

KEA SCHOOL

PHYSICAL RESTRAINT POLICY



Approved by:	Full Governors	Date: 05.10.20
Last reviewed on:	September 2020	
Next review due by:	Summer Term 2023	

Positive Handling Strategies for Pupils with Emotional or Behavioural Difficulties

This policy sets out guidelines for staff regarding the use of force to control or restrain pupils. Physical restraint must only be used as a last resort after following the school's behaviour policy. This policy should be read in conjunction with the LA Physical Restraint guidance.

This policy is written with the understanding that staff have always been able to use reasonable force to defend themselves against an attack or when intervening in any emergency. Reasonable force would include those methods taught and practised in Team Teach training. There is no legal definition of "reasonable force" it will depend on the circumstances of the case. The degree of force used will depend on the age, sex of the pupil and their understanding. The degree of force used must be in proportion to the circumstances of the incident.

This policy should be read in conjunction with the school's Safeguarding and Child Protection Policy, SEND and Equality Policies.

Rationale

Reasonable force and restraint should only be used to prevent a pupil from doing or continuing to do any of the following:

- injuring themselves or others.
- causing damage to property including the pupil's own property.
- engaging in behaviour that falls outside the school's behaviour policy.
- a pupil absconds from a class or tries to leave the school at an unauthorised time
- a pupil is behaving in a way that is seriously disrupting a lesson, school event or educational visit

Reasonable force would not include any of the following:

- holding a child around the neck, collar or other way that may restrict breathing.
- slapping, punching, kicking or tripping a child.
- holding or pulling a child by their hair or ear.
- twisting or forcing limbs against joints.
- indecently touching or holding.
- holding a child face down on the ground.

The definition of restraint is the positive application of force with the intention of overpowering the child. The use of restraint requires skill, judgement knowledge and non harmful methods of control.

The use of physical restraint must be placed within the context of:

- identifying potential pupils.

- appropriate planning for possibility of restraint.
- appropriate training for members of staff likely to be involved.
- all restraint or handling of a pupil is in line with the above mentioned documents and guidelines.
- the application of this policy is read in conjunction with the School's Behaviour policy, Child Protection and Health and Safety Policies.

In the event of a restraint becoming necessary, before touching the pupil, the member of staff should tell the pupil calmly what they are going to do and why, and how the pupil might change their behaviour, so that the restraint would become unnecessary. The member of staff must have undertaken Team Teach training. Any other pupils and adults present should also be warned.

A second adult should be called to reduce any potential risk of harm to the member of staff or pupil and also as a witness should an allegation be made by the pupil after the incident. Wherever possible, this member of staff should also have undertaken the Team Teach training. While intervening, the members of staff must:

- employ minimum physical force necessary for the minimum period needed
- wherever possible keep talking to the pupil giving them choices about how they could behave in order to end the need for restraint
- avoid committing any act of punitive violence,
- keep his or her temper

Types of restraint which may be appropriate following the Team Teach training:

- any holding tactic in which a pupil is restrained without injury until the pupil calms down;
- physical contact with a pupil designed to control a pupil's movement which poses a danger (e.g. holding by the arms against the side of the body).
- the holding of a pupil's arms or legs to prevent/restrict striking/kicking;
- use of sufficient physical force – without causing injury – to remove a weapon/dangerous object from a pupil's grasp
- physically preventing a pupil from exposing themselves to possible danger by leaving the premises.

Pupils should not be placed on the floor. Specialist training is necessary for this procedure (Team Teach).

If restraint is required for an extended period (for example, more than five minutes), a senior member of staff must monitor the situation closely with a view to safeguarding the pupil and staff member concerned.

Recording and Follow Up

After the incident, it is vital that a full report is written up in the Team Teach book as soon as possible (ideally the same day). This needs to be passed to the headteacher. If an injury has occurred this needs to be recorded in the normal way.

All staff and pupils involved will undertake a debrief meeting with the headteacher. Depending on their age and emotional ability they will be asked to complete separate witness statements. The headteacher will also meet with the parents/carers as soon as possible after the incident.

If physical restraint is necessary to manage the behaviour of an individual pupil a risk assessment will need to be carried out with staff, parents and any relevant outside agencies. Positive handling will also need to be included in the pupil's care or Education Health Care Plan (EHCP).

The Headteacher, Senior Leadership Team and Governors need to ensure that all authorised staff are appropriately trained and records are kept of any physical restraint incidents. Parents/carers must be informed and consulted each time restraint is used. These records will be reviewed in order to inform future planning.

When physical restraint takes place, the school will always endeavour to protect pupils and adults from physical harm. However, there may be cases in which some discomfort and/or bruising may occur, to staff and pupils, as a result of the restraint.

If, after receiving the report of physical intervention incident, the headteacher considers the school's guidelines have been seriously breached and that further investigation is required, the school's Child Protection procedures will be followed.

Principles

Kea School believes that to deny pupils all physical contact with adults would deny a basic human need and expression of care and concern for pupils.

Physical contact may be appropriate:

- when a pupil needs comfort or reassurance
- when a pupil needs encouragement
- when there is a need to take urgent action to avoid an incident or injury.

Physical contact must be appropriate for the age, understanding and gender of the child and it must never threaten or be sexually inappropriate.

Staff must be sensitive to:

- cultural backgrounds
- pupils' personal space
- be aware of pupils who are vulnerable