

Restraint and Restrictive Physical Intervention Policy

This policy sets out the framework for the use of Restrictive Physical Intervention and Acceptable forms of Intervention at The Mount School York and should be read in conjunction with our school Behaviour Policies.

At The Mount School York we fully recognise the contribution we make to safeguarding and promoting the welfare of pupils. We recognise that all staff, including volunteers, have a full and active part to play in protecting our pupils from harm.

We believe that pupils need to be safe, know how to behave, and know that the adults around them can manage them safely and confidently. Physical restraint should only be used in exceptional circumstances, and, on such occasions, acceptable forms of intervention are used.

All staff need to feel able to manage inappropriate behaviour, and to have an understanding of what challenging behaviours might be communicating. They need to know what the options open to them are, and they need to be free of undue worries about the risks of legal action against them if they use appropriate physical intervention.

Parents need to know that their children are safe with us, and they need to be properly informed if their child is the subject of a Restrictive Physical Intervention, including the nature of the intervention, and the rationale for its use.

Definition Of ‘Restrictive Physical Intervention’

The Law allows for members of staff authorised by the Head to use Restrictive Physical Intervention to prevent a pupil from doing or continuing to do any of the following:

- Injuring themselves or others.
- Causing damage to property.
- Engaging in any behaviour which has a negative impact on maintaining good order and discipline at the school or on other pupils, whether that behaviour occurs in the classroom during a teaching session or elsewhere.

‘Restrictive Physical Intervention’ is the term used by the DfE to include interventions where bodily contact using force is used. It refers to any instance in which a member of staff authorised by the Head has to, in specific circumstances, use “reasonable force” to control or restrain a pupil. There is no legal definition of ‘reasonable force’. However, there are two relevant considerations:

- The use of force can be regarded as reasonable only if the circumstances of an incident warrant it
- The degree of force must be in proportion to the circumstances of the incident and the seriousness of the behaviour or consequences it is intended to prevent.

The definition of ‘physical force’ also includes the use of mechanical devices (e.g. splints on the pupil prescribed by medical colleagues to prevent self-injury), forcible seclusion or use of locked doors. It is important for staff to note that, although no physical contact may be made in the latter situations, this is still regarded as a Restrictive Physical Intervention.

When The Use Of Restrictive Physical Intervention May Be Appropriate

Restrictive Physical Intervention will be used when all other strategies have failed, and therefore only as a last resort. However, there are other situations when physical handling may be necessary, for example in a situation of clear danger or extreme urgency. Certain pupils may become distressed, agitated, and out of control, and need calming with a brief Restrictive Physical Intervention that is un-resisted after a few seconds.

The safety and well-being of all staff and pupils are important considerations. Under certain conditions this duty must be an over-riding factor.

Who May Use Restrictive Physical Intervention

The following staff are authorised by the Head (as defined in section 95 of the Education and Inspections Act 2006) to have control of pupils, and must be aware of this Policy and its implications. They are:

- Any teacher who works at the school.
- Any other person whom the Head has authorised to have control or charge of pupils.

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**This includes*

- *Support staff whose job normally includes supervising pupils such as teaching assistants and lunchtime supervisors.*
- *people to whom the Head has given temporary authorisation to have control or charge of pupils such as paid members of staff whose job does not normally involve supervising pupils (for example catering or premises related staff), staff from outside agencies who are coaching, and unpaid volunteers (for example parents accompanying pupils on school-organised visits.)*

Planning For The Use Of Restrictive Physical Interventions

Staff will use the minimum force needed to restore safety and appropriate behaviour.

The principles relating to the intervention are as follows:

- Restrictive Physical Intervention is an act of care and control, not punishment. It is never used to force compliance with staff instructions.
- Staff will only use it when there are good grounds for believing that immediate action is necessary, and it is in the pupil's and/or other pupils' best interests.
- Staff will take steps in advance to avoid the need for Restrictive Physical Intervention through dialogue and diversion, and the pupil will be warned, at their level of understanding, that Restrictive Physical Intervention will be used unless they cease the unacceptable behaviour.
- Only the minimum force necessary will be used to prevent severe distress, injury, or damage.
- Staff will be able to show that the intervention used was in keeping with the incident.
- Every effort will be made to secure the presence of other staff, and these staff may act as assistants and/or witnesses.
- As soon as it is safe, the Restrictive Physical Intervention will be relaxed to allow the pupil to regain self-control.
- A distinction will be maintained between the use of a one-off intervention which is appropriate to a particular circumstance, and the using of it repeatedly as a regular feature of the setting.
- Escalation will be avoided at all costs, especially if it would make the overall situation more destructive and unmanageable.
- The age, understanding, and competence of the individual pupil will always be taken into account.
- In developing Individual Education/Behaviour Plans, consideration will be given to approaches appropriate to each pupil's circumstance.

- Procedures are in place, through the pastoral system of the setting, for supporting and debriefing pupils and staff after every incident of Restrictive Physical Intervention, as it is essential to safeguard the emotional well-being of all involved at these times.
- Detailed written reports of incidents requiring physical restraint should be made. These include the name of the pupil, the place and time of the incident, the names of the witnesses and the reason why force was necessary. Any injuries suffered by the pupil, any other pupil, any member of staff or damage to property should be recorded. There is a requirement for parents to be informed on the same day or as soon as reasonably practicable.

Staff must follow the guidelines below in the event of using Restrictive Physical Intervention.

1. Warn the pupil what will happen if they do not comply. Keep calm and continue to communicate with the pupil. Make it clear that the physical restraint will stop as soon as it ceases to become necessary.

2. Seek assistance from another adult. Explain to the pupil that you have sent for help and continue to try and de-fuse the situation.

Physical Interventions might include:

- a) Physically interpose between pupils.
- b) Blocking a pupil's path.
- c) Holding.
- d) Leading pupil by hand or arm.
- e) Shepherding pupil away by placing a hand in the centre of the back.
- f) In extreme circumstance more restrictive holds may need to be used.
- g) If a pupil refuses to leave the room when a teacher feels it necessary; two adults are the minimum number required to escort a pupil from the room.

3. Staff must not act in a way which might cause injury, for example:

- a) Holding around the neck.
- b) Slapping, punching, kicking.
- c) Twisting limbs.
- d) Tripping.
- e) Holding or pulling a pupil by the hair or ear.
- f) Holding a pupil onto the ground.

4. Staff should avoid touching or holding a pupil in a way which might be considered indecent.

Acceptable Forms of Intervention

There are occasions when staff will have cause to have physical contact with pupils for a variety of reasons, for example:

- Reassurance for a younger child following an injury or an upset.
- Support during a PE activity.
- Responding to requests for help with clothing and shoes.
- Handling a medical emergency.
- Holding hands with the teacher in the case of younger children giving praise or approval through a hand placed on the head, shoulder or back (in a public situation).
- Changing a child who has soiled themselves.
- To comfort a pupil in distress (so long as this is appropriate to their age).
- To gently direct a pupil.
- In an emergency to avert danger to the pupil or pupils.
- In rare circumstances, when Restrictive Physical Intervention is warranted.

In all situations where physical contact between staff and pupils takes place, staff must consider the following:

- The pupil's age and level of understanding.
- The pupil's individual characteristics and history.
- The location where the contact takes place (it should not take place in private without others present).

COMPLAINTS AND ALLEGATIONS

1. Parents of pupils have the right to complain about actions taken by school staff. If an allegation of abuse is made against a member of staff the school should follow the guidance set out in the schools Safeguarding and Child Protection Policy
2. Other complaints should be dealt with under the school's usual Complaints Procedures.

RELATED POLICIES

Safeguarding and Child Protection Policy
Behaviour Policies

This policy complies with the relevant requirements set out in the Statutory Framework for the Early Years Foundation Stage