



# The Ecclesbourne School

“Learning together for the future”

## PHYSICAL RESTRAINT POLICY

October 2021

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This policy is to be read in conjunction with our Behaviour and Discipline Policy 2021 and also the Government Non-Statutory guidelines Using Reasonable Force July 2013.

### PART I

#### Physical Intervention and the law

The law allows all adults who are authorised by the Headteacher to be responsible for students to use such force, as it is reasonable to prevent a student:

- a) Causing Personal Injury,
- b) injury to others or
- c) significant damage to property

All staff are empowered to use physical restraint within the terms of this policy. In all cases whether or not to use physical restraint is a decision for the individual. However, the use of physical restraint should always be a last resort.

#### Implementation of Physical Intervention;

- If practical, before intervention, a calm warning or instruction to stop should be given and every effort should be made to achieve a satisfactory outcome without physical intervention.
- Wherever possible staff should continue to communicate with the student to calm and reassure them until they can reach a resolution.
- 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.
- No member of staff is required to employ any physical intervention strategy if they are not comfortable to do so effectively.
- The method of physical intervention employed must use the minimum reasonable force for the minimum length of time.

## Preferred Practice

### DO ...

- Wherever possible plan appropriate positive intervention and involve parents, carers and colleagues.
- Be aware of students who have been physically restrained before and what happened. They will often have a risk assessment put in place which you should familiarise yourself with
- Send for adult help early if things begin to get out of hand and restraint seems likely.
- Assess the situation before acting.
- Stay calm – do not over-react.
- Use minimum restraint for minimum time until the situation is calm.
- Report the incident to the Headteacher or senior member of staff as soon as possible and complete a report form.
- Consult your Line Manager, Professional Association or Trade Union if you have any concerns.
- Remember your professional obligations to all students in your care.

### DO NOT ...

- Place yourself at risk: do not attempt to restrain a student who obviously carries a “weapon”.
- Attempt to restrain a pupil when you have lost your temper.
- Allow the situation to get out of control.
- Use unreasonable force.
- Place yourself at risk of false allegation: avoid being alone with any student.

**Staff must be fully aware that the use of any degree of force or restraint is unlawful if the circumstances do not warrant the use of physical force.**

## PART II

After any incident requiring the physical restraint of a student a written report in the form of “The Restraint – Incident Form” below, must be submitted to the relevant Head of School and thence to the Headteacher and student file. This will need to include:

- a) How the incident began and progressed including a description of the student’s behaviour.
- b) What was said by each party.
- c) The steps taken to calm or defuse the situation.
- d) The type of restraint used and with what degree of force and for how long.
- e) The student’s response and outcome of the incident.
- f) Injuries sustained by the student, another student or member of staff and any damage to property.

This report should, wherever possible, be completed within 12 hours of an incident occurring. It is also desirable that a member of staff, independent of the incident should ascertain if injuries have been sustained.

**RESTRAINT – INCIDENT FORM**

**1. Basic information**

Name of School: .....

Name of Pupil: ..... DOB: ..... Yr: .....

**2. Events leading to this incident**

**2.1** Where did the incident occur? .....

**2.2** When did the incident occur?..... Day/Date: .....

**2.3** How did the incident begin?

.....  
.....

**3. Describe the incident**

**3.1** What was happening at the time?

.....  
.....

**3.2** Was anyone else involved? .....

**3.3** Did anyone else see what happened? (*give details*) .....

.....

**3.4** What behaviour was the pupil presenting that warranted restraint?

.....

**3.5** Was there damage to property or an assault on a pupil or staff during the incident?

.....

**3.6** What did you do to try to defuse the situation before using restraint?

.....

- 3.7** (i) How was the pupil restrained? *(describe)*
- (ii) For how long? .....
- (iii) By how many staff members? .....
- (iv) Were they authorised? .....

**4. Injuries sustained**

**4.1** Was anyone injured? **YES/NO**

If yes, give details .....

.....

**4.2** Was this recorded in the accident book? **YES/NO**

**4.3** Was the pupil checked for injuries by a member of staff who was not involved in the incident?  
**YES/NO**

If yes, by whom? .....

**4.4** Was this a notifiable incident? .....

**5. Implications for future planning**

**5.1** What do you think this behaviour was about? .....

e.g. attention; emotional release; task escape mechanism; other

**5.2** Are other staff aware of the need for a planned response to the pupil? **YES/NO**

**6. Follow up Action**

**6.1** The incident was reported by: .....

**6.2** Parent/Carer was informed by:

- Telephone     Letter (with student)     Letter (post)     Personally

When were they informed? Time: ..... Date: .....

Incident form completed by: .....

Post held: .....

The School will inform parents of an incident involving their child. The Headteacher will decide whether to inform parents at once, or at the end of the school day and whether this should be done in writing or orally.

### **PART III**

#### **Complaints**

Will be dealt with by the Headteacher/SLT in the first instance in line with the School Complaints procedure.