

# St St Saviour's C of E Academy

## Restraint Policy

September 2025

### Academy Values and Policies

The academy Behaviour policy outlines how staff at St Saviour's C of E Academy create and maintain good order and relationships through positive approaches. These approaches are successful for the vast majority of the time. This policy on the use of restrictive physical interventions supplements the main Behaviour policy. Both should be read in conjunction with the Academy SEN policy, the Health & Safety policy, and the Child Protection policy.

### Purpose of this policy

This policy aims to give all members of the academy community clear guidance so that any physical intervention that they undertake is carried out in a way that supports the values and principles described above. In particular, it aims to describe the circumstances in which restrictive physical intervention is an appropriate response and how staff at academy will fulfil their responsibilities in those circumstances. The headteacher will be responsible for ensuring that staff and parents are aware of the policy. She will ensure that any necessary training/awareness-raising takes place so that staff know their responsibilities.

### Physical touch

The staff at St Saviour's C of E Academy believe that physical touch is an essential part of human relationships. In our academy, adults may well use touch to prompt, to give reassurance or to provide support in PE.

To use touch/physical support successfully, staff will adhere to the following principles. It must:

- ✓ Be non-abusive, with no intention to cause pain or injury
- ✓ Be in the best interests of the child and others
- ✓ Have a clear educational purpose (e.g. To access the curriculum or to improve social relationships)
- ✓ Take account of gender/cultural issues

At our academy the Principal is responsible for ensuring that all relevant staff are aware of any pupil who finds physical touch unwelcome. Such sensitivity may arise from the pupil's cultural background, personal history, age etc.

### What do we mean by 'physical intervention'?

It is helpful to distinguish between:

Definition	Example	
Non-restrictive physical interventions. (As already stated, touch/physical contact is a small but important and natural part of teacher-pupil relationships in our Academy).	Either where the child's movement is not restricted or where the child is held supportively but such that they will be released immediately should they so wish	For example: guiding/shepherding a person from A to B use of a protective helmet to prevent self-injury removal of a cause of distress

Restrictive physical interventions	Prevent, impede or restrict movement or mobility. Restraint. To use force to direct.	<b>For example:</b> isolating a child in a room holding a pupil blocking a person's path interpositioning pushing/pulling
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and between:

Emergency/unplanned interventions	Occur in response to unforeseen events
Planned interventions	In which staff employ, where necessary, pre-arranged strategies and methods which are based on a risk assessment and recorded in an individual plan for the management of a pupil

### **When is restrictive physical intervention permissible at St Saviour's C of E Academy?**

Restrictive physical intervention is rarely used at St Saviour's C of E Academy. However, it will be necessary when its aim is to prevent a pupil injuring themselves or others (For example, pupils playing in a dangerously rough manner) or to prevent them damaging property (For example, pupils throwing a heavy object at/near to expensive computer equipment). [Section 550A, DFES Circular 10/98].

Section 550A also allows the use of force 'to prevent a pupil from engaging in any behaviour prejudicial to maintaining good order and discipline....' However, the use of restrictive physical intervention for this purpose is acceptable only in rare circumstances at St. Saviour's Academy.

### **Risk assessment**

The use of a restrictive physical intervention will be the outcome of a professional judgement made by staff on the basis of this academy policy. It is avoided whenever possible and will not be used for staff convenience.

**Restrictive physical intervention will only be considered if other behaviour management options have proved ineffective or are judged to be inappropriate (or in an emergency situation?).** Before deciding to intervene in this way, staff will weigh up whether the risk of not intervening is greater than the risk of intervening. Any actions will be carried out with the child's best interests at heart. Physical intervention will never be used to punish a pupil or cause pain, injury or humiliation. Staff are not expected to intervene physically against their better judgement nor are they expected to place themselves at unreasonable risk. In such circumstances, they must take steps to minimize risks. For example, by removing other pupils and calling for assistance.

### **Who may use restrictive physical interventions?**

In this academy all teachers are authorised.

