

Physical Restraint and Holding Policy



School Lane, Arreton, PO30 3AD
Tel: 01983 528429
admin@arretoncepri.iow.sch.uk

Policy No:3.13	
Signed Headteacher:	Signed Chair of Governors:
	
Date: April 2024	Review by: September 2026

Legal Framework

Physical restraint should be limited to emergency situations and used only as a last resort. This policy is in line with the Department of Education 2013 publication 'The use of reasonable force in schools'. This policy enables staff to use such force as is reasonable in the circumstances, to prevent a pupil from:

- Committing an offence
- Causing personal injury to themselves or someone else
- Causing damage to property and the environment
- Engaging in any behaviour that jeopardises the maintenance of a calm and safe environment for all

Definition of Restraint

Physical restraint or safe holding is the application of force with the intention of protecting the child from harming themselves, others, or seriously damaging property.

We recognise that the use of physical intervention is a last resort and the last of many strategies employed to secure pupil safety and wellbeing and to maintain positive order within our learning environment. Key staff who work with pupils with more complex issues are trained to employ a de-escalation approach to challenging situations. This policy should be read in conjunction with our Behaviour policy and Child Protection/Safeguarding policy.

Specific Aims Of The Policy Are:

- To protect every person in the school community from harm
- To protect all pupils against any form of physical intervention that is unnecessary, inappropriate, excessive or harmful
- To provide adequate information and training for staff as to what constitutes appropriate behaviour and how to deal confidently and effectively in challenging situations

Why Use Restraint?

Physical restraint and positive handling should avert danger by preventing or deflecting a pupil's action, or perhaps by removing a physical object which could be used to cause harm to their self or others.

It is not possible to define every circumstance in which physical intervention may be necessary but all staff exercise their professional judgement and expedite a dynamic risk assessment in any situation. Pupils with more complex needs have an individual behaviour plan that all key staff contribute to. This is personal to each individual and serves to be a risk assessment and tool to recognise the triggers and behaviours a pupil may have along with positive strategies that specifically work for that young person. De-escalation and alternative/reactive strategies would be identified within this plan, as well as where appropriate the key adults that the student responds to more effectively.

Staff are aware of their responsibility of ensuring every pupil's safety and well-being during the school day and during any supervised activities. Failure to restrain a pupil who subsequently injures themselves or someone else could result in an accusation of negligence. Alongside this, staff are not expected to place themselves in situations where they are likely to suffer injury as a result of their intervention.

There are also some forms of physical intervention, which may involve minimal physical contact, such as blocking a pupils' path or the staff member physically interposing themselves between the pupil and another pupil, or an object.

When Physical Restraint Becomes Necessary, We Will:

- Explain to the pupil what we are doing and why
- Use the minimum force necessary
- Involve another member of staff, whenever possible
- Explain to the pupil what they need to do so that the restraint can be removed
- Use simple and clear language and remain calm

Actions After The Physical Intervention

The staff involved in the intervention must complete a Physical Restraint form and a copy should be given to the Designated Safeguarding Lead (DSL) and the Head Teacher on the same day. Parents and carers must be informed of the restraint and the situation leading to it.

A restorative approach to restoring the situation following a restraint is applied, between the pupil and the staff involved, overseen by the DSL where appropriate and involving parents and carers, where necessary or possible.

Individual behaviour plans are a working document and may be updated in terms of strategies and risk assessment following any situation where physical intervention has been necessary.

Complaints

This policy aims to be clear and the expectation is that it is adhered to by all staff and shared with parents via the websites. In the event of a dispute about the use of force by a member of staff advice will be sought from the Local Authority Designated Officer (LADO) as to whether an investigation should be carried out internally or externally.