

Harris Church of England Academy

Guide to Restrictive Interventions

What is it?

Restrictive intervention is the use of techniques to limit a child's freedom movement including; seclusion, physical force or restraint. It should only be employed when absolutely necessary, as a **last resort** and should be proportionate to risk of harm. It includes:

- Seclusion - a measure to keep students away from others and prevent them from leaving a space
- Reasonable force - Physical contact used to control a pupil's movement or behaviour to prevent harm - possibly briefly holding their arms, blocking them from others or guiding them away

What might this look like?

Best practice would be to avoid physical contact with students but we do not have a 'no contact policy'. Schools have power to use reasonable force in limited circumstances such as:

- Holding a pupil's arm to stop them running into danger
- Standing between pupils to prevent a fight
- Guiding a distressed pupil to a quiet space
- Blocking a student from harming themselves or another pupil - this may or may not involve physical contact

What to do if you are in a situation where there is no other option

- Always consider de-escalation, communication and environmental adjustments first. Restrictive intervention should be a last resort
- Any physical contact should be proportionate, reasonable in the circumstances and as brief as possible
- Never restrained in a way that restricts their breathing or restrict their ability to communicate - held face down, covering mouth
- If unintentionally held on the ground staff should release or re-position into a safer alternative or standing position

Reporting

- Seek medical intervention and assessment for the pupil •
Report to a DSL in person (later record on CPOMS)
 - Who was involved, Where did it happen, Why was a restrictive intervention required, How was the restrictive intervention employed? (physical force, blocking, seclusion?)
 - Context. What happened? How did the situation arise where restrictive interventions were necessary? ◦ What happened post-event ◦ Any injuries?

Key points to remember

- Should never be done as a punishment or to harm
- Should always be as a last resort and as brief as possible
- Those with additional vulnerabilities are more likely to experience restrictive interventions - SEND, communication difficulties, adverse trauma related needs