



## **Birdham CE Primary School**

### **PHYSICAL RESTRAINT POLICY**

#### **PURPOSE**

The purpose of this policy is to meet Birdham CE Primary School's obligations to protect its pupils, employees and other people from risks associated with the need to restrain.

#### **RELATED DOCUMENTS**

- 'Planning and recording physical intervention in schools' July 2010
- Children's Act 1989

#### **RATIONALE**

- Restraint should be avoided wherever possible
- It is not a substitute for good behaviour management
- Other methods of managing the incident will be tried first unless those are deemed to be impractical
- The main reason for using physical restraint is to keep people safe

#### **RESPONSIBILITIES**

Adults working in school are mindful of their responsibilities to care for all pupils and the need to protect children and themselves in line with the Child Protection Policy. Staff are prohibited by law of using any form of corporal punishment.

- Teaching Staff, Teaching Assistants, Office Staff, Lunchtime Supervisors and the Caretaker, are authorised to use physical restraint as a last resort
- This policy will apply during the time the children are on the school premises and when the children are on school visits
- The police may be involved where incidents include:
  1. the possession of weapons
  2. violence or the threat of violence

#### **ORGANISATION**

- Staff must notify the Headteacher or a senior member of staff as soon as possible after an incident
- After discussion with a senior member of staff the decision will be taken as to whether a restraint incident report form will be used (in the aforementioned planning document). Parents/Carers/Guardians will be informed
- The report form must be used if the incident leads to an exclusion
- Consistent with the principles of the Children's Act 1989, pupils who have been restrained must be given the opportunity to record their version of the incident when they have calmed down
- In extreme cases, where restraint has been used several times, an individual record booklet will be used

- The class teacher, the SENCO and a member of senior management team will collaborate to ensure the correct use of the booklet
- The school will ensure that the staff who have been involved in a difficult incident have access to internal de-briefing and support as required
- The school will provide restraint training updates periodically
- Staff will be made aware of guidance on the use of restrictive, physical interventions for staff working with children who display extreme behaviour in association with learning disability or autistic spectrum disorders

### **How pupils may be restrained**

- Staff are not allowed to restrain:
  1. Out of anger
  2. Out of frustration
  3. In any way which could cause the child injury
- Holding children face down on the ground is particularly hazardous, as there is an enhanced risk of suffocation
- During an incident, staff must always caution the pupil that restraint may be necessary
- Such cautions will be done in a calm and measured manner
- Staff will also maintain communication with the pupil throughout the incident

### Reasonable Force

There is no legal definition of 'reasonable force'. It will always depend on all the circumstances of the case.

- The use of force can be regarded as reasonable only if the circumstances of the particular incident warrant it. The use of any degree of force is unlawful if the particular circumstances do not warrant the use of physical force. Therefore physical force could not be justified to prevent a pupil from committing a trivial misdemeanour, or in a situation that could be resolved without force
- The degree of force employed must be in proportion to the circumstances of the incident and the seriousness of the behaviour or the consequence it is intended to prevent. Any force used should always be the minimum needed to achieve the desired result

Reasonable force may include:

- Physically standing 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
- (In extreme circumstances) using a more restrictive hold
- (In extreme circumstances) when a child needs to be removed from a situation for their or a third party's safety – it is acceptable to carry a primary school child to a place of safety.