

## Relationships and Behaviour Policy – ADDENDUM: November 2021

### Physical restraint

Physical restraint is defined as the positive application of force in order to protect/prevent a pupil from causing injury to themselves or others or seriously damaging property.

In some circumstances, staff may use reasonable force to restrain a pupil to prevent them:

- Causing disorder
- Hurting themselves or others
- Damaging property

Reasonable force is defined as using no more force than is needed in the circumstances.

### Incidents of physical restraint must:

- **Always be used as a last resort**
- Be applied using the minimum amount of force and for the minimum amount of time possible
- Be used in a way that maintains the safety and dignity of all concerned
- Never be used as a form of punishment
- Be recorded in the Bound and Numbered book and reported to parents.

Termly monitoring of any restraints recorded in the Bound and Numbered book will be completed by the Senior Leadership Team.

If physical restraint needs to be used:

- Tell the pupil what you are doing and why
- Use simple and clear language without engaging in a verbal exchange with the pupil
- Involve another member of staff if possible and request a change in staff if a break is needed
- Tell the pupil what they must do for you to remove the restraint (this may need frequent repetition)
- Use the most appropriate hold for the situation
- Relax your restraint in response to the pupil's compliance

If physical restraint has been used, a Positive Handling Plan (PHP) will be created for the individual pupil. This will detail preventative measures to include de-escalation strategies (positive steps to defuse the situation), triggers and risks and potential warning signs. The PHP will be reviewed at least termly. A risk assessment will also be put into place if this is deemed necessary.