

AHBS Restraint policy

PURPOSE

The purpose of this policy guidance is to give guidance on the key points to consider for safely restraining children.

DEFINITIONS

Restraint- a measure or condition that keeps someone under control.

POLICY STATEMENT

AHBS is usually a safe and happy place. But there are times when things happen and someone needs to step in, to keep everyone safe.

If a student needs to be physically restrained to keep everyone safe, there are rules in place about when it is appropriate to do so.

Physically restraining a student is a last resort action. Teachers know it is far better to prevent dangerous situations happening and to calm things down. Sometimes, that's not always possible.

Physical restraint is when a teacher or authorised staff member uses physical force to stop, restrict or subdue a student from moving their body against their will.

This is different from physical contact that happens every day in schools.

Examples of acceptable physical contact include:

- Temporary physical contact, such as an open hand on the arm, back or shoulders to remove a student from a situation to a safer place.
- Supporting a student to move them to another location, or help them to get in a vehicle or use the stairs.
- Younger students, especially in nursery, sometimes need additional help. For example, teachers may 'shepherd' a group of younger students from one place to another.
- Staff may hold the hand of a young student who is happy to have their hand held for a short time.
- Staff may comfort a distressed child

- Assisting a student with toileting, with in line with our hygiene and toileting intimate care policy.

When can physical restraint be used?

A teacher or authorised staff member must not use physical restraint unless it is necessary to prevent imminent harm to a student or another person. They must reasonably believe that there is no other option available in the circumstances to prevent the harm, and the physical restraint must be reasonable and proportionate in the circumstances.

Situations where it may be appropriate to use physical restraint include:

breaking up a fight

stopping a student from moving in with a weapon

stopping a student who is throwing furniture close to others who could be injured

preventing a student from running onto a road.

Students with the most challenging behaviours should have a IBP that outlines situations and restraint techniques to keep everyone safe.

What happens after an incident involving physical restraint?

Physical restraint is a serious intervention and schools must notify, monitor and report on the use of physical restraint. This includes informing parents' or caregivers, and the pastoral/ safeguarding team in school

Talking to parents on the day

After a student is physically restrained, staff need to inform the parents or caregivers on the day it occurs, so they can monitor the student's wellbeing at home.

Next steps

Schools should offer the parents or caregivers a separate time, preferably within two days of the incident to talk through the incident and find ways together, to improve safety.

At this meeting, schools should:

give parents or caregivers the opportunity to discuss what happened

work with them to explore changes needed, to prevent restraint

if appropriate, involve the student in this discussion

write notes that outline next steps or actions.

IMPLEMENTATION DOCUMENTS

Please refer to the following documents to ensure the effective implementation of the policy:

- Behaviour policy
- Intimate care policy