



Physical Intervention and Restrictions of liberty. Physical Restraint.

Parneet Kang
Principal

William Holland
Chair of Trustees

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1. Policy Vision & Principles

At Emscote School, we are committed to creating a safe, nurturing, and inclusive environment where every pupil is treated with dignity and respect.

Physical interventions, restraint, and restrictions of liberty are **measures of last resort**. They are used only when all non-physical, de-escalation strategies have been exhausted or where there is an immediate, significant risk to safety. The primary goal of this policy is to reduce reliance on restrictive interventions through proactive support, clear understanding of Special Educational Needs and Disabilities (SEND), trauma-informed practice, and dynamic risk management.

2. Key Definitions

To ensure transparency and compliance with DfE statutory guidance, Emscote School adheres strictly to the following definitions:

- **De-escalation:** Non-physical techniques (e.g., verbal calming, changing environments, reducing sensory stimuli, distraction) used to reduce arousal and prevent challenging behavior from escalating.
- **Reasonable Force:** Physical contact used to control or restrain a pupil. It involves no more force than is absolutely necessary in the specific context to achieve a lawful outcome.
- **Physical Restraint (Immobilisation):** The positive application of force to restrict, subdue, or control movement. This includes holding a pupil to prevent them from moving freely, securing them to a fixed object, or removing mobility aids (e.g., walking frames or wheelchairs).
- **Restriction of Liberty:** Measures or environment modifications that prevent a pupil from moving freely or leaving a room/area.
- **Seclusion:** Placing a pupil in a space from which they are physically prevented from leaving, securing the space, or instilling a clear belief that leaving will result in further restriction/punishment. *(Note: Seclusion is strictly governed and must never be used as a disciplinary penalty).*

3. Statutory Authority & Lawful Thresholds

Under **Section 93 of the Education and Inspections Act 2006**, all members of school staff (and those authorized by the Headteacher) have a legal power to use reasonable force.

At Emscote School, physical intervention/restraint is only lawful if it is **Necessary, Proportionate, and Lawful**, and is applied *only* to prevent a pupil from:

1. Causing bodily injury to themselves or others.
2. Causing serious damage to property.
3. Committing a criminal offence.
4. Engaging in behavior prejudicial to maintaining good order and discipline (where the risk of escalation outweighs the risk of intervention).

STRICT PROHIBITION: Physical restraint or restriction of liberty **must never** be used as a punishment, a convenience, or a substitute for proper support/de-escalation.

4 .Unacceptable & High-Risk Interventions

Staff must avoid techniques that carry a high risk of injury, emotional trauma, or positional asphyxia.

The following methods are **strictly forbidden** at Emscote School:

- **Prone (face-down) holds** or holding a pupil face-down on the floor.
- Any pressure applied to the neck, throat, chest, mouth, or abdomen.
- Any action that obstructs a pupil's airways, restricts breathing, or impacts circulation.
- Holds involving twisting joints or applying deliberate pain to achieve compliance.

5. De-escalation & Prevention (SEND Considerations)

Staff must consider the individual needs of pupils, particularly those with SEND, Education, Health and Care Plans (EHCPs), or a history of trauma.

For pupils with known behavioral triggers or heightened risks:

- An **Individual Behaviour Support Plan (IBSP)** and **Positive Handling Risk Assessment** must be maintained.

- Staff working with the pupil must be familiar with tailored de-escalation strategies.
- Where restrictive physical intervention is anticipated as a possibility, it must be pre-planned and included in the pupil's risk assessment alongside preventative measures.

6. Statutory Recording and Reporting Duties

In accordance with section 93A of the Education and Inspections Act 2006 and DfE statutory guidelines, Emscote School maintains a strict protocol for documenting and notifying any "significant incident" involving restrictive practices or reasonable force.

Immediate Incident Management:

1. **First Aid & Health Check:** Immediately following any physical intervention, both the pupil and staff member must undergo a medical assessment by a designated First Aider.
2. **De-briefing:** Both the pupil and the staff involved should receive emotional support and an opportunity to de-brief once calm.

Mandatory Record-Keeping:

All significant incidents involving restrictive interventions, physical force, or seclusion must be recorded on the school's safeguarding portal (e.g., CPOMS) **on the same working day. Incident Procedure**

1. Incident occurs.
2. Staff ensure that they fully complete an incident form. (Held in the reporting book)
3. Management to clarify statement with the individual restrained and gather further reports, whenever possible, from witnesses.
4. Statements to be passed to relevant member of senior leadership team (SLT) – these will then be sent on to parents/carers, schools/social services (where appropriate) and other agencies, where relevant.
5. Any physical restraint used, must be reported in the Use of Force Book (held in the office). The staff members incident report should be logged as soon as possible and the student's incident report. A physical restraint debriefing should take place with parents and carers and recorded in the book.
6. Copies of the incident form will be sent to parents/carers, schools/LA/social services (where appropriate) and other agencies that might apply. Original copies of incident reports are kept in a bound book for reference purposes.

The written record **must** include:

- Time, date, precise location, and duration of the intervention.

- The names of staff involved, the pupil(s), and any witnesses.
- Specific triggers and de-escalation steps attempted prior to physical intervention.
- The explicit justification (the threshold met: e.g., immediate risk of injury).
- A detailed description of the physical technique/holds used.
- Any injuries sustained, medical care provided, and post-incident support offered.

Parental Duty of Notification:

- Parents/Carers **must be informed as soon as practicable** on the same day the incident occurs.
- A formal written summary of the incident must be provided to parents/carers.

7. Complaints and Safeguarding

- Any allegation that force was applied unlawfully, excessively, or inappropriately will be investigated under the school's **Managing Allegations Against Staff / Safeguarding Policy** and referred to the Local Authority Designated Officer (LADO) where appropriate.
- The use of force does not automatically constitute child abuse, provided it was lawful, reasonable, and proportionate to the risk.

8. Staff Training & Policy Monitoring

- **Training:** Designated staff receive accredited training in de-escalation, conflict management, and safe physical intervention techniques (e.g., Team-Teach / Price). Refresher training is scheduled annually.

Review and monitoring arrangements

This policy is monitored by the Board of Trustees and will be reviewed annually.

Principal will monitor termly the incidents for frequency and patterns so lessons are learned. A written outcome of the monitoring will be presented to the Board of Trustees annually.

Key Statutory Guidance Cross-References

- DfE: *Restrictive Interventions, Including the Use of Reasonable Force, in Schools*
- DfE: *Keeping Children Safe in Education (KCSIE)*
- *Education and Inspections Act 2006* (Section 93 & 93A)
- *Equality Act 2010* (Special Educational Needs and Disability Duty)