



PHYSICAL INTERVENTION / RESTRAINT POLICY

March 2020

To be reviewed March 2021

Rationale

Cleeve Meadow School is committed to ensuring that Physical Intervention (PI) is only ever used as a **last resort**. We believe that for the vast number of our students PI will never be required. However, we recognise that, on occasion, a student's behaviour may become challenging and cause immediate risk to themselves, others or property. This may mean that PI is necessary to keep the student and those around them safe.

Our policy is that when PI is used, staff operate within the context of the behaviour policy and operate within the law.

Aims

- Ensure that use of all physical intervention is lawful and used as a last resort.
- Ensure that the safety and wellbeing of students is of highest priority when using physical intervention.
- Ensure a commitment to minimising the use of physical intervention through effective monitoring and the development of positive support behaviour plans.
- To ensure compliance with DfE guidance 'Use of Reasonable force' July 2013.

The use of Physical Intervention

In order to effectively support students, all staff are provided with Team Teach training to support their understanding of de-escalation techniques and the safe use of PI.

The use of reasonable force may be necessary in the following situations:

- Emergency situation e.g. a student is engaging in **unexpected** high risk behaviour.
- Planned intervention agreed with parents/carers as part of a positive behaviour and wellbeing plan.

Team-Teach

'...promotes the least intrusive positive handling strategy and a continuum of gradual and graded techniques, with an emphasis and preference for the use of verbal, non-verbal de-escalation strategies being used and exhausted before positive handling strategies are utilised'.

Team Teach website: http://www.team-teach.co.uk/introduction_Aims.html

Key staff receive training from an accredited Team-Teach instructor on the background, theory and rationale behind the Team-Teach approach. Further to this training there is a focus upon the use of de-escalation strategies. Understanding of the following safety responses is also included:

- Understanding of personal space and body language
- CALM and safe protective stances
- Guides and 'Caring C' hand shapes
- Disengagement from unwelcome grips (arms/neck/head/clothing/body)
- Disengagement from bites
- Disengagement from grabs/hair pulls

All staff receive training from an accredited Team-Teach Instructor in the use of the following **restrictive** physical intervention techniques:

- Single Elbow Hold/Escorting pupils to safety (1-2 person/use of chairs)
- Double Elbow Hold/Escorting pupils to safety (1-2 person)
- Figure of Four Hold
- T-Wrap (standing/use of chairs)
- Cradle hug (suitable for a smaller child)

Any physical interventions used will take into account the pupils age, cultural background, gender, stature and medical history.

Pupils will never be put in a prone (lying) position on either their front or back

Pupils will never be held in a seated double elbow hold due to the risks of potential asphyxia.

The use of physical intervention will never be used as a punishment (this is unlawful).

Physical intervention should not be regularly used to lift a pupil from the floor unless they are unsafe.

Procedures following the use of Physical Intervention

1. All incidences of PI are recorded on the school's management information system by staff members involved in the PI.
2. Parents/carers are informed via phone call, contact book or email on the same day.
3. SLT monitor the use of PI to inform policy and protocols
4. Where appropriate, an individual student's may need to be amended. These plans will always pay due consideration to the student's special needs and all PI's should be
 - a. In line with Team-Teach guidance and the law
 - b. Justified in respect of what is known about the child's special needs based on multi-disciplinary assessment, alternative approaches/behaviour support which have been tried and evaluation of the potential risks involved
 - c. Chosen based on the minimum degree of force needed for the shortest possible period of time
 - d. Based on an individual risk assessment taking into consideration all aspects of Health and Safety in relation to both staff and pupil
 - e. Working towards least restrictive practices.

Following the use of physical intervention pupils should be assessed for signs of injury, pain or psychological distress and these should be recorded on the Incident Form. Any injury sustained to the pupil as a result of physical intervention or concerns about their well-being must be reported to a member of the Senior Leadership Team immediately.

Roles and responsibilities

The school will:

- Ensure timely communication regarding concerns about a student's behaviour with parents and work in collaboration to ensure a successful approach.
- Ensure students are provided a rich and varied curriculum with a range of activities
- Ensure learning environments are safe and calm places in which to work

The student will:

- Follow the school behaviour policy

- Engage with Engagement Support Plans

The Senior Leadership Team will:

- Monitor the implementation of the policy
- Ensure all staff are trained in an ongoing Team-Teach programme- in line with best practice
- Ensure positive behaviour and wellbeing support plans are updated as required
- Ensure effective de-briefing sessions for staff
- Provide reports for governors
- Ensure effective ongoing communication with parents/carers

All staff will:

- Follow the guidance of the behaviour management policy
- Undertake Team-Teach training and adhere to its approved policies
- Record all incidences of PI to parents/carers on the same day
- Consider the well-being of students at all times

Staff will not:

- Use Physical intervention as a form of punishment
- Place pupils in the prone (lying) position on either their front or back
- Use physical intervention to lift a pupil from the floor unless they are unsafe or this is indicated in their Behaviour Plan and approved by a member of Senior Leadership
- Use physical restraint to force compliance
- Use the seated double elbow hold

We ask the parents to notify the school of:

- Any concerns of problems with their child's behaviour in order for us to offer appropriate support
- Any health issues or medication changes that may affect their child's behaviour
- Any changes in routine of home circumstances that may impact on their child's wellbeing
- Any additional or external advice that they have received in relation to challenging behaviour in order to ensure consistency of approach

Associated Resources and Reference

1. <https://www.gov.uk/government/publications/use-of-reasonable-force-in-schools>
2. <https://www.gov.uk/government/publications/keeping-children-safe-in-education--2>
3. <https://www.gov.uk/government/publications/behaviour-and-discipline-in-schools-Jan-2016>

Related policies:

Behavioural Management Policy
Safeguarding and Child Protection Policy
First Aid Policy
Medical Needs Policy