H12 Restraint Policy

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1. Use of Physical Restraint

We hope that the use of any physical force will not become necessary. However, should this ever be required then the aim of this policy is to use reasonable force to prevent students committing any offence, causing injury or damage to themselves or others, or to property, or causing severe disruption.

This provision applies when a teacher or authorised person is on the school premises and when the person has lawful control or charge of the student elsewhere (e.g. field trip/activity etc.). It must be clear that this clarification does not authorise the use of corporal punishment in any circumstances nor is it intended to encourage the use of inappropriate force.

There are a wide variety of situations in which 'reasonable restraint' may be either appropriate or necessary to control or restrain a student. Wherever possible, if this is anticipated, appropriate steps should have been taken beforehand to plan responses.

Staff may use such restraint as is reasonable in the circumstances to prevent a student from doing or continuing to do, any of the following:

a) Committing any offence
b) Causing an imminent risk of injury to themselves or others
c) Causing serious damage to property including their own
d) Seriously prejudicing the maintenance of good order and discipline at the school or among any students receiving education at the school, whether during a teaching session or otherwise.

The staff to which this authority to restrain applies are:

- Any teacher who works at the school
- Any member of the boarding house teams
- Any other person whom the Principal has authorised to have control or charge of students
- It does not include students with positions of authority.

2. Reasonable Restraint

Wherever possible, staff should exhaust the range of behaviour management strategies aimed at preventing situations from reaching the point at which physical intervention becomes necessary. Restraint will therefore only be used as a last resort after all efforts to defuse the situation have been taken.

There is no legal definition of when it is reasonable to use force. It is, therefore, impossible to set out a comprehensive definition of the degree of force that may be used. Relevant considerations should be:

- The use of physical restraint can be regarded as reasonable only if the circumstances of the particular incident warrant it. If the situation does not warrant the use of physical restraint then any degree of force is unlawful.

- The degree of restraint employed must be in proportion to the circumstances of the

incident and the seriousness of the behaviour or the consequences it is intended to prevent. Any restraint used should always be the minimum required.

- The degree of restraint used, or whether it is reasonable to use any at all, will also be dependent upon the age of the student.

3. Guidelines on the Use of Restraint

Before using restraint of any type staff should, wherever practicable:

- Tell the student who is behaving in such a way as to cause damage, risk of harm to themselves or others etc. to stop
- Give clear instruction warning the student that unless he/she conforms then physical restraint will be applied
- Continued communication should be attempted throughout the incident
- It should be made clear that restraint will stop as soon as it ceases to become necessary
- Staff should never give the impression that they have lost their temper but should retain a calm measured approach
- If possible summon help from another member of staff to assist
- Staff should never intervene if they believe they are at risk of injury but should call for assistance.

4. Intervention

This may take several forms:

- Physically intervening between students
- Blocking a student's path
- Holding, pushing or pulling
- Leading a student by hand or arm
- Shepherding a student by placing his/her hand in the centre of the student's back
- In extreme cases using a more restrictive hold or taking action necessary to prevent injury but this action must be consistent with 'reasonable force'.

In normal circumstances staff should **NOT** act in a way that might reasonably be expected to cause injury, for example by:

- Holding a student by the neck, or in any way that could constrict breathing
- Slapping, punching or kicking a student
- Twisting or forcing limb joints
- Tripping a student
- Holding a student by the hair or ear
- Holding a student face down on the ground
- Holding a student in a way which may be interpreted as indecent.

It is anticipated at all times that any element of force will ONLY be used when all other attempts to defuse the situation have failed.

5. Reporting and Recording

If force is used towards any student in the school or house, an incident report form must be completed immediately (same day) and a copy sent to the Principal and Vice-Principal. The Senior Leadership Team can assist with compiling the incident report.

See Appendix A.

After any recordable incident, parents/guardians should be informed and given the opportunity to discuss the incident with staff at the school. Any disciplinary action and/or support that results from these meetings will follow the school's Behaviour Policy.

6. Complaints

Parents have a right to complain about the actions of the school. It is therefore important that the above advice has been carefully followed and that the use of force was reasonable in the circumstances. Members of staff should not discuss any aspect of a parental complaint with the parent; any complaint must be dealt with by either the Principal, or a member of staff appointed by the Principal.

All staff should be aware that physical contact of any sort may be misconstrued, however innocent. Some physical contact may be necessary or appropriate in certain subjects (e.g. Music, Drama, PE) or circumstances (e.g. injury) and staff should always use professional judgement in this matter, seeking the active consent of students at all times. It is important that if any student is particularly sensitive to physical contact that information has been circulated to all staff.

7. Monitoring

All staff will have awareness sessions on the issues of this policy. The introduction of more formal training will remain under constant review.

SLT will monitor incidents of the use of restraint.

Policy author / reviewer:	***Policy date / review date:***	***Next review due:***
SLT	Sept 2021	Sept 2022
SLT	Autumn 2022	Nov 2023
SLT	September 2023	September 2024
SLT/JM	September 2024	September 2025
SLT/JM	September 2025 *Incident Report attached as Appendix A*	September 2026
SLT/JM	July 2026	September 2027

APPENDIX A

Physical Restraint Incident Report

SECTION 1: BASIC INFORMATION

- Name of Student Involved:
- Date of Incident:
- Time of Incident:
- Location of Incident:
- Staff Members Involved (Names and Roles):
- Witnesses (Staff/Students):
- Reporting Staff Name:
- Date/Time Report Completed:

SECTION 2: REASON FOR PHYSICAL INTERVENTION

Please tick all that apply and provide details below.

- Risk of harm to self
- Risk of harm to others
- Risk of serious damage to property
- To prevent a criminal offence
- To prevent a serious breach of school discipline
- Other (please specify):

Description of Trigger or Antecedent:

SECTION 3: DESCRIPTION OF THE INCIDENT

1. Behaviour Displayed by Student:	
2. De-escalation Strategies Attempted (Before Physical Intervention):	
3. Description of Physical Intervention Used:	

4. Duration of Physical Intervention:	Start Time : End Time:
5. Student's Response During the Intervention:	
6. How the Intervention Ended and Outcome:	

SECTION 4: FOLLOW-UP

- Any Injuries to Student? ☐ Yes ☐ No
- If yes, describe and attach body map:
- First Aid Given? ☐ Yes ☐ No By Whom?
- Any Injuries to Staff? ☐ Yes ☐ No
- If yes, describe:
- First Aid Given? ☐ Yes ☐ No
- Was the Student Checked by Medical Staff? ☐ Yes ☐ No
- Outcome:
- Parent/Guardian Informed:

  ☐ Yes by phone (Make notes of conversation and include in this report)
  ☐ Yes by email (Copy email communication and include in this report)
  ☐ Yes in person (Make notes of conversation and include with this report)
- Parent/Guardian Informed: ☐ No

Reasons for Not Informing Parent / Guardian

- Date/Time:
- By Whom:
- Headteacher / SLT Notified: ☐ Yes ☐ No
- Name of Person Notified:
- Additional Actions / Support Needed / Risk Assessment Review:

SECTION 5: SIGNATURES

Reporting Staff Signature:	Date:
Other Staff Involved Signatures:	Date:

1. 2.	
SLT Review and Comments:	Date:
SLT Reviewer Signature:	Date: