St Ives School

Haslemere

Physical Restraint

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Policy Statement

St Ives School is committed to safeguarding the well-being of pupils and staff and, in line with relevant legislation, only permits physical restraint by reasonable and non-injurious means. Physical restraint is used only when immediately necessary for the minimum time necessary to prevent injury to self or others or very serious damage to property.

The Head authorises staff to use physical restraint as a positive strategy to de-escalate potentially dangerous situations and to regain control of a pupil who has temporarily lost control of him/herself. For the purpose of this policy document, physical restraint is defined as the positive application of force in order to protect/prevent a pupil from causing injury to themselves or others or seriously damaging property. Injury means 'significant injury'; this would include actual or grievous bodily harm, physical or sexual abuse, risking the lives of, or injury to themselves or others, by wilful or reckless behaviour, and self-poisoning.

Any incident involving the use of restraint is recorded in writing and notified to the Head.

This policy applies to all members of our school community, including those in our EYFS setting.

St Ives School is fully committed to ensuring that the application of this policy is non-discriminatory in line with the UK Equality Act (2010). Further details are available in the school's Equal Opportunity Policy document.

The School seeks to implement this policy through adherence to the procedures set out in the rest of this document.

In line with our Provision of Information policy, this document is available to all interested parties on our website and on request from the main school and should be read in conjunction with the following documents: Behaviour and Discipline, Child Protection (Safeguarding) and the School Aims and Code of Conduct

Definition of Physical Restraint & Injury:

Physical Restraint is the positive application of force in order to protect/prevent a student from causing injury to him/herself or others or seriously damaging property"

Injury means 'significant injury'; this would include actual or grievous bodily harm, physical or sexual abuse, risking the lives of, or injury to themselves or others, by wilful or reckless behaviour and self-poisoning"

Key Personnel

Implementation of the Physical Restraint Policy is the responsibility of Head (Kay Goldsworthy) who works in conjunction and co-operation with the SMT at St Ives

Procedures

Guidelines for the Use of Physical Restraint

Staff should not hesitate to act in an emergency, provided they follow the guidelines in this policy. However, they should always satisfy themselves that the action they take would be considered justifiable by a wider audience of professional colleagues. In any application of physical restraint, the minimum reasonable force should be used to calm down the situation. Help should be summoned from colleagues; pupils should never be involved in restraint.

The pupil should be approached calmly but firmly. Where possible, the consequences of refusing to stop the behaviour should be explained and it should be communicated to the pupil that physical contact or restraint will stop as soon as it ceases to be necessary. A calm and measured approach is required by staff throughout.

The method of restraint employed must use the minimum force for the minimum time and must observe the following.

Restraint must not:

- Involve hurting the pupil
- Involve deliberately inflicting pain on the pupil
- Restrict the pupil's breathing
- Involve contact with sexually sensitive areas
- Involve locking the pupil in a room

During any incident the person restraining should:

- Offer verbal reassurance to the pupil
- Cause the minimum level of restriction of movement
- Reduce the danger of any accidental injury
- Cease the restraint if there are any signs of physical distress in the pupil such as sudden change in colour, difficulty breathing or vomiting
- We adhere to The ban on corporal punishment (School Standards and Framework Act 1998)

Physical restraint can be:

Partial – restricting and preventing particular movements

Total – as in the case of immobilisation

Physical intervention can take several forms and may involve staff:

- Physically interposing between pupils
- Blocking a pupil's path
- Holding
- Pushing
- Pulling
- Leading a pupil by the hand or arm
- Shepherding a pupil away by placing a hand in the centre of the back, or in extreme circumstances using more restrictive holds.

Do:

Summon help
Ensure a free passage of air through airways
Be aware of any feelings of anger
Continue to talk to the pupil in a calm way
Provide a soft surface if possible
Be aware of any accessories worn by you or the pupil that could cause injury
Monitor the pupil's respiration, circulation and state of consciousness

Don't:

Try to manage on your own
Stop talking, even if the pupil does not reply
Straddle the pupil
Push their arms up their back
Touch the pupil near the throat or head
Put pressure on joints or on arterial pressure points (inside of upper arm, groin, neck)
Use facedown holds

Recording Incidents

It is a requirement that a written record is kept on any occasion when physical restraint is used: the member of staff concerned must advise the Head or a member of the Management Team immediately following an incident and provide a written report as soon as possible afterwards. This allows the Head to identify whether review or change in practice is needed.

The report should include:

The name(s) of the pupil(s) involved
When and where the incident took place
The name(s) of any other staff or pupils who witnessed the incident
The reason the physical restraint was necessary
How the incident began and progressed
The pupil's(s') response and the outcome of the incident
Details of any injury suffered by the pupil/another pupil/member of staff and any damage to property.
Staff may find it helpful to seek advice from their professional association or a member of the Management Team when writing a report.

The record of incidents of physical restraint is regularly monitored by the Head or a senior member of staff to identify whether a review change in practice is needed.

This document is reviewed annually by the Head or as events or legislation change requires.

The next scheduled date for review is January 2027.