**Section 702.250 Recreation and Leisure Time**

a) Introduction

1) Recreation activities play a major role in the development of youth. All activities must be used in a total time schedule to enhance sportsmanship, the ability to participate as a team member, leadership qualifications, coordination, anger threshold, acceptance by peers, and other personal characteristics.

2) Recreation should be heavily programmed for after school hours, evenings, weekends, and holidays.

b) Minimum Standards

1) Recreation

Vigorous physical activities, indoor and out, shall be a part of the daily schedule. Passive indoor activities, in addition to television viewing and radio listening, shall be included. Team games shall be emphasized, but no youth shall be required to participate.

2) Exercise Area

Facilities shall include an exercise room and a yard of sufficient area to allow strenuous physical exercise. Although highly desirable, this requirement may be waived for existing facilities.

A) The exercise room must be at least 20 by 40 feet for facilities of less than 60 rated capacity.

B) Facilities of 60 or more rated capacity shall have a standard size gymnasium.

C) Areas for outdoor yard exercise must provide at least 200 square feet of recreation space per youth with a minimum size of 3,000 square feet.

3) Comfort Facilities

Drinking and toilet facilities shall be immediately accessible to youth off the play area of exercise rooms and outdoor yard areas.

4) Exercise Equipment

Exercise areas shall be appropriately equipped and utilized within the limitations of security requirements.

5) Written Policy

There shall be a written policy covering day-to-day exercise activities and schedules.

c) Recommendations

1) Exercise material which can be used for unauthorized purposes should be carefully controlled.

2) Volunteers should be recruited to supplement recreational opportunities.

(Source: Amended at 12 Ill. Reg. 12340, effective October 1, 1988)