



Lincoln Minster School Physical Restraint



Lincoln Minster School
The best in everyone

Policy Statement

Lincoln Minster School is committed to safeguarding the well-being of pupils and staff and, in line with relevant legislation, only permits physical restraint by reasonable and non-injurious means. Physical restraint is used only when immediately necessary for the minimum time necessary to prevent injury to self or others or very serious damage to property. The Principal authorises staff to use physical restraint as a positive strategy to de-escalate potentially dangerous situations and to regain control of a pupil who has temporarily lost control of him\herself.

For the purpose of this policy document, physical restraint is defined as the positive application of force in order to protect/prevent a pupil from causing injury to him/herself or others or seriously damaging property. Injury means 'significant injury'; this would include actual or grievous bodily harm, physical or sexual abuse, risking the lives of, or injury to themselves or others, by wilful or reckless behaviour, and self poisoning.

Any restraint should be measured and controlled and the minimum required to avoid the above. Any physical restraint action taken by teachers or others in positions of responsibility within the school must be reported immediately to the Principal or Vice Principal Pastoral (Senior School), the Head (St Mary's Prep School) or Head of Boarding, and a written incident report completed within 24 hours.

This policy applies to all members of our school community, including boarders and those in our EYFS setting.

Lincoln Minster School is fully committed to ensuring that the application of this policy is non-discriminatory in line with the UK Equality Act (2010). Further details are available in the school's Equal Treatment Policy document. This policy also complies with the National Minimum Standards for Boarding Schools (2011), Appendix 2, item 3 and Appendix 3, item 3.

This document is available to all interested parties on our website and on request from the school offices, and should be read in conjunction with the following documents:

- Behaviour and Discipline;
- Child Protection (Safeguarding),
- Boarding Policies and Procedures

Lincoln Minster School seeks to implement this policy through adherence to the procedures set out in the rest of this document.

This document is reviewed annually by C. McKenzie, Senior School Vice Principal (Pastoral), G. Das Gupta, (Head of Preparatory School) and N. Willetts (Head of Boarding) or as events or legislation change requires

Reviewed:

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C. McKenzie, May 2011

G. Das Gupta, August 2011

N Willetts, May 2011

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Updated:

December 2011

Next review due:

June 2012

Key Personnel

Implementation of the Physical Restraint Policy is the responsibility of C.McKenzie in the Senior School, G. Das Gupta in St Mary's Preparatory School including EYFS, and N. Willetts in Boarding.

Procedures

Guidelines for the Use of Physical Restraint

Staff should not hesitate to act in an emergency, provided they follow the guidelines in this policy. However, they should always satisfy themselves that the action they take would be considered justifiable by a wider audience of professional colleagues. In any application of physical restraint, the minimum reasonable force should be used to calm down the situation. Help should be summoned from colleagues; pupils should never be involved in restraint.

The pupil should be approached calmly but firmly. Where possible, the consequences of refusing to stop the behaviour should be explained and it should be communicated to the pupil that physical contact or restraint will stop as soon as it ceases to be necessary. A calm and measured approach is required by staff throughout.

The method of restraint employed must use the minimum force for the minimum time and must observe the following.

Restraint must not:

- Involve hurting the pupil
- Involve deliberately inflicting pain on the pupil
- Restrict the pupil's breathing
- Involve contact with sexually sensitive areas
- Involve locking the pupil in a room

During any incident the person restraining must :

- Offer verbal reassurance to the pupil
- Cause the minimum level of restriction of movement
- Reduce the danger of any accidental injury
- Cease the restraint if there are any signs of physical distress in the pupil such as sudden change in colour, difficulty breathing or vomiting

Physical restraint can be:

- Partial – restricting and preventing particular movements
- Total – as in the case of immobilisation

Physical intervention can take several forms and may involve staff:

- Physically interposing between pupils
- Blocking a pupil's path
- Holding
- Pushing
- Pulling
- Leading a pupil by the hand or arm
- Shepherding a pupil away by placing a hand in the centre of the back, or in extreme circumstances using more restrictive holds.

Do:

- Summon help
- Ensure a free passage of air through airways
- Be aware of any feelings of anger
- Continue to talk to the pupil in a calm way
- Provide a soft surface if possible
- Be aware of any accessories worn by you or the pupil that could cause injury
- Monitor the pupil's respiration, circulation and state of consciousness

Don't:

- Try to manage on your own
- Stop talking, even if the pupil does not reply
- Straddle the pupil
- Push their arms up their back
- Touch the pupil near the throat or head
- Put pressure on joints or on arterial pressure points (inside of upper arm, groin, neck)
- Use facedown holds

Recording Incidents

It is a requirement that a written record is kept on any occasion when physical restraint is used: the member of staff concerned must advise the Principal or in his absence, the named person responsible for the implementation of this policy immediately following an incident. They must provide a written report as soon as possible afterwards.

The report should include:

- *The name(s) of the pupil(s) involved*
- *When and where the incident took place*
- *The name(s) of any other staff or pupils who witnessed the incident*
- *The reason the physical restraint was necessary*
- *How the incident began and progressed*
- *The pupil's(s') response and the outcome of the incident*
- *Details of any injury suffered by the pupil/another pupil/member of staff and any damage to property.*

Staff may find it helpful to seek advice from their professional association when writing a report.

Monitoring

The record of incidents of physical restraint is regularly monitored by the Principal or other senior member of staff to identify whether review or change in practice is needed.