A typical day on Death Row

Life for the 387 inmates on Death Row is noticeably different from other state prisoners. All but one, Tiffany Cole, are men living at Florida State Prison in Starke. Cole is at Lowell Annex in Lowell, near Ocala.

The Death Row regimen changes once the governor signs a death warrant and the condemned is moved to a “Death Watch” cell closer to the execution chamber and is placed under heightened supervision. When the inmate is first moved to the Death Watch cell, a single guard is stationed at the end of the hall. The week before the execution, a guard is placed outside the cell and the inmate is watched 24 hours a day.

Here’s a glimpse into the daily routine of Death Row inmates and those, like Mark Dean Schwab, in the Death Watch cells. His execution is set for July 1. Schwab is the only prisoner in a Death Watch cell.

Size of cells
A Death Row cell is 6 feet by 9 feet and 9.5 feet high. A Death Watch cell is 12 feet by 7 feet and 8.5 feet high., which is about 33 percent larger than a regular Death Row cell.

Meals
Breakfast: 5 a.m.; Lunch: 10:30 a.m.; Dinner 4 p.m.
Death Row inmates eat in their cells. They have plates and spoons. The last meal can cost no more than $40.

Uniforms
They wear orange T-shirts and blue pants. Other inmates wear both blue shirts and pants.

Showers
On Death Row, inmates are allowed to shower every other day, unlike other prisoners, who are permitted to shower daily.

Mobility
Inmates are counted at least once an hour and wear handcuffs everywhere but exercising and showering, which they do every other day.

Outdoor privileges
Death Row inmates can go outdoors twice a week to exercise. They can use the recreational equipment like basketballs and volleyballs.

Once they’re moved to a Death Watch cell, the condemned no longer are permitted outside.
**What’s in the cell**

Death Row inmates may receive mail on weekdays except for holidays. They also are allowed to have cigarettes, snacks, radios, toothbrushes, books and 13-inch televisions.

Inmates are allowed to have the same items in their cells until a week before the execution date. Then, they are permitted only one item at a time inside their cell, and the television remains outside the cell but they can watch it from within the cell.

There is no cable television or air conditioning on Death Row. There is heat. The inmates are not allowed to be together in a common room.

**Visitors**

They are allowed to have visitors on weekends.

A week before the scheduled execution date, the condemned gets 12 hours of visitation per week and special legal visits in the final week.