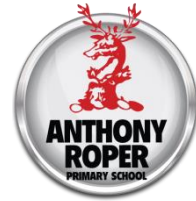


# Anthony Roper Physical Restraint Policy



## Purpose

The purpose of this policy is to safeguard the well-being of pupils and staff when an incident requires the use of physical intervention. Its intention is to develop and encourage consistent and safe practices in the use of physical restraint. Staff should not hesitate to act in an emergency provided they follow this guidance; however, they should always satisfy themselves that the action they take would be considered justifiable by a wider audience of their professional colleagues.

## Definition

**Physical Restraint** is the positive application of force in order to protect/prevent a child 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. It must be shown that on any occasion where physical restraint is used there were strong indicators that if immediate action had not been taken, injury would have followed.

## Guidance during an Incident

In any application of physical restraint, the minimum reasonable force should be used to calm down the situation. Help should be summoned from colleagues; other pupils should never be involved in restraint.

The pupil should be approached calmly but firmly. Where possible, explain the consequences of refusing to stop the behaviour and continue to communicate with the pupil throughout the incident; it should be made clear that the physical contact or restraint will stop as soon as it ceases to be necessary. A calm and measured approach is needed and a teacher/practitioner must never give the impression that s/he has lost his/her temper, or is acting out of anger or frustration - or to punish the pupil.

The method of restraint employed must use the **minimum force** for the **minimum time** and must observe the following requirements:

Restraint must NOT:

- involve hitting the pupil
- involve deliberately inflicting pain on the pupil
- restrict the pupil's breathing
- involve contact with sexually sensitive areas

During any incident the restrainer should:

- offer verbal reassurance to the pupil
- cause the minimum level of restriction of movement
- reduce the danger of any accidental injury

Physical intervention can take several forms. It might 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.

### **Some Dos and Don'ts**

#### **Do:**

- be aware of any feelings of anger
- summon help
- 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
- hold the pupil's arms by his/her sides

#### **Don't:**

- try to manage on your own
- stop talking even if the pupil does not reply
- straddle the pupil
- push arms up the back
- touch the pupil near the throat or head
- put pressure on joints

### **Recording Incidents**

It is important that a written report is kept on any occasion when force is used; the member of staff concerned should advise the head or a senior member of staff immediately following the incident and provide a written report as soon as possible afterwards.

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 that force was necessary
- how the incident began and progressed
- the pupil'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