



Generalitat de Catalunya
Departament de Justícia

SPORT INSPIRING PRACTICES IN CATALAN PRISONS

**An introduction to the development of skills to better
support inmates for their reintegration into society**

**“Prison sentences and security measures shall be aimed at rehabilitation and social reintegration (...)”
(Article 25.2 of the Spanish C.)**



THE MISSION AND HOW TO ACHIEVE IT

□ THE MISSION

- Resettlement in the community and fostering desistance.
- Concerning the sports practice : safeguard the inmates' right to practice sports and physical activities **tailored to their needs.**

□ THE THREE PILLARS

- **Promotion of a safe environment in prison.**
- Individualized attention to inmates.
- Creation of links between inmates and the community.

HOW DOES SPORT FIT IN THESE PILLARS?

□ PRACTICING SPORT:

- Enhances social interaction and coexistence.
- **Improves the competences of the inmates.**
- Contributes to keep inmates' healthier.
- Helps to use leisure time in prison in a positive way.



5 KEY IDEAS ABOUT SPORT IN THE CATALONIAN PRISONS

- 9 prisons. 8,000 inmates**
- Sports area in new prison includes: multisport pavilion, hall gym, swimming pool, football field.**
- Broad offer of sport activities (10 sports programs). Learning service programs with University are highly relevant.**
- Pre pandemic time: 50% inmates used to practice sports under the supervision of specialized prison staff, at least once a week.**
- Groups of special attention: women, young adults, inmates with mental health conditions, inmates in closed regime.**

SPORTS PLAN. INSPIRING ACTIVITIES: **RUNNING**

- **Activity started 1992.**
- ***Cheap* activity.**
- **Positive effects**
- **Paradigm shift.**
- **Two Marathon editions (2017 and 2019) successfully completed**
- **The volume of training (21 weeks) 695 km. 50% was completed (inside prison) on an external track of 160 m perimeter.**

RACES HELD IN PUIG DE LES BASSES

- **TWO ANNUAL RACES**
 - **“SANT SILVESTRE”**
 - **“LA MILLA DE PUIG”**
- **HAVE BEEN HELD FOR THREE YEARS**
- **GREAT ACCEPTANCE**
- **ACTIVITY OF RUNNING THROUGHOUT THE YEAR**

SANT SILVESTRE

- **STARTED IN 2018**
- **30TH OF DECEMBER**
- **5000 METERS**
- **PARTICIPATION**
- **DIPLOMAS**
- **CATEGORIES**



LA MILLA DE PUIG DE LES BASSES

- RACE STARTED IN 2019
- PHYSICAL ACTIVITY AND SPORT'S WEEK
- 1600M
- PARTICIPATION
- DIPLOMAS
- CATEGORIES

1a MILLA PUIG DE LES
BASSES

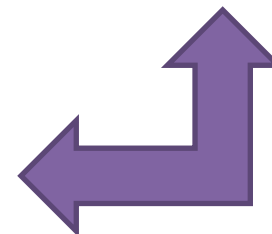
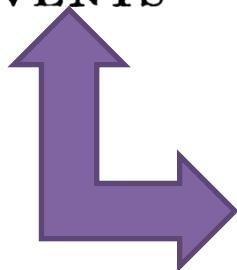
GUANYADOR
DE LA CURSA



WHAT IS THE “BIG RUN” ?



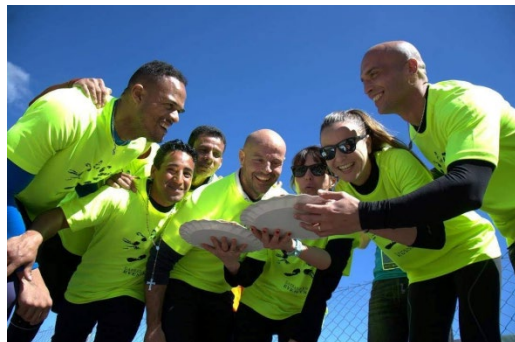
GAMBADERS
EVENTS



WHEN WAS IT BORN AND WHY?

