



Physical Control and Restraint Policy

CONFIDENT · INDEPENDENT · FORWARD -THINKING

Kents Hill Park School Physical Control and Restraint Policy

Restraint – legislative guidance:

The use of reasonable force should always be a last resort for teachers and support staff, but where necessary, reasonable force can be used to control or restrain pupils.

Section 93 of the Education and Inspections Act 2006 enables school staff to use “such force as is reasonable in the circumstances to prevent a pupil from doing, or continuing to do”, any of the following:

- Committing a criminal offence
- Injuring themselves or others
- Causing damage to property
- Engaging in behaviour prejudicial to good order

This act also defines to whom the power applies as follows:

- Any teacher who works at the school
- Any other person whom the Headteacher has authorised to have control or charge of pupils (Learning Advisors, support staff)

The power to use reasonable force applies whether pupils are on school premises or elsewhere, as long as they are in the lawful control or charge of a staff member. This includes school visits.

The DFE has published guidance on the act: **Use of Reasonable Force-** Advice for Headteachers, staff and governing bodies. 2013 (DFE-00295-2013)

Objectives:

This policy seeks to:

- Ensure the safety of pupils and staff
- Prevent serious breaches of school discipline
- Prevent serious injury to staff and/or pupils
- Provide guidelines to staff when faced with situations that may require the use of force

Key points:

School staff have a power to use reasonable force and lawful use of that power will provide a defence to any related criminal prosecution or other legal action. Suspension should not be an automatic response when a member of staff has been accused of using excessive force.

Senior school leaders should support their staff when they use this power.

Kents Hill Park School Physical Control and Restraint Policy

What is reasonable force?

Staff will consider the type of action they will use in certain situations and if it is reasonable, proportionate and necessary.

1. 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.
2. 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 pupil needs to be restrained to prevent violence or injury.
3. 'Reasonable in the circumstances' means using no more force than is needed.
4. 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.
5. 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.
6. School staff should always try to avoid acting in a way that might cause injury, but in extreme cases it may not always be possible to avoid injuring the pupil.

Minimising the use of force:

The following principles should help to minimise the need to use force:

- Establishing a calm school environment
- Ensuring appropriate levels of supervision, including break and lunchtime
- Using emotional intelligence and training to de-escalate incidents if they do arise
- Developing appropriate risk assessments and positive handling plans for individual pupils, especially for school trips
- Using reasonable force when the member of staff considers that the risks involved in doing so are outweighed by the risks of not using reasonable force

Factors influencing the judgement to use reasonable force include:

- The seriousness of the incident, assessed by the effect of injury, damage or disorder that is likely to result if force is not used
- The chances of achieving the desired result by other means
- The relative risks associated with physical intervention compared with using other strategies
- The age of the child & any special educational need or risk assessment

Kents Hill Park School Physical Control and Restraint Policy

In an emergency, if a pupil was an **immediate risk** or on the point of inflicting injury on themselves or someone else, any member of staff would be entitled to intervene with reasonable force.

Guidelines on using physical control or restraint:

A number of staff at Kents Hill Park School have been trained in Team Teach techniques. Before intervening physically, a teacher should, wherever practicable, tell the pupil who is behaving inappropriately to stop and what will happen if they do not.

Physical control or restraint of a pupil is a last resort. Even at a late stage, it is possible that the right intervention may reduce the scale of the incident by:

- Calm talking
- Reassurance
- Non-threatening body language
- Humour
- Distraction
- Offering time out

Only in the event of the failure of these defined behaviour management strategies to control the situation, should staff consider physical intervention. If possible the member of staff should summon another adult. Staff will consider the type of action they will use in certain situations and if it is reasonable, proportionate and necessary.

- Staff must calmly tell the pupil that they will use physical control or restraint, before any physical intervention
- Staff should never give the impression that they have lost their temper or are acting out of anger or frustration when handling a problem
- To avoid misinterpretations by anybody present, staff must clearly state what they are doing and why they are taking this action during the period of control or restraint of that pupil
- Staff must only use force when necessary to resolve the incident: this should be the minimum force required, lasting for the shortest practicable time - the purpose should be restraint and the reduction of risk
- Staff must not strike blows or retaliate against the pupil: to do so would exceed their authorisation to intervene, and create a significant risk of an allegation of assault being made
- Tell the pupil constantly that re-gaining their self-control will release the control or restraint
- After the incident, the member of staff must inform the Headteacher immediately and record full details of the incident
- Parents/carers should be contacted as soon as possible and the incident explained to them. This action should be recorded and records kept securely

Kents Hill Park School Physical Control and Restraint Policy

Avoiding injury to pupils:

Staff should not act in a way which might reasonably be expected to cause injury e.g.

- Holding a pupil around the neck, by the collar, or in any other way that might restrict circulation/breathing
- Slapping, kicking, punching, hitting
- Twisting or forcing limbs against a wall
- Tripping, pinning to a wall
- Holding or pulling hair

Staff should not bar a pupil's way if they are trying to exit from the situation, unless their actions could place them in imminent danger.

Individuals (named) pupils (SEND):

At Kents Hill Park we are aware that we might have individuals who are likely to behave in a way that may require physical control or restraint, so a risk assessment and a plan of how to respond should be drawn-up and circulated to the relevant staff. The plan would include how best to manage that pupil (e.g. reactive strategies to de-escalate a conflict, holds to be used if necessary); involvement of the parents to ensure that they are clear about the specific action the school might need to take and ensuring that additional support can be summoned if appropriate. In such a case, specific training would be given on the use of physical control or restraint for that individual.

Avoiding injury to staff:

Staff should not intervene if, in their opinion, there is a risk of personal injury. They should contact the pastoral team and/or SLT using the radio or phone systems.

In these situations where the member of staff has decided that it is not appropriate to restrain the pupil without help they should:

- Remove other pupils who might be at risk
- Summon assistance from colleagues
- Where necessary, telephone the police
- Inform the pupil that help will be arriving

Until assistance arrives, the member of staff should continue to attempt to defuse the situation verbally and try to prevent the situation from escalating.

Kents Hill Park School Physical Control and Restraint Policy

Dealing with complaints and allegations:

All complaints made relating to the use of force will be dealt with according to the school's complaints procedure.



☎ 01908 533290

✉ enquiries@kentshillpark.school

🌐 www.kentshillpark.school

Kents Hill Park School is part of the Kingsbridge Educational Trust, a charitable company limited by guarantee and registered in England and Wales with company number 09144847. The registered office is at Oakgrove School, Venturer Gate, Middleton, Milton Keynes, MK10 9JQ. Telephone number: 01908 545300