health and Welfare)
 - ▶ Budget 9 million euros (2016)
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Wards

Naisten osasto (NO) – Women's Ward

NO1:

remand prisoner ward (communication restrictions)
closed ward, 23hours/day in cell

NO3:

“arrival ward”

closed ward, 23hours/day in cell

NO4:

workers ward

open ward, 11hours/day in cell (nights)

NO5:

“soon-to-be release ward”,

open ward, 11hours/day in cell (night),

NO6:

Mother and child ward (remand prisoners , under 3years old)

Open ward, doors always open

Vankisairaala(VS) – Prison hospital

VS3.1:

remand prisoner ward (without communication restrictions)

Closed ward, 19hours/day in cell

VS3.2:

workers ward (committed to abstain from intoxicants)

Open ward, 11hours/day in cell (night)

Miesten osasto (MO) – Men's Ward

MO2:

Remand prisoner ward (without communication restrictions)
and “arrival ward”

Closed ward, 22hours/day in cell

MO3:

Workers ward

Open ward, 11hours/day in cell (night)



Women's Wards (7)

Men's Wards (2)

Personnel

- Management – 3
- Rehabilitation, education, social, individual – 10
- Workshops – 8
- Kitchen and Domestic Care Supervisors – 9
- Prison officers and Senior Criminal Sanction Official's – 84

In total 114 persons



Prison population

- ▶ **102 female inmates** (51 convicted, 46 detainees, 3 fine defaulters and 2 life sentences)
- ▶ **26 male inmates** (16 convicted, 7 detainees and 3 fine defaulters)
- ▶ **24 foreign inmates** (4 male and 20 females), 12 different nationalities:
 - Sweden
 - Russia
 - Estonia
 - Lithuania
 - Latvia
 - Great Britain
 - Romania
 - Spain
 - Portugal
 - Iraq
 - Nigeria
 - Thailand



At 24th of November we had total 128 inmates.

Principal offences: 26 violent offences, 12 narcotics offences, 10 property offences

Activities

- ▶ Textile– and clothing work
- ▶ Packing and assembling work (subproject)
- ▶ Repairing shoes (cobbler)
- ▶ Folding military clothes
- ▶ Real estate

- ▶ Laundry
- ▶ Kitchen



For female prisoners

For male prisoners

For both:

- ▶ Education (elementary school, courses etc.)
- ▶ Activity groups (for those not participating any other activities)
- ▶ Cleaning and food delivery
- ▶ Substance- and rehabilitation programs (contract wards etc.)



Leisure activities

- exercises (gym, sports hall)
- different forums (Alfa, Finnish CRC, spiritual etc.)
- library
- live performances, bands (about twice a year)
- visits at weekends (supervised) and free visits at daily (unsupervised)



Sports in Hämeenlinna prison



Finland Imprisonment Act

Chapter 11 "Free-time"

1 § Free-time activities

Free-time activities suitable for prison conditions shall be arranged in prisons.

Persons, organizations and foundations from outside the prison may be permitted to arrange free-time activity suitable for prison conditions.

The prisoners shall be provided a possibility to participate in the planning and arrangement of free-time activities. The prisoners shall be guided and advised in hobbies.

2 § Participation in free-time activities

A prisoner may participate in free-time activities and spend free time together with other prisoners.

The right to participate may be denied or restricted if the prisoner:

- 1) is placed in a contract ward or a high-security ward;
- 2) is serving a solitary confinement punishment referred to in chapter 15, section 4, subsection 1 (3) or if
- 3) he or she is subject to a measure referred to in chapter 15, section 15 or chapter 18, section 1, subsection 1.

A prisoner who is intoxicated or who disturbs free-time activities or endangers prison order or safety may be denied the right to participate in a free-time event.