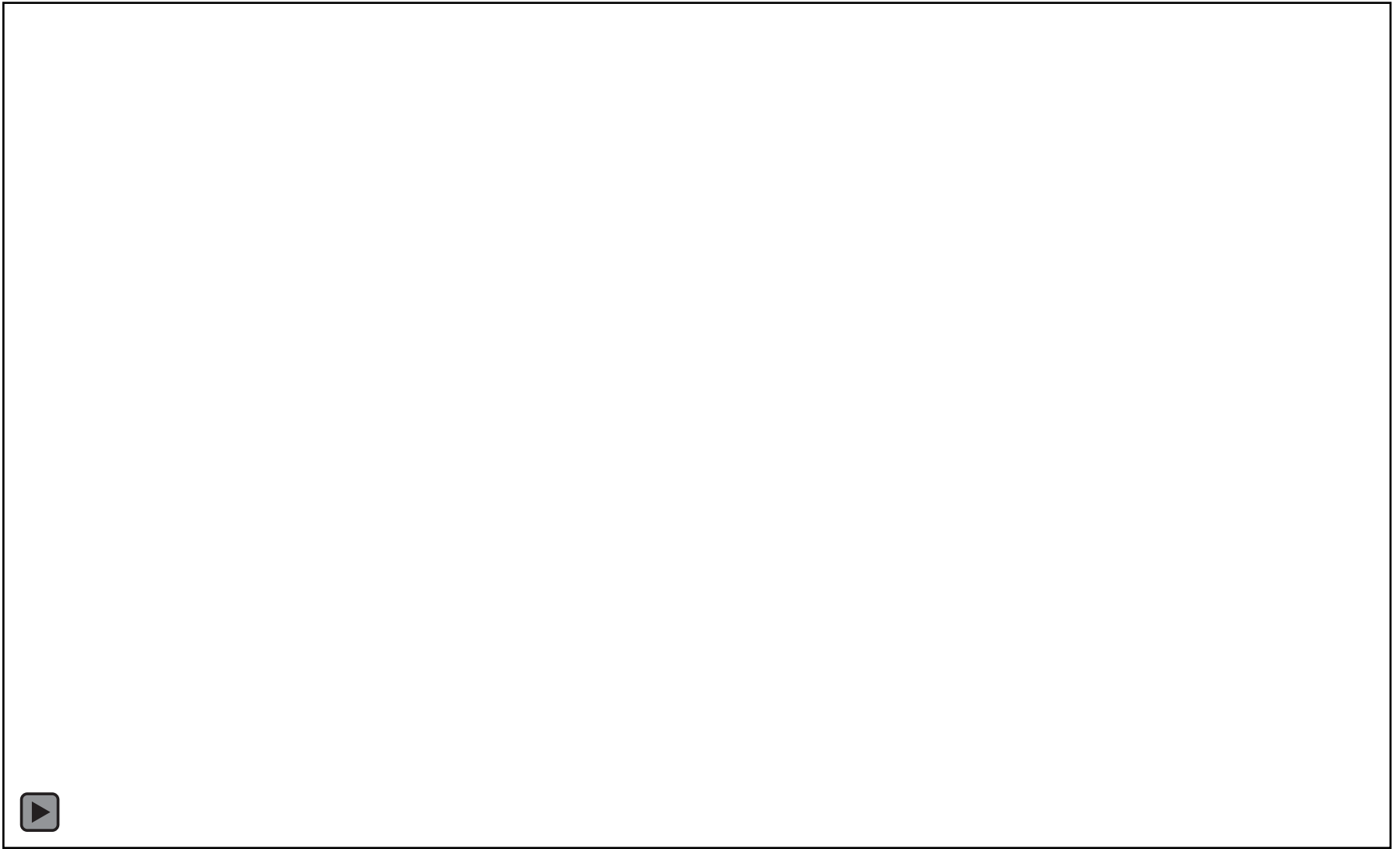


OUR PURPOSE AND ACTIONS TO ACHIEVE IT



 **Sant Joan de Déu**
Barcelona · Hospital

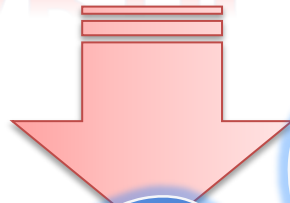
Pediatric Cancer Center



WHAT WERE THE RESULTS OF THE FIRST EDITION?

982 PARTICIPANTS

€



8820



SOME IMPRESSIONS FROM THE INMATES

“After this project I don’t know if I am a better person, but I feel so”.

RAUL

“It's nice to be the legs of someone who cannot use them and feel free next to her, when you are a person who has them and they usually do not let you use them”.

RAUL

“Since the very moment we entered here we feel that we have disappointed our families. It's the 1st time since I'm in prison that I feel they are proud of me again.”

WILLAN



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Thanks for your attention

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