

**INVICTUS**

Education Trust

**PHYSICAL RESTRAINT AND  
USE OF REASONABLE  
FORCE POLICY**

Approved by Board of Trustees  
30<sup>th</sup> September 2019

To be reviewed by Board of Trustees  
September 2022

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## **1. Introduction**

Invictus Education Trust recognises the responsibility it has under section 157 of the Education Act 2002 to have arrangements in place to safeguard and promote the welfare of children, and section 93 Education and Inspections Act 2006

This policy is a whole school policy and applies to all students.

This policy applies to all staff, volunteers and contractors, paid and unpaid, working in the school including Governors.

The Trust acknowledges its legal duty to make reasonable adjustments for disabled children and children with special educational needs (SEND). Equality Act 2010, SEN and Disability Code of Practice 0-25 years 2015

## **2. Definitions of Policy**

For the purpose of this policy:

- Reasonable force is defined as using no more force than is needed in the circumstances
- Physical restraint is defined as the positive application of force in order to protect/prevent a student from causing injury to themselves or others or seriously damaging property. It is necessary in more extreme cases, for example to stop a physical fight.
- Injury means 'significant injury'; this would include actual or grievous bodily harm, physical or sexual abuse, risking the lives of, or injury to, themselves or others, by wilful or reckless behaviour, and self-poisoning.

## **3. Who can use Reasonable Force?**

All members of school staff have a legal power to use reasonable force. This power applies to any member of staff at the school.

It can also apply to people whom the Headteacher has temporarily put in charge of students such as unpaid volunteers or parents accompanying students on a school organised visit.

The decision on whether or not to physically intervene is down to the professional judgement of the staff member concerned and should always depend on the individual circumstances.

## **4. When can Reasonable Force be used?**

Reasonable force can be used:

- To prevent students from hurting themselves or others, from damaging property, from committing an offence, or from causing disorder.
- To control students or to restrain them.
- To remove disruptive children from the classroom where they have refused to follow an instruction to do so

- To prevent a student behaving in a way that disrupts a school event or a school trip or visit
- To prevent a student leaving the classroom where allowing the student to leave would risk their safety or lead to behaviour that disrupts the behaviour of others
- To prevent a student from attacking a member of staff or another student, or to stop a fight in the playground
- To restrain a student at risk of harming themselves through physical outbursts

## **5. When can Reasonable Force NOT be used?**

Reasonable force can never be used as a form of punishment.

## **6. Guidelines for the Use of Physical Restraint**

Professional judgement should be used in circumstances where the use of physical restraint and reasonable force is needed.

- Staff should not hesitate to act in an emergency provided they follow the guidelines in this policy.
- Staff should always satisfy themselves that the action they take would be considered justifiable by a wider audience of professional colleagues.
- In any application of physical restraint, the minimum reasonable force should be used to calm down the situation.
- Help should be summoned from colleagues; students should never be involved in restraint.

## **7. When the use of physical restraint and reasonable force is needed**

Approach the student calmly but firmly.

Where possible, the consequences of refusing to stop the behaviour should be explained and it should be communicated to the student that physical contact or restraint will stop as soon as it ceases to be necessary.

A calm and measured approach is required by staff throughout.

## **8. Method of Restraint**

The method of restraint employed must use the minimum force for the minimum time and must observe the following:

### **Restraint must not:**

- Involve deliberately inflicting pain on the student
- Restrict the student's breathing
- Involve contact with sexually sensitive areas
- Involve locking the student in a room

### **During any incident the person restraining should:**

- Offer verbal reassurance to the student
- Cause the minimum level of restriction of movement
- Reduce the danger of any accidental injury
- Cease the restraint if there are any signs of physical distress in the student such as sudden change in colour, difficulty breathing or vomiting

### **Physical restraint can be:**

- Partial – restricting and preventing particular movements
- Total – as in the case of immobilisation

### **Physical intervention can take several forms and may involve staff:**

- Physically interposing between students
- Blocking a student's path
- Holding
- Pushing
- Pulling
- Leading a student by the hand or arm
- Shepherding a student away by placing a hand in the centre of the back or in extreme circumstances using more restrictive holds

### **Do:**

- Summon help immediately. A student can be sent to get another adult.
- Ensure a free passage of air through airways
- Be aware of any feelings of anger
- Continue to talk to the student in a calm way
- Provide a soft surface if possible
- Be aware of any accessories worn by you or the student that could cause injury
- Monitor the student's respiration, circulation and state of consciousness

### **Don't:**

- Try to manage on your own
- Stop talking, even if the student does not reply
- Straddle the student
- Push their arms up their back
- Touch the student near the throat or head
- Put pressure on joints or on arterial pressure points (inside of upper arm, groin, neck)
- Use facedown holds

## **8. Recording Incidents**

Minor or everyday use of reasonable force does not need to be recorded. For example; very young children running off in the playground and being guided back to the line by the teacher or assistant.

All more serious incidents involving the use of physical restraint must be reported to the Headteacher/DSL as soon as possible after the incident. These must be recorded on the student's behaviour log and on the Record of the Use of Physical Restraint.

### **9. Informing Parents**

Staff need to use their professional judgement on whether to inform a parent, depending on the seriousness of the incident.

In a serious incident where a member of staff has had to physically restrain a student, the parent will be informed on the day and the conversation must be followed up in writing to the parent.

### **10. Complaints regarding the use of reasonable force**

All complaints about the use of force should be thoroughly, speedily and appropriately investigated.

Where a member of staff has acted within the law – that is, they have used reasonable force in order to prevent injury, damage to property or disorder – this will provide a defence to any criminal prosecution or other civil or public law action.

When a complaint is made the onus is on the person making the complaint to prove that his/her allegations are true – it is not for the member of staff to show that he/she has acted reasonably.

If an allegation of abuse is made against a member of staff, the procedures set out in the Safeguarding and Child Protection Policy will be followed.

### **11. Review of Policy**

This policy is reviewed every 3 years by Invictus Education Trust Board of Trustees. We will monitor the application and outcomes of this policy to ensure it is working effectively.

## Record of Use of Physical Intervention

School

Name of Student/Person

Year Group

Tutor Group

Is this student a Look After Child?

Is this student SEN?

Is this student Vulnerable?

Date when the incident occurred?

### Staff Involved

**Name**

**Involvement**

**Staff Signature**

**P = Physical**

**O = Observer**

Please describe the incident and include:

1. What was happening before?
2. What do you think triggered this student/person behaviour?
3. What de-escalating techniques were used prior to the physical intervention?
4. Why was physical intervention deemed necessary?
5. Any other relevant information?

Techniques used to, please tick

Technique                      Standing/Escort                      Sitting/Chairs                      Kneeling                      Ground

Breakaway/Defensive

One Person

Two People

Please give details below of hold used, e.g. single elbow, double elbow, wrap etc:

How long was the student/person held for?

Was the student/person held on the ground?                      YES / NO

If so did they go to the ground independently?                      YES / NO

Was the student/person taken to the ground by staff?                      YES /NO

Has the student/person been physically restrained before?                      YES /NO

Who was the incident reported to and when?

Was there any medical intervention needed?                      YES / NO

Please give details of injured persons and brief details of injury and medical intervention:



Has this incident been recorded on school system/accident book/student records etc. Please provide details:

**A child/young person should have an individual support plan clearly detailing reactive strategies and physical restraint approaches, if they have been involved in physical interventions on more than one occasion**

Does the individual support plan need to be reviewed as a result of this incident? YES / NO

If yes who will action the review of the support plan and when?

Does the risk assessment need to be reviewed as a result of this incident? YES / NO

If yes who will action the review of risk assessment and when?

Was the student/person de-briefed? YES / NO

Were staff involved de-briefed? YES / NO

Were Parents/Carers informed? YES / NO

Date that Parents/Carers were informed of incident – how was they informed and by who:

Incident reported to the School DSL? YES / NO Date:

Incident reported to the Headteacher? YES / NO Date:

Form completed by: Date:

**This form must be retained on students records in line with the Trust's Data Retention and Erasure Policy**