Gym Schedule

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
08:00-08:30							
08:30-09:00			Women's Ward 1 08:30-09:30		Women's Ward 1 08:30-09:30		
09:00-09:30	Men's Ward 2 08:55-09:55					Men's Ward 3 09:00-10:00	
09:30-10:00							
10:00-10:30							
10:30-11:00							
11:00-11:30							
11:30-12:00							
12:00-12:30	Women's Ward 3 12:05-13:05		Women's Ward 3 12:05-13:05				
12:30-13:00							
13:00-13:30	NO6 13:05-14:05		Men's Ward 2 13:15-14:15	NO6 13:05-14:05			
13:30-14:00							
14:00-14:30							
14:30-15:00							
15:00-15:30							
15:30-16:00							
16:00-16:30							
16:30-17:00		Women's Ward 5 16:30-17:30		Women's Ward 5 16:30-17:30			
17:00-17:30							
17:30-18:00	Men's Ward 3 17:45-18:45		Women's Ward 4 17:40-18:30	Men's Ward 3 17:45-18:45	Women's Ward 4 17:40-18:30		Women's Ward 4 17:40-18:30
18:00-18:30							
18:30-19:00							

Guided Exercise Groups Schedule

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>				
08:00-08:30									
08:30-09:00	Women's Ward 1 08:30-09:30								
09:00-09:30		Men's Ward 2 09:00-10:00	Women's Ward 1 08:30-09:30	Men's Ward 2 09:00-10:00	Women's Ward 1 08:30-09:30				
09:30-10:00									
10:00-10:30			Women's Ward 5 10:00-11:00						
10:30-11:00									
11:00-11:30									
11:30-12:00									
12:00-12:30					Women's Ward 3 12:00-13:00				
12:30-13:00									
13:00-13:30	Women's Ward 6 13:00-14:00			Women's Ward 6 13:00-14:00	Men's Workers 13:00-14:00				
13:30-14:00									
14:00-14:30									
14:30-15:00	Women's Workers 14:30-15:30	Men's Workers 14:30-15:30	Women's Workers 14:30-15:30	Women's Ward 5 14:30-15:30					
15:00-15:30									

All physical activity

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
08:00-08:30	Women's Ward 1						
08:30-09:00	08:30-09:30		Women's Ward 1		Women's Ward 1		
09:00-09:30	Men's Ward 2	Men's Ward 2	08:30-09:30	Men's Ward 2	08:30-09:30	Men's Ward 3	
09:30-10:00	08:55-09:55	09:00-10:00		09:00-10:00		09:00-10:00	
10:00-10:30	Lunch		Women's Ward 5	Lunch			
10:30-11:00			10:00-11:00				
11:00-11:30							
11:30-12:00	Lunch						
12:00-12:30	Women's Ward 3	Women's Ward 3	Women's Ward 3		Women's Ward 3		
12:30-13:00	12:05-13:05	12:00-13:00	12:05-13:05		12:00-13:00		
13:00-13:30	Women's Ward 6		Men's Ward 2	Women's Ward 6	Men's Workers		
13:30-14:00	13:00-14:00			13:00-14:00	13:00-14:00		
14:00-14:30			13:15-14:15				
14:30-15:00	Women's Workers	Men's Workers	Women's Workers	Women's Ward 5			
15:00-15:30	14:30-15:30	14:30-15:30	14:30-15:30	14:30-15:30			
15:30-16:00							
16:00-16:30							
16:30-17:00		Women's Ward 5		Women's Ward 5			
17:00-17:30		16:30-17:30		16:30-17:30			
17:30-18:00	Men's Ward 3		Women's Ward 4	Men's Ward 3	Women's Ward 4		Women's Ward 4
18:00-18:30			17:40-18:30	17:45-18:45	17:40-18:30		17:40-18:30
18:30-19:00							

Sports in Hämeenlinna prison

- ▶ Floor ball (co-operation with Steelers)
- ▶ Football
- ▶ Indoor football
- ▶ Badminton
- ▶ Volleyball
- ▶ Ice-Hockey (co-operation with HPK)
- ▶ Bowling
- ▶ Morning walks/runs
- ▶ Circuit training
- ▶ Spinning
- ▶ Gym
- ▶ Street Hockey
- ▶ Table Tennis
- ▶ Dance (co-operation with dance instructor)
- ▶ Yoga
- ▶ Zumba
- ▶ Circuit Training
- ▶ Aerobics
- ▶ Spinning
- ▶ Relaxation Exercise

Prisons Physical
Education

Peer Instructors

Sport Equipment's and Facilities

Gym

- ▶ Well-equipped gym with a lot of free weights and equipment's

Sports Hall

- ▶ Relatively small and old hall (16x10m) with exercise ladders, climbing ropes, gymnastics rings and pull-up bar
- ▶ Equipment's used in hall: spinning bikes, medicine balls, battle ropes, TRX, jumping ropes, tractor tire, sledgehammers, dumbbells, self-made exercise sledge, floor ball and badminton sticks, table tennis court, jumping box, step boards, kettle bell, aerobic sticks and mattress etc.

Wards

NO4 (Women's Ward 4)

- ▶ This ward has its own fitness room for prisoners free-time that has: exercise bike, foam roll, multifunction exercise machine (pull-up bar, dip bar etc.) TRX, abs-wheel, rubber bands and step boards

NO5 (Women's Ward 5)

- ▶ Ward has its own table tennis court, rowing machine, foam roller, exercise bikes and gym ball
- ▶ Free entry its own recreation yard where prisoners can play badminton

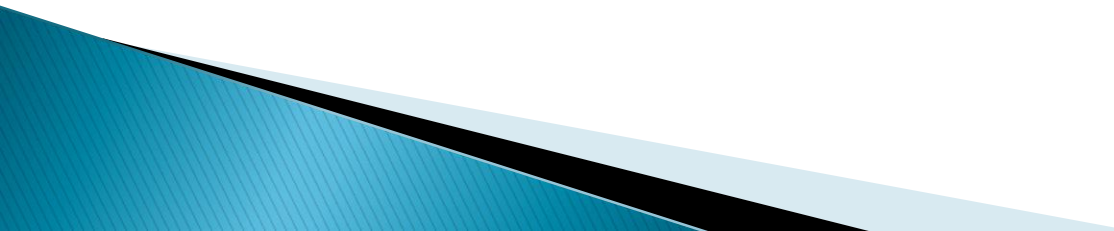
Other wards

- ▶ For safety reasons only aerobic mattresses and some rubber bands (in cell)

Recreation Yards

- ▶ Women's and hospital courtyard is possible to jog and play badminton
- ▶ Men's courtyard have weightlifting bench and tractor tire for exercise, and jogging and badminton are also possible

Challenges

- ▶ 80% of inmates have mental health problems
 - ▶ 90% of inmates have substance abuse problems
 - ▶ wide variation of different health problems
 - ▶ concentration problems
 - ▶ language barrier
 - ▶ lack of motivation
 - ▶ physical condition of the prisoners varies widely
 - ▶ inmates who are afraid of prison population
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Sport staff

Prison officers

- ▶ Officers are responsible for moving the prisoners to the gym and they are responsible for their safety at the gym

Physical education instructor

Petri Kemppainen

- ▶ 1,5years at prison officer, 1year at instructor
- ▶ Qualification for sports masseur, Hockey Coach Courses, Strength Coach at Hockey team
- ▶ Sport background: Hockey and weightlifting

Eero Ylivaara

- ▶ 2years at prison officer, 2years at instructor
 - ▶ Correctional Instructor education
 - ▶ Sport background: American Football and weightlifting
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Formal sports activities in prison

- ▶ Currently at closed prisons in Finland you can not study to a socially acceptable degree related to sports
- ▶ Hämeenlinna's prison has mapped out and had preliminary discussions of the first Finnish closed prison corridor a personal trainer qualification

Nonformal sports activities in Hämeenlinna prison

- ▶ Physical education instructors are responsible for nonformal exercise in Hämeenlinna prison and usually also other closed prisons
- ▶ In Hämeenlinna prison in each lesson has a lesson plan
- ▶ Lesson plan are reviewed and applied to each group before the start of the lesson (must take into account how many groupmembers, the state of health, physical fitness etc.)
- ▶ Also there is different types of training :
 - The peer counselor of exercise training
 - ????????
 - ????????

Examples for lesson plans

- ▶ **5 min**
light-passing with each other
- ▶ **10min**
"running eight training" with passing shuttlecock
- ▶ **15min**
Outlining the field and right movement at court training
- ▶ **20min**
2vs2 or 1vs1
- ▶ **10min**
Cooldown (stretching, light jogging etc.)

Badminton (1h)
Group size (2–5)

- ▶ **10min**
Warm-up on bike
- ▶ **40min**
Interval training (example:
1 / 1 + 2 / 2 + 3 / 2 + 1 / 2)
- ▶ **10min**
Cool down (stretching, light biking, light jogging, walking etc.)

Spinning (1h)
Group size (2–6)

Examples for lesson plans

- ▶ **10min**

Warm-up (functional coordination training)

- ▶ **40min**

Functional circuit training with 2–3x10–15 drills (example 30s work/20s rest)

- ▶ **10min**

Cooldown (stretching, light jogging, walking etc.)

Circuit training (1 h)
Group size (2–15)

- ▶ **10min**

Ball handling exercise

- ▶ **5min**

Shooting exercise

- ▶ **10min**

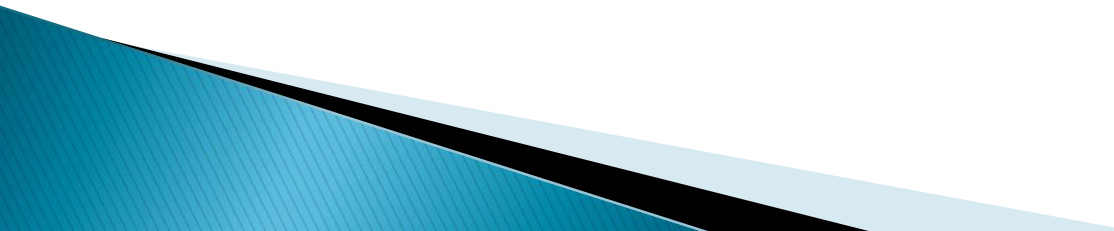
Competition which integrates handling and shooting

- ▶ **35min**

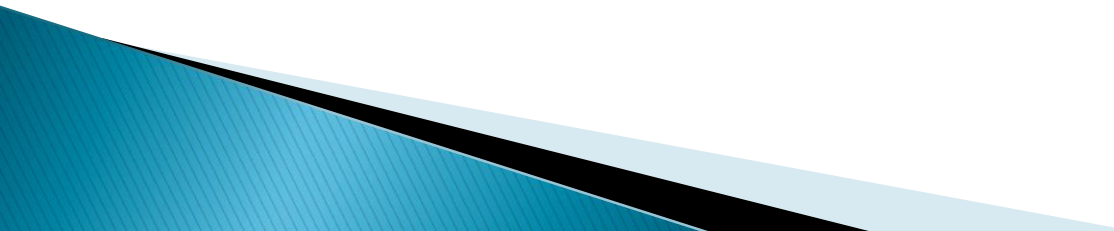
Game time (3vs3, 4vs4)

Floorball (1 h)
Group size (4–14)

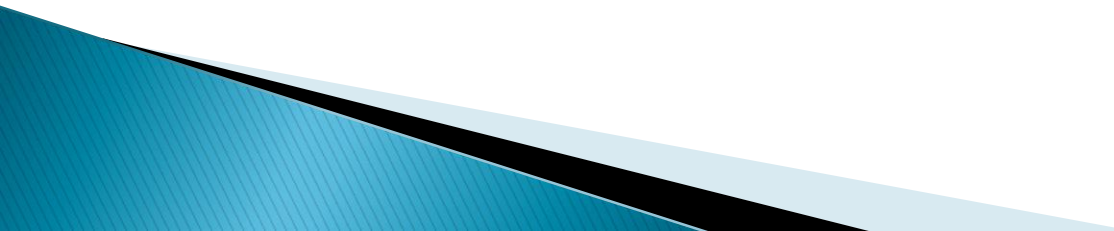
Informal sports activities in Hämeenlinna prison

- ▶ Informal physical activity takes place in courtyard, wards and gym
 - ▶ Examples of this kinds of sports are weightlifting, badminton, footbag, trackor wheel rolling, running, jogging or finnish game called "mölky".
 - ▶ Physical education instructors task is to enable the informal exercise by keeping equipment in order and listening to the wishes of the inmates
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Who can take benefit from formal training related to sports?

- ▶ Physically active and motivated inmates
 - ▶ after release want work as personal trainer, trainer, couch etc.
 - ▶ committed themselves to abstain from intoxicants
 - ▶ willing to commit a crime-free life
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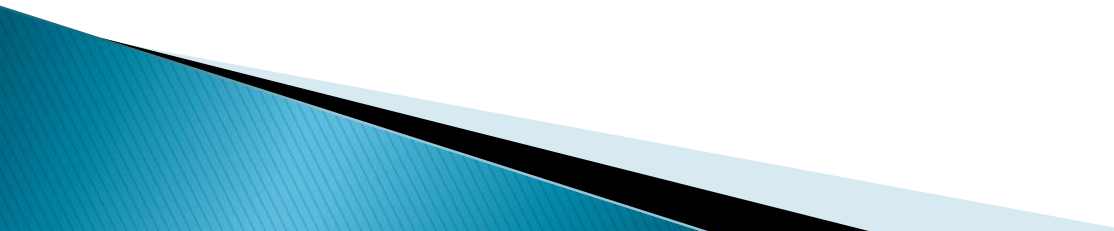
Who can take benefit from non-formal training related to sports?

- ▶ physical activity does not matter
 - ▶ inmates that safety or other reasons, can not be with other inmates
 - ▶ the only type of sport where inmates child may be present (Ward 6: mother-child ward)
 - ▶ who need motivation and guidance at sports
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Who can take benefit from informal training related to sports?

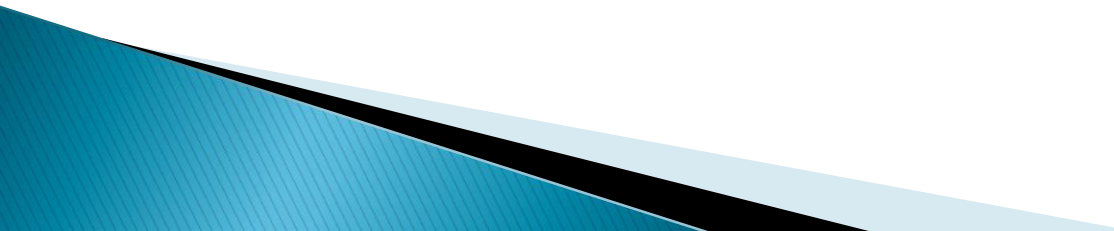
- ▶ Independent and motivated inmates
- ▶ socially active inmates
- ▶ Inmates who have at least some background and knowledge about sports

Inspiring activities which could be of some help in regard of READY...GO topic?

- ▶ Team sports are very good method to speed up integration
 - ▶ Everybody are on the same line and everybody has to get along with each other spite of background
 - ▶ There is no room for racism at groups – If you can not behave you are out of the group
 - ▶ This has worked very well in Hämeenlinna prison and the team spirit has always been high
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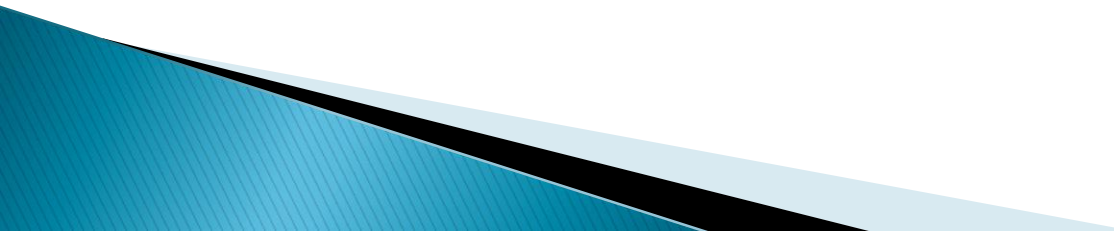
Who inspiring practices work at Hämeenlinna prison?

Before Session

- ▶ Before sports sessions instructors will personally go at prisoners cell and ask them to join. This way instructors can inspire uncertain inmates to join and listen to their worries and wishes regarding session
 - ▶ Taking into account inmates physical condition – nobody isn't too out of shape to join
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Who inspiring practices work at Hämeenlinna prison?

At Session

- ▶ Instructors will play with inmates, and act as coaches
 - ▶ Instructors doesn't use official clothing at sports and they aren't there to be authority figure unless they have to be – this creates group spirit and respect remains mutual
 - ▶ Instructor must be able to read the situation and encourage and advise each inmates in a suitable way – you can't be a drill sergeant for everybody
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Who inspiring practices work at Hämeenlinna prison?

After Session

- ▶ At the cool down group have general discussion about the session:
 - was something too hard
 - personal goals
 - How to get better on something
 - Diets
 - Etc.