



# **Use of Physical Intervention and Reasonable Force Policy**

**Date Approved: July 2022**  
**First Review June 2022**

**Next Review: June 2026**

**Ownership: Bow School Governing Body**

## **Use of Physical Intervention and Restraint**

Bow School is committed to a positive behaviour policy which encourages students to engage with their learning and provides them with opportunities to make positive behaviour choices in all situations. We recognize, however, that students sometimes do make the wrong choices. On rare occasions this may mean that staff have to use reasonable force to prevent injury or damage. Where this is the case we recognise that:

- Physical intervention should be used only as a last resort when other appropriate strategies have failed.
- Any physical contact should be no more than is required, ie “reasonable in the circumstances”
- Any physical intervention must be used in ways that maintain the safety and dignity of all concerned.
- Incidents must be recorded and reported to the Deputy Headteacher responsible for Behaviour, Welfare and Personal Development
- Parents will be informed of each incident

### **The legal framework – what is reasonable force?**

Section 93 of the Education & Inspections Act 2006 allows ‘teachers and other persons who are authorised by the Head Teacher who have control or charge of pupils to use such force as is reasonable in all the circumstances to prevent a pupil from doing, or continuing to do, any of the following:-

- Committing any offence
- causing injury to his/herself or others
- damaging property
- prejudicing the maintenance of good order & discipline

### **Bow School Approach**

At Bow School we regard physical intervention as a last resort in a minority of rare situations. All staff should aim to deal with behaviour using the approaches outlined in the whole school Behaviour for Learning Policy.

Staff are required to exercise their judgement before using physical intervention, always acting within the school’s policy on behaviour and mindful of their ‘duty of care’ to ensure the safety and well being of all students. Staff are never expected to place themselves in situations where they are likely to suffer injury as a result of their intervention.

It is not possible to outline every circumstance in which physical intervention/restraint may be used but examples are given in the whole school behaviour policy.

## **The Use of Physical Restraint**

Physical restraint should only ever be used as an act of care and control. The intention should always be to re-establish verbal control as soon as possible, allowing the student time to regain self-control. Staff must never use more force than which is reasonable in the circumstances of any given incident. Physical intervention and restraint is always a last resort, once all alternatives have been tried.

If the use of physical restraint becomes necessary the adult in the situation should:

- Talk to the student, letting them know what you are doing and why
- Be mindful of any Special or additional need that the student may have and adjust actions accordingly
- Use the minimum force necessary
- Involve another member of staff if possible
- Inform the student what s/he must do for you to remove the restraint (repeating as many times as necessary)
- Use simple and clear language
- Hold limbs above a major joint if possible
- Relax restraint in response to compliance
- Restrain for the minimum amount of time possible

The following should never occur:

- Acting in temper or losing control of the situation
- Involving in a prolonged verbal exchange with the student
- Involving other students in the restraint
- Touching or holding a student in a way that could be viewed as sexually inappropriate
- Twisting or forcing limbs back against a joint
- Bending fingers or pulling hair
- Restricting breathing or blood flow
- Slapping, punching, kicking or tripping the student
- Using restraint as a punishment
- The following restraint techniques should never be used:
  - 'seated double embrace'
  - 'double basket hold'
  - 'nose distraction technique'

## **Following the Use of Restraint**

All situations where restraint has been used will require debriefing for the staff involved and the student. The Designated Safeguarding Lead should be informed of any use of restraint as soon as possible and will arrange a debriefing and review of the incident.

Such a debriefing will involve the collection of written statements and informing the parents of the restrained student and any students injured in the incident. It may also involve first aid,

where required. An appropriate member of the pastoral staff will always be involved in any student debriefing and in informing parents about the incident.

Any incident will be recorded and a copy maintained in the student's school file and centrally within the school. Incidents will be reported termly to the School Safeguarding committee and to the Governing Body's Health and Safety Committee.

Any incident report will also attempt to look at lessons learned in order to try and avoid use of physical intervention and/or restraint in the future.

Where a student is assessed as an ongoing risk of behaving in a disruptive way requiring the use of reasonable force, s/he will be referred to the Student Support Panel for appropriate interventions. In extreme cases, the school will draw up a risk assessment for that student and his/her parents will be informed that such a plan exists and informed of the actions the school might need to take.

### **Complaints and Allegations**

A clear policy on restraint, adhered to by all staff and shared with parents should help to avoid complaints from parents. It is unlikely to prevent all complaints and where a complaint is made it will be investigated thoroughly, speedily and appropriately by a member of staff designated by the Headteacher under the school's complaints procedures.

In line with the school behaviour policy, and DFE guidance, staff under investigation are not automatically suspended and the onus is on the complainant to prove his/her allegation to be true.

This policy will be reviewed annually.

This document references:

Education and Inspections Act 2006  
DFE's Use of Reasonable Force advice document 2013 (reviewed 2015)  
Bow School Behaviour for Learning Policy



### **Record of Restraint**

**Date and Time of Restraint:**

**Student's Name:**

**Date of Birth:**

**Staff Involved:**

**Adult Witnesses to restraint:**

**Student witnesses to restraint:**

**Outline of Events Leading to Restraint:**

**Outline of incident of restraint (to include restraint method used)**

**Outcome of restraint:**

**Description of any injury(ies) sustained by student and subsequent treatment:**

Description of any injury(ies) sustained by staff and subsequent treatment:

Date Parent/Carer informed of incident:

Informed by:

Outline of Parent/Carer response:

Signature of staff completing report:

Date:

Signature of DH Behaviour, Welfare and Personal Development:

Date:

Brief description of any subsequent inquiry/complaint or action:

Cc: Student file; School Restraint File