



PHYSICAL RESTRAINT POLICY

Rationale:

- The Safety of our pupils is our paramount concern and every adult who works at the school understands their responsibility for helping to keep pupils safe at all times. [Keeping Children Safe in Education 2019](#).
- The purpose of this policy is to make clear the position of the school with regards to necessary physical interventions and to safeguard the well-being of pupils and staff alike when a situation or incident requires the use of physical intervention. ([DfE Use of Reasonable Force 2013](#)).
- As a school we are committed to maintaining consistent and safe practices in the use of handling, reasonable force and restraint.
- The law allows all adults who are authorised by the Head of School to be responsible for pupils to use such force as is reasonable to prevent a pupil from ...
 - Committing a criminal offence (or for younger children that, which would be an offence)
 - Causing personal injury, injury to others or damage to property
 - Engaging in any behaviour prejudicial to maintaining good order and discipline

Aims

- To make clear the position of the school with regards to necessary physical interventions and to safeguard the well-being of pupils and staff when a situation or incident requires the use of physical intervention.
- To ensure that the safety and welfare of all children is protected. [LES Safeguarding and Child Protection Procedures](#)

Definition of Physical restraint

- Physical restraint is defined as the use of physical force, without the use of any device or material, that restricts the free movement of all or a portion of a pupil's body.

Physical Restraint does not include....

- Briefly holding a pupil in order to calm or comfort the pupil;
- Holding a pupil's hand or arm to escort the pupil safely from one area to another;

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- Moving a disruptive pupil who is unwilling to leave the area if other methods such as counselling, cajoling, etc., have been unsuccessful; or
- Intervening in a fight in accordance with school policies and state law.

Restraint is not to be used in school unless....

- There is an emergency situation and physical restraint is necessary to protect a pupil or other person from imminent, serious, physical harm after other less intrusive, non-physical interventions have failed or been determined inappropriate.

Physical Restraint of Pupils: Principles and Procedures

- All staff considering handling, use of reasonable force or restraint must firstly provide opportunity for the pupil to alter their behaviour/actions before employing a physical intervention strategy and should continue to make instructions to the pupil and details of their intended interventions clear.
- Staff should not hesitate to act in these situations provided they follow this policy and guidance; however, they should always satisfy themselves that the action they take would be considered justifiable by a wider audience of their professional colleagues.
- In all circumstances where physical intervention is or may become required members of staff should ensure that adult assistance is requested before intervention, although it is understood that circumstances may lead to the need for intervention prior to the assistance arriving.
- No member of staff is required to employ any physical intervention strategy if they are not comfortable or confident to do so effectively.
- No member of staff should intervene physically if they have reason to believe that to do so would worsen the situation/incident that is taking place.
- The method of physical intervention employed must use the minimum reasonable force for the minimum length of time (see guidance in Appendix A).
- Physical restraint should only be employed after other less intrusive approaches (such as behaviour support techniques or verbal interventions) have been attempted unsuccessfully, or where there is no time to try such alternatives.
- Pupils may not be permitted to restrain or to assist in the restraint of other pupils.
- Should any injuries to a pupil result from the use of physical restraints, the details must be reported to the appropriate statutory authority/governing authority (ISP) followed by a formal review of the incident. Additionally, an individual crisis management plan/emergency intervention plan should be implemented and/or adjusted.
- Following any incident involving physical restraint, the school will ensure that post-incident medical and follow-up evaluation, debriefing and support is offered to the pupil, the staff members, and any other people involved in or witnesses of the episode. Staff members should provide the pupil with an explanation for the intervention and offer the pupil an opportunity to express his or her views on what transpired.

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- Physical restraints must **never** be used as (1) punishments, (2) consequences, (3) for “demonstrating who is in charge”, or (4) for classroom maintenance (such as enforcing compliance with directions or rules or for preventing the pupil from leaving the classroom). Additionally, restraints must not be used for the convenience of staff, as a substitute for an educational program, as a substitute for less restrictive alternatives, or as a substitute for adequate staffing patterns.
- Physical restraints should only be undertaken by staff who have successfully completed training which covers:
 1. crisis definition and theory
 2. the use of de-escalation techniques
 3. crisis communication
 4. anger management
 5. physical restraint techniques
 6. decision-making related to physical restraints
 7. debriefing strategies
 8. signs of distress and effect on the pupil and how to monitor
 9. the effects of restraint on ALL pupils
 10. must have demonstrated competency in performing the intervention techniques, which is measured and documented according to guidelines of the crisis management course.

Recording Physical Intervention

- All incidents where staff have used force to modify behaviour or conduct must be recorded and should be thoroughly and systematically documented.
- Intervention Record Forms are available in the staff room in the Safeguarding Folder or from your DSL. A completed form must be submitted to your DSL and a copy to the Head of School and Head of Pastoral Care. The Head of School must be informed of the intervention immediately after this has taken place.
- It is the responsibility of the intervening member of staff to complete the record form on the day that the intervention took place.
- It is not necessary to record every incident of contact with a child, but where a member of staff perceives that contact has been received at all negatively, they are advised to record the circumstances.
- The circumstances and nature of the physical intervention will be held on the record of the pupil involved.
- The Head of School or DSL will inform any necessary agencies/authorities (eg. ISP) of the physical intervention in accordance with DfE guidelines and school policy. The Head of School will ensure that parents/carers are appropriately informed.
- For the safeguarding of both staff and pupil, any subsequent investigation of the situation/incident should be undertaken by a member of staff other than the one applying the physical intervention.

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Searching Students

On occasions a member of staff may have reasonable grounds to suspect that a student is in possession of an item or items which contravene school regulations and could potentially cause harm to the student or others. Under these circumstances The Education Act 2011 extends the power of staff to search students without their consent. Searching and screening pupils is conducted in line with the DfE's latest guidance on searching, screening and confiscation [Searching, Screening and Confiscation 2018](#)

- Any prohibited items found in pupils' possession will be confiscated. These items will not be returned to pupils.
- Additionally, any item which is deemed to be harmful or detrimental to school discipline will be confiscated. These items will be returned to pupils after discussion with senior leaders and parents, if appropriate.

Review

This policy shall be reviewed every year as part of the School's annual review of Safeguarding, and updated as necessary. In undertaking the review, the Designated Safeguarding Lead will take into account any incidents in the Missing Pupil Incident Books that indicate that there may be a problem with supervision, pupil support or security at the School or the Boarding House and any issues raised by individual members of staff, parents and pupils.

Related Policies and Procedure

- [DfE Use of Reasonable Force 2013](#)
- [Guidance on the Use of Restrictive Physical Interventions for Pupils with Severe Behavioural Difficulties \(2003\)](#)
- [Searching, Screening and Confiscation](#)
- [ISP Safeguarding Policy](#)
- [LES Safeguarding and Child Protection Procedures](#)
- [Keeping Children Safe in Education 2019](#)
- [Education Act 2011](#)

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