

Physical Restraint

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1. Policy Statement

Coworth Flexlands 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. Section 550A of the Education act 1996 clarifies the powers of teachers and other staff who have lawful control or charge of pupils, either on the premises or on approved extra-curricular activities, to use reasonable force to prevent pupils committing a crime, causing injury or damage to themselves, others or property, or to prevent behaviour prejudicial to the maintenance of good order and disciplines.

Any incident involving physical restraint is recorded on the appropriate physical restraint form, documented on CPOMS and notified to the Head.

This policy applies to all members of our school community, including those in our EYFS setting, peripatetic professionals, outside club staff and volunteers. In line with our Provision of Information Policy, this document is available to all interested parties on our website and on request from the main school office and should be read in conjunction with our Child Protection and Behaviour and Discipline Policies.

Coworth Flexlands School is fully committed to ensuring that the appliance of the physical restraint policy is non-discriminatory, in line with the UK Equality Act (2010). Further details are available in the school's Equal Opportunity Policy document. Coworth Flexlands 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 the Deputy Headteacher and Local Governing Body, or as events or legislation change requires. The next scheduled date for review is March 2026.

2. Key Personnel

The Head, Nicola Cowell, the Deputy Head, Joe Yates, the Assistant Head Amanda Engley, the Director of Studies, Claire Glover, and the Business Manager, Kerry Webb of Coworth Flexlands School are responsible for overseeing the procedures of this policy.

3. Definition

Physical restraint is the positive application of force in order to protect or prevent a pupil from causing injury to her/himself or others or seriously damaging property.

It must be shown that on any occasion where physical restraint is used there were strong indications that, if immediate action had not been taken, injury would have followed.

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 willful or reckless behaviour and self-poisoning.

4. Guidelines

The law clearly forbids a teacher to use any degree of physical contact which is deliberately intended to punish, or primarily cause pain, injury or humiliation. Corporal punishment is not permitted under any circumstances.

The touching, physical restraint, use of force against, or constraint of a pupil is something to be approached with great caution.

Restraint of a pupil is permitted when the pupil is:

- i) causing damage or significant personal injury to any person
- ii) engaging in behaviour prejudicial to the maintenance of good order and discipline
- iii) putting themselves or others in danger
- iv) being destructive towards property

Examples include:

- where pupils are fighting
- on the verge of committing deliberate damage or vandalism to property
- causing themselves or others to be at risk of injury by accident through rough play or the misuse of dangerous materials or objects
- The Education Act also quotes pupils running in corridors or stairways in such a way as to endanger the safety of others or where a pupil persistently refuses to obey an order to leave a classroom or behaves in such a way as to seriously disrupt a lesson.

Restraint in any of the above circumstances must only be used when there is **no alternative** to the use of physical restraint.

Restraint may involve blocking the path of pupils, positioning oneself between pupils, touching, holding, pushing, pulling or leading a pupil by the arm or shepherding a pupil away, by placing a hand in the centre of the back.

Physical restraint must involve the **minimum force** necessary to prevent injury or remove the risk of harm and should be gradually relaxed as the pupil gains self-control. It must not be used to gain compliance with staff instructions when there is no immediate risk to the pupil or to other individuals.

Staff are NOT expected to restrain a pupil if, by so doing, they consider they are putting themselves at unacceptable risk.

Any incident resulting in the restraint of a pupil **must be recorded** on CPOMS and the Head notified. Such accounts may be made available to outsiders (parents, governors, consulting professionals) to review if changes in practice are needed. **Parents must also be advised** and given the opportunity to discuss the incident. Guidance about what to include in the report is in appendix 1. The record of incidents of Physical Restraint are regularly monitored by the Head and the Deputy Head.

When the school has a pupil, whose needs may require incidents of physical restraint then the key staff involved in that pupil's care will attend Positive Touch Training, currently seven staff have attended this training.

Further advice for schools on the use of reasonable force can be found on the DfES website www.gov.uk/government/publications/use-of-reasonable-forcein-schools

Reviewed by	Amanda Engley
Role	Assistant Head and Head of EYFS
Review schedule	Annually
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Appendix 1: Guidance on information needed in a Physical Restraint report.

Physical Restraint Report

The following information should be included in the Physical Restraint report on CPOMS

1. Name of pupil(s) restrained
2. Date of Incident
3. Time of Incident
4. Location of incident
5. Name of the Person who restrained the pupil
6. Name of other staff or pupils who witnessed the incident
7. Account of the incident including the reason the physical restraint was necessary
8. How the incident began and how it progressed.
9. Details of any injuries suffered to pupil /another pupil /member of staff /damage to property (use the body map to indicate any injuries.)
10. Pupils' response to the incident and outcome.
11. Parent informed - include how contact was made and any follow up notes.