Supply staff and non-teaching staff will not be authorised to use restrictive physical interventions except if they have been specifically authorised by the Principal. Teaching Assistants will be authorised on an individual basis following a discussion and an individual agreement with the Principal.

Parents and volunteers in the academy are not given authorisation. Staff from the local education authority may have their own policies about the care and control of pupils but,

whilst on the premises, they will be expected to be aware of, and operate within, the policy of this academy. This means that visiting staff will need to ask the Principal for authorisation.

### **How staff at St Saviour's C of E Academy might intervene**

When a restrictive physical intervention is justified, staff will use 'reasonable force'. This is the degree of force 'warranted by the situation'. It will 'be proportionate to the circumstances of the incident and the consequences it is intended to prevent'. Any force used will always be the minimum needed to achieve the desired result and for the shortest amount of time.

Staff will:

- ✓ Use the minimum amount of force for the minimum amount of time;
- ✓ Avoid causing pain or injury; avoid holding or putting pressure on joints;
- ✓ In general hold long bones.
- ✓ Never hold a pupil face down on the ground or in any position that might increase the risk of suffocation.

During an incident the member of staff involved will tell the pupil that his or her behaviour may be leading to restraint. This will not be used as a threat or said in a way that could inflame the situation. Staff will not act out of anger or frustration. They will try to adopt a calm, measured approach and maintain communication with the pupil at all times.

Where possible a child will be removed to a safe environment, where they can be supervised in a safe, quiet and calm atmosphere. It is good practice to have two members of staff overseeing a child who has been restrained and withdrawn from their classroom. In an emergency, staff must summon assistance by contacting another member of staff and if possible, a member of the academy management.

### **The place of restrictive physical intervention within broader behavioural planning**

If, through the academy's special needs assessment procedures, it is determined that a restrictive physical intervention is likely to be appropriate to help a pupil make progress, a risk assessment will be carried out following the academy's guidelines.

If appropriate, an individual management plan will then be drawn up for that pupil. This plan will aim to reduce the likelihood of the need for restrictive physical intervention as well as describing how such intervention will be carried out. This plan will be discussed with parents/carers. When it involves the use of a restrictive physical intervention, medical colleagues will be consulted.

Before the plan is implemented, any necessary training or guidance will be provided for the staff involved. The Principal will be responsible for establishing staff needs and for organising necessary training.

### **What to do after the use of a restrictive physical intervention**

*After the use of an unplanned restrictive physical intervention, the following steps will be taken.*

- ✓ Details of the incident will be recorded by all adults involved *immediately* on a 'St Saviour's Academy Incident form'.
- ✓ Recording will be completed within 12 hours whenever possible. Staff will be offered the opportunity to seek advice from a senior colleague or professional representative when compiling their report.
- ✓ Any injuries suffered by those involved will be recorded following normal academy procedures.
- ✓ The Principal will check that there is no cause for concern regarding the actions of adults involved. If it is felt that an action has 'caused or put a child at risk of

significant harm' the Principal will follow the Academy's child protection procedures and also inform parents/carers.

- ✓ Parents/carers will be informed by the Principal (or if unavailable a member of the academy management) on the day of the incident. If this is initially done by phone, it will be followed up in writing. Parents/carers will be offered the opportunity to discuss any concerns that they may have regarding an incident.
- ✓ Support/debriefing will be available for adults and pupils who have been involved in any incident involving restrictive physical interventions. This will be provided by the Principal (or member of Senior Leadership Team)

Arrangements for recording and informing parents in the case of a planned restrictive intervention will be followed as agreed beforehand but broadly will follow the same pattern as above.

The Principal will use the records kept to analyse patterns of behaviour and so decide whether responses are being effective. The Principal will report on this information to the Governing Body annually.

### **Complaints procedure**

Any complaint will first be considered in the light of the academy's child protection procedures, following ACPC (Area Child Protection Committee) guidance. If child protection procedures are not appropriate, the Academy's complaint procedures will be followed.

### **Monitoring and Review and Policy Owners**

**Written** September 2025

**Review** September 2026

**Principal** L Davis

Signed



**Chair of Governors** M Weller

Signed

