

BRECON HIGH SCHOOL YSGOL UWCHRADD ABERHONDDU



Physical Restraint Policy

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PHYSICAL RESTRAINT POLICY

The Education Act 1996 forbids corporal punishment, but allows that where necessary, reasonable force can be used by all teachers to control or restrain pupils.

The use of physical intervention should be regarded as a final option. It is important to ensure that all possible preventative steps have been taken to ensure that physical intervention is unnecessary.

Reasonable Force

There is no legal definition of 'Reasonable Force.'

When to use force will depend on all particular circumstances but the following need to be considered:-

- ✓ Will the use of force exacerbate the situation?
- ✓ Will it result in injury or further injury to the teacher, the pupil or other pupils?
- ✓ Will it set a poor example for other pupils?
- ✓ Will it stress/distress the pupil or other pupils?
- ✓ If the child has previously suffered physical abuse, will physical intervention revive these memories?

ANY FORCE USED SHOULD ALWAYS BE THE MINIMUM NEEDED TO ACHIEVE THE DESIRED EFFECT.

Teachers and other authorised staff are entitled to intervene to prevent a pupil:-

- Committing a criminal offence.
- Injuring* themselves or others.
- Causing damage to property.
- Engaging in behaviour prejudicial to good order and discipline at the school or amongst other pupils.

*Injury (or harm to self or others) 'actual or grievous bodily harm, physical or sexual abuse, risking the lives of or injury to self or others by wilful or reckless behaviour and self-poisoning.'

It is unlawful for a teacher or authorised person to use any degree of physical contact which is deliberately intended to punish or which is primarily intended to cause pain, injury or humiliation.

Physical intervention can take various forms. It might involve a member of staff physically interposing him or herself between pupils or blocking a pupil's path.

It might involve holding, pushing, pulling, leading by the arm, shepherding a pupil away by placing a hand in the centre of the back.

It might involve using classroom furniture to restrict movement.

Where it is necessary to use force, a member of staff should not, except in the most exceptional circumstances where there is no alternative, do so in a way that might reasonably be expected to cause injury, for example by:

- Holding a pupil around the neck, or by the collar, or in any other way that restricts the ability to breathe.
- Slapping, punching or kicking a pupil.
- Striking a pupil with an object.
- Twisting or forcing limbs against a joint.
- Tripping a pupil.
- Holding or pulling a pupil by the hair.

There should always be attempts to deal with situations through strategies other than using force.

- Before intervening physically a member of staff should, where practicable, instruct the pupil to stop and explain to him or her the consequences of failing to comply.
- Call for assistance.
- Adopt a calm, reasoned and reassuring attitude.
- Speak calmly, slowly, quietly and firmly.
- Do not engage in an argument.
- Do not react to verbal abuse.
- Maintain eye contact.

- Do not encroach on the pupil's space.
- Keep the door/escape route clear.
- Disperse any onlookers.
- Offer alternatives.
- Bear in mind information known about the pupil.
- If the situation escalates and control is being lost – withdraw, as the use of physical restraint may well be the spark for igniting a pupil's violence

In exceptional circumstances where it is necessary to use physical restraint, the member of staff should:-

- Summon help
- Continue talking to the pupil throughout the incident.
- Keep calm. Use a measured approach.
- Avoid giving the impression of a loss of temper or that you are acting out of anger or frustration, or to punish the pupil.
- Make it clear to the pupil that physical restraint/contact will stop as soon as the pupil complies with instructions.

RECORDING INCIDENTS

Any incident where force is used to control or restrain a pupil must be reported to the Head or a senior member of staff as soon as possible.

The circumstances and reasons for using physical restraint must be recorded immediately, or as soon as possible, but ideally no later than the next working day.

The pupil's views should also be recorded as soon as possible, preferably on the same day

Any injury to staff or pupils must be recorded.

Parents/Carers will be informed when physical restraint has been used and will be given the opportunity to discuss the matter with the school.

A log book of incidents will be maintained.

A record of the incident and any supporting documentation will be held centrally in addition to any information placed in the pupil's file.

DEBRIEFING

In view of the likely stress caused to members of staff involved in incidents of physical restraint, an opportunity should be given for a rapid debriefing in a non judgemental setting.

The debriefing is separate from the recording of the incident and should take into account the feelings of the member of staff.

Counselling may be needed for staff who are distressed by having had to restrain a pupil.

Following the incident the pupil should be counselled on the reasons why it was necessary to restrain him/her.

A copy of the policy has been submitted to Governors.

De-escalation training was recently undertaken to refresh awareness.

All school policies are available on the website.

Control And Restraint Of Pupils. Incident Record
You may wish to take advice before completing this form

Member of staff _____

Name of pupil _____ Form _____

Date, time and place _____

The circumstances that led up to the incident _____

What measures were taken to avoid restraint? _____

What took place? _____

Who else was present? _____

Were injuries sustained by staff or pupil(s)? Have these been recorded? _____

Why was restraint used? _____

Nature of the restraint used? _____

Was anyone else involved? _____

Name(s) of any witnesses _____

Were parents notified? _____

Future action _____

