



Physical Restraint

**(Addendum to the
Behaviour Policy)**

Physical Restraint

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Purpose

Endeavour Academy is committed to safeguarding the wellbeing of students 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 of School authorises staff to use physical restraint as a positive strategy to de-escalate potentially dangerous situations and to regain control of a student who has temporarily lost control of him\herself.

Endeavour Academy 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 Equality and Diversity Policy.

Endeavour Academy seeks to implement this policy through adherence to the procedures set out in the rest of this document. This document is available to all on our website and should be read in conjunction with the following documents: Behaviour Policy; Safeguarding Policy.

Rationale

Whilst wishing to resolve serious incidents without the use of physical intervention, the Trustees and staff understand that there are some situations in which the use of physical intervention may be the appropriate course of action. As outlined below, staff are encouraged to avoid this eventuality if at all possible. However, the right of teachers to use reasonable force is laid down in the Education and Inspections Act 2006. Revised guidelines (August 2010) clarify the following –

- Force may be used to prevent students committing a criminal offence, injuring themselves or others or damaging property
- Force may be used to maintain good order and discipline
- Force may not be used as a form of punishment
- Incidents where force is used should be recorded and parents informed
- Schools should not adopt a 'no-contact' policy
- Teachers have a duty of care to students but are not required to put their own safety at risk

Definition

For the purpose of this policy document, 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, and self- poisoning.

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 or the committing of a criminal act would have followed.

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Procedures (Guidance during an Incident)

Staff should not hesitate to act in an emergency provided they follow this guidance; however, they should always satisfy themselves that a wider audience would consider the action they take justifiable.

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 students should never be involved in restraint.

The student should be approached calmly but firmly. Where possible, explain the consequences of refusing to stop the behaviour and continue to communicate with the student 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 she/he has lost his/her temper, or is acting out of anger or frustration - or to punish the student.

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

Restraint must **NOT**:

- involve hitting the student
- involve deliberately inflicting pain on the student
- restrict the student's breathing
- involve contact with sexually sensitive areas
- involve locking the student in a room

During any incident the person restraining should:

- offer verbal reassurance to the student
- 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 student such as sudden change in colour, difficulty breathing or vomiting

Physical intervention can take several forms. It can be:

- Partial – restricting and preventing particular movements
- Total – as in the case of immobilisation It might involve staff:
 - physically interposing between students
 - blocking a student's path holding pushing / pulling
 - leading a student by the hand or arm

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- shepherding a student 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 student in a calm way
- ensure a free passage of air through airways
- provide a soft surface if possible
- be aware of any accessories worn by you or the student that could cause injury
- hold the student's arms by his/her sides
- monitor the student's respiration, circulation and state of consciousness

Don't:

- try to manage on your own
- stop talking, even if the student does not reply
- straddle the student
- push their arms up their back
- touch the student near the throat
- 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 report is kept on any occasion when force is used; the member of staff concerned must advise the Head of School or a senior member of staff immediately following the incident and provide a written report as soon as possible afterwards. The Head of School (or senior member of staff) will inform parents on the same day – or as soon as practically possible – that physical intervention was used.

The report should include:

- the name(s) of the student(s) involved
- when and where the incident took place

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- the name(s) of any other staff or students who witnessed the incident
- the reason that physical restraint was necessary
- how the incident began and progressed
- the student's / students' response and the outcome of the incident
- details of any injury suffered by the student / another student / member of staff, and any damage to property