



Diocese of Salisbury  
Academy Trust  
*'Beyond expectations for all of God's children'*

## PHYSICAL RESTRAINT POLICY

Policy Date: September 2022

Review Date: September 2026

*This policy is to be adopted by each Academy*

The law states that any member of staff may use reasonable force to prevent a pupil from:

- Committing a criminal offence;
- Causing personal injury or damage to property;
- Prejudicing the maintenance of good order and discipline.

It is always unlawful to use physical intervention as a punishment.

### **Minimising the need to use physical intervention**

Physical intervention is only used as a last resort and therefore our academies have a variety of effective strategies in place which minimise the need for physical restraint.

Preventative measures include:

- Close relationships with pupils built on trust, patience, understanding and the giving of time to talk about issues and feelings;
- An agreed PSHE programme;
- Good support from parents and families;
- An effective Behaviour Management strategy;
- Effective deployment of support staff;
- A creative curriculum which interests and stimulates;
- Adults who model good relationships;
- A commitment to teaching 'the whole child';
- Knowledge of our pupils as individuals;
- Assessing situations and being proactive.

### **Deciding whether to use physical intervention**

- Knowledge of individual pupils is crucial, especially pupils with disabilities and SEND to ensure that pupils are treated reasonably.
- There is no precedent – all cases are independent of each other and depend on the circumstances of each child and each situation.
- Staff should consider the three bullet points at the top of this policy.

### **Types of incidents which might require the use of physical intervention**

- Fighting
- Attack
- Wilful damage to property
- Causing injury
- Absconding from the premises or threatening to, when this could put them in danger or endanger others
- Defying an instruction (*e.g., to leave the classroom*)
- Disruption to lessons
- Disruption to a school event

### **How to use physical intervention safely**

The physical intervention used should follow agreed guidelines of which all staff should be aware. Staff are not permitted to use any other type of physical intervention or restraint which might be used in other situations outside of the academy or is recommended by other establishments.

Physical intervention may be used for two reasons: control and restraint.

Control – can be passive physical contact; e.g. standing between two pupils or blocking their path, or active physical contact; e.g. leading a pupil by the hand or arm or ushering a pupil away.

Restraint – the physical prevention of a child from continuing to do what they are doing when they have been told to stop.

When faced with an incident and before physical intervention is used, staff should:

- Send for adult help;
- Act calmly and in a measured manner;
- Show no anger or frustration;
- Talk constantly and assertively to the pupil, repeating instructions and telling him/her what they are about to do and why;
- Give a commentary to other adults in the vicinity about what you are doing and are going to do;
- Never meet a child's anger with your own – a child who has lost control needs to be met by an adult who is calm and rational;
- Minimise all danger to others.

Staff should make every effort not to harm a pupil or restrain a pupil in a way which might be interpreted as sexually inappropriate. For this reason, it is recommended that whenever possible, male members of staff do not physically control or restrain female pupils.

Be aware that an ill-advised or spontaneous physical intervention can escalate the problem.

### **Risk Assessments**

Risk Assessments and Behaviour Plans are in place for individual pupils where there is a high likelihood of necessary physical restraint.

### **Recording and Reporting Incidents**

- All significant incidents should be recorded using the appropriate system, kept by the Headteacher.
- The Headteacher keeps a log of all incidents.
- Parents are informed verbally and in writing by letter if necessary (not a copy of the incident form) within 24 hours of an incident where physical restraint has been used with their child.
- Incidents will be reported to the Academy Standards and Ethos Committee via the termly Headteacher's report.

In determining whether incidents are significant, the Academy will consider:

- The pupil's behaviour and the level of risk presented at the time;
- The degree of physical intervention used and whether it was proportionate to the behaviour;
- The effect on the pupil or member of staff.

### **Post Incident Support**

After an incident has occurred the following procedures must be instigated:

- Appropriate First Aid as necessary to all parties including staff and the recording of injuries according to Academy procedure;
- Medical help if necessary;
- Emotional support to pupil(s) and adult(s);
- Discussions with parents;
- Implementation of the Behaviour Policy and Exclusion Policy as necessary.

### **Complaints and allegations**

- Any complaints should be dealt with by following the Complaints Policy.
- If policy and procedure have been followed, all staff can expect support from the Leadership and Management of the Academy.

### **Monitoring and review**

Restraint of pupils will be monitored and reviewed, assessing severity and frequency. A review of policies and /or proactive strategies might be needed and Risk Assessments / Behaviour Plans for individual pupils who may be at risk of further offence.

Members of staff should not put themselves at risk. An individual would not be considered to be failing in their duty of care by not using physical intervention to prevent injury or damage, if doing so threatened their own safety.

### **Linked Document**

<https://www.gov.uk/government/publications/use-of-reasonable-force-in-schools>