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**RESTRAINT POLICY**

This policy was written as a guide for staff and parents to set clear guidelines about restraint. For the purpose of this policy the term restraint means holding or securing a child in one place using a variety of means. We need to have a set policy in place in order that there are no misconceptions or misunderstandings about when it is appropriate and inappropriate to restrain children. As a care service provider we have health and safety responsibilities for the children in our care and we recognise that there may be occasