



Physical handling and restraint policy

Statement

The well-being, welfare and safety of all pupils and staff at The Joseph Trust is of great importance. It is acknowledged that in exceptional circumstances, staff may need to take action in situations where the use of reasonable force may be required. The Joseph Trust is currently seeking training from Danesgate on de-escalation strategies to help support this policy.

The Joseph Trust acknowledges that physical techniques are only part of a whole school approach to behaviour management. Positive Handling will only be used as a last resort when all other behaviour management strategies have failed or when pupils, staff or property are at risk. Staff and some volunteers have been on TeamTeach Level 1 training.

The Joseph Trust does not use the routine use of physical interventions. However we recognise that when some students are supported with a TA physical interventions are used to help calm the student down.

All staff at The Joseph Trust understands that school cannot use force as a punishment; it is always unlawful to use force as a punishment.

Positive Handling uses the minimum degree of force necessary for the shortest period of time to prevent a student harming themselves, others or property.

The scale and nature of any physical intervention must be proportionate to both the behaviour of the individual to be controlled, and the nature of the harm they might cause.

Every effort will be made to ensure that all staff in this school:

- (i) Clearly understand this policy and their responsibilities in the context of their duty of care in taking appropriate measures where reasonable force is necessary
- (ii) are provided with appropriate training to deal with these difficult situations.

Definitions

No legal definition of "reasonable force" exists however for the purpose of this policy and the implementation of it in The Joseph Trust, the clarification provided in the DfE guidance document 'use of reasonable force', 2013 is used:

What is reasonable force?

- The term 'reasonable force' covers the broad range of actions used by most teachers at some point in their career that involve a degree of physical contact with pupils.
- Force is usually used either to control or restrain. This can range from guiding a pupil

to safety by the arm through to more extreme circumstances such as breaking up a fight or where a student needs to be restrained to prevent violence or injury.

- Reasonable in the circumstances' means using no more force than is needed.
- As mentioned above, schools generally use force to control pupils and to restrain them.
- Control means either passive physical contact, such as standing between pupils or blocking a pupil's path, or active physical contact such as leading a pupil by the arm out of a classroom.
- Restraint means to hold back physically or to bring a pupil under control. It is typically used in more extreme circumstances, for example when two pupils are fighting and refuse to separate without physical intervention.
- School staff should always try to avoid acting in a way that might cause injury. It is acknowledged that in extreme cases it may not always be possible to avoid injury as an accidental consequence of the intervention.

Different types of physical contact with pupils:

1. Physical Contact

There are situations in which proper physical contact occurs between staff and pupil. Examples of where touching a pupil might be proper or necessary

When comforting a distressed pupil;
When a pupil is being congratulated or praised;
To demonstrate how to use a tool.;
To demonstrate exercise or techniques during practical times e.g. lighting a fire
To give first aid.

2. Physical Intervention

This may be used to divert a pupil from a destructive or disruptive action, for example guiding or leading a pupil by the arm or shoulder where the pupil is compliant.

3. Physical Control/Restraint

This will involve the use of reasonable force when there is an immediate risk to pupils, staff or property. It is important to note that the use of "reasonable force" should be seen as a last resort. All such incidents must be recorded and be stored in an accessible way. If at all possible, more than one member of staff should be present if physical restraint is necessary. The level of compliance from the pupil determines whether or not the interaction is an intervention or a control restraint.

Strategies for dealing with challenging behaviour and escalating situations

Staff consistently use positive strategies to encourage acceptable behaviour and good order, in line with the Joseph Trust behaviour policy. Every effort will be made to resolve conflicts positively.

Staff should be able to justify that strategies other than force have been attempted and proved

ineffective or would have been impractical. Furthermore, staff should recognise that restraint is only a small part of a wider spectrum of positive framework that may include use of space, safe environments, diversions, calm stances and postures, non-threatening facial expressions, low tone, volume and pace in communication, careful use of words, and physical reassurance and prompts. Consideration of these strategies should be maintained during and after the need for physical contact. As soon as it is safe, any hold or restraint should be gradually relaxed to allow the student to regain self-control. The student should be informed about what will happen next and be offered reassurance and encouragement to remain calm. In this way the student will be more likely to see the restraint as an act of care.

All members of school staff have a legal power to use reasonable force.(Section 93, Education and Inspections Act 2006).

The 1996 Education Act(Section 55OA) stipulates that:

A member of the staff of a school may use, in relation to any student at the school, such force as is reasonable in the circumstances for the purpose of preventing the pupil from doing (or continuing to do) any of the following, namely

- (a) committing any offence,
- (b) causing personal injury to, or damage to the property of, any person (including the pupil himself), or
- (c) engaging in any behaviour prejudicial to the maintenance of good order and discipline at the school or among any of its pupils, whether that behaviour occurs during a teaching session or otherwise.

This applies where a member of staff is on the school premises and elsewhere at a time when, as a member of school staff, that adult has lawful control of the children concerned, for example, on a school trip.

The decision on whether to physically intervene is down to the professional judgement of the adult concerned.

Whether the force used is reasonable will always depend on the particular circumstances of the case. The use of force is reasonable if it is proportionate to the consequences it is intended to prevent. This means the degree of force used should be no more than is needed to achieve the desired result. (DfE guidance document 'use of reasonable force', 2013)

Individual members of staff cannot be required to use physical restraint. However, as teaching and non-teaching staff work 'locoparentis' and should always operate with an appropriate 'Duty of Care', it might be argued that failing to take action (including a failure to use reasonable force) may in some circumstances breach that duty. (DfE guidance document 'use of reasonable force', 2013)

A panel of experts (Physical Control in care Medical Panel 2008) identified that certain restraint techniques presented an unacceptable risk when used on children and young people. The techniques in question are:

- the 'seated double embrace' which involves two members of staff forcing a person into a sitting position and leaning them forward, while a third monitors breathing;
- the 'double basket-hold' which involves holding a person's arms across their chest;
- the 'nose distraction technique' which involves a sharp upward jab under the nose.

Authorised Staff

Section 550A of the Education Act 1996 permits adults who have lawful charge or control of children to use reasonable force to control or restrain them. These include:

- Teachers
- family support workers
- teaching assistants
- representatives from outside agencies
- other adults who may be working with children either on school premises or accompanying them on out of school activities, eg during field trips or on school journeys.

Wherever possible, Physical Restraint should only be used by those with appropriate training. However, it is acknowledged this may not always be possible and physical restraint may be used as an emergency measure by someone without appropriate training to ensure the safety of children in their care. Any Physical intervention should be conducted making reasonable adjustment for students with SEN or disabilities. In this instance, someone with appropriate training should be called for immediately.

Recording

School keeps a record of all incidents where physical intervention involving the use of force against resistance from a child has been necessary (see Appendix 3). The record should be completed by the end of the working day on which the Incident took place. A member of the Leadership Team will be told at the earliest possible time after an incident. Parents will be notified of the incident by a member of the teaching staff.

A member of the teaching staff will discuss the incident with any children or staff who were present and, where appropriate, collect a written account from them. In line with our commitment to working with parents, we aim to maintain an open discussion during any relevant procedure which may follow an incident.

School will regularly review the number and type of incidents in which physical intervention and / or restraint has been necessary. This will be used to ensure that there is adherence to this policy and to identify improvement needed in other policies and procedures of the school.

Risk Assessment

When it is likely that a child's behaviour may necessitate the use of physical intervention and / or restraint as one of the reactive strategies, a risk assessment must be carried out.

Sharing of Information

All members of the school community should know of the existence of this policy.

In principle, as few people as possible should know of any specific incident and staff should maintain confidentiality to the greatest possible extent. This is to enable governors and staff involved in any consequence or complaint to do so without having acquired hearsay knowledge

Monitoring incidents where Physical Restraint is used

The Manager will monitor records of any incidents in order to:

- Identify any patterns of behaviour resulting in the use of physical intervention.
- Review the levels of staff awareness of and compliance with the school policy.
- Inform staff training needs.
- Explore the relationship between the use of physical intervention and behaviour in school.

Action after an incident

The Manager will ensure that each incident is reviewed, investigated and recorded as stated above. If further action is required, this will be pursued through the appropriate procedures which may include:

- Child Protection Policy
- Behaviour Policy

Complaints

The availability of a clear policy about reasonable force and early involvement of parents should reduce the likelihood of complaints but may not eliminate them. Complaints following a dispute about the use of physical intervention by an adult should be pursued in accordance with the Complaints Policy.

Advice for Staff

At The Joseph Trust, we believe that physical intervention and / or restraint should be the last resort. In the majority of cases de-escalation and diffusion are the appropriate methods of dealing with situations that might result in a threat to the health and safety of any individuals.

On extremely rare occasions it may be appropriate for staff to intervene physically with or between pupils.

These include:

- Injury, or risk of injury, to another pupil
- Injury, or risk of injury, to a member of staff
- Serious damage to property

Any intervention should be a last resort and be proportionate, reasonable and appropriate, and be done with the aim to reduce not provoke.

All staff have a duty of care to pupils. To take no action, where the outcome is that a pupil injures her / himself, or another, including staff, could be seen as negligence.

Members of staff facing confrontational situations with pupils are reminded that the following behaviours can either reduce or inflame incidents, and that a brief moment of risk assessment may allow the time to decide on the appropriate action necessary.

Staff are strongly advised not to physically stop pupils from leaving their room. They should give a clear choice and spell out consequences, but unless there is a risk of injury should never block a pupil's exit.

Remaining calm– the ability to try and remain calm and appear relaxed is less likely to provoke. A relaxed posture and a non-threatening (CALM) stance, i.e. not toe-to-toe, are recommended.

Awareness of Space – try to be aware of the space around you and avoid stepping into another individual's personal / intimate space. Try to take a step back outside the circle of danger.

Pacing and Chasing – angry people often pace around in tense situations and staff should try to avoid the temptation to follow as they attempt to help them calm down. This can be counter-productive as it may trigger an animal chase response and drive the other person away. Where possible it is preferable for the staff member to stand still, speaking calmly, clearly and confidently– or even sit down.

Intonation - when people are anxious or angry they tend to talk faster, higher and more loudly. In a potential crisis situation staff need to deliberately speak slower, lower and more quietly

Help script

- Connect by using student's name
- Recognise the feelings
- Tell the pupil you're there to help
- You talk and I will listen
- Give direction
- Diffusing body language responses
- Social distance
- Sideways stance, step back
- Intermittent eye contact
- Relaxed body posture
- Palms open
- Calm stance

Think of the values of stepping back from a situation, both physically and emotionally:

- Allows a more considered response
- Time to make a 'dynamic' risk assessment and seek assistance
- Allows other person 'take up' time to make their own choices

Application of force (DfES advice to schools 10/98)

Staff should NOT act in a way that might reasonably be expected to cause injury. This includes:

- Slapping, punching, kicking or tripping a pupil
 - Twisting or forcing limbs against joints
 - Indecently touching, holding or pulling a pupil by the hair or ear
 - Other than in circumstances that are exceptional, using reasonable force to hold a pupil face down on the ground
- In the event of a serious incident e.g. a fight, staff should:
- Make their presence felt–“stop fighting, stop fighting”
 - Send for assistance
 - Spell out sanctions
 - Remove the 'fuel' by clearing the 'audience' away

- Be a witness
- Intervene physically if confident and having assessed the degree of risk But should not ignore or walk away

Appendix 2

SOME NON-PHYSICAL CRISES INTERVENTION TECHNIQUES

DO	DONT
Appear calm and relaxed	Appear afraid and unsure of yourself; Appear bossy, arrogant; Assume an "I don't care about you" attitude
Keep the pitch and volume of your voice down	Raise your voice
Feel comfortable with the fact that you are in control (if you control yourself, you control the situation) Project a calm assured feeling that you will see the situation through to peaceful end no matter what happens	Appear to expect an attack
Talk <u>with</u> the pupil	Give commands Made demands
Be very matter of fact if the pupil become agitated Be sensitive and flexible Be consistent Be aware of body language Monitor breathing	Make threats Maintain continuous eye contact Gesticulate
Stay close to the pupil and attend to him/her	Turn your back or leave Invade the pupil's personal space
Be patient; If a pupils agitation increase to the verge of attack: * acknowledge his/her feelings * continue with a matter of fact attitude * always leave the pupil an avenue of escape	Display emotion Argue Corner the pupil physically or psychologically
Where possible, remain seated as long as the pupil does Avoid crowing	Get up and move towards the pupil

Stay near the pupil, about one arms length away and to one side Give the pupil more space if appropriate	Give up
Seek to relax you muscles and keep them under control	Tense your muscles

Appendix 3

PHYSICAL INTERVENTION INCIDENT RECORDING FORM

Name of Child:	
Child's Date of Birth:	
Ethnicity:	Gender:

Date of Incident:	Time of Incident:
Location of Incident:	

Name(s) of staff involved:	Name(s) of witnesses:	
Reason for intervention: (eg: injury to person, damage to property, criminal offence, serious disruption, absconding)	External agencies informed:	
Description of events leading up to the incident including what was said by the parties involved:		
<input checked="" type="checkbox"/> Behaviours that occurred by the child:		
Verbal abuse	Slapping	Punching
Kicking	Pinching	Spitting

Clothing grab	Hair grab	Neck grab
Weapons/missiles	Head butting	Self harm (please detail)
Pushing	Disruption	Damage to property
Other (please detail)		
Who was at risk?		
✓ Describe the steps taken to defuse or calm the situation:		
Verbal advice	Limited choice	
Clear directions	Distraction	
Negations	Planned ignoring	
Take up time	Consequences	
Time out	Humour	
Change of staff	Success reminders	
Other (please detail)		

✓ Physical interventions used & duration of restraint:		
Help hug	Sitting wrap	Cradle hug
Wrap	One person escort	Two person escort
Other:		
Why was this action in the best interest of the child?		
Detail any medical intervention that may have been actioned as a result of the incident:		
Injury to child:	Action taken:	

Injury to staff:	Action taken:
Injury to others:	Action taken:
✓ Action following the event:	
Designated Person for Safeguarding has checked this record:	
Parent / carer informed:	
Risk assessment to be carried out / reviewed:	
Positive Handling Plan to be completed / reviewed:	
Procedural change:	
Child support:	
Staff support:	
Completed by:	Role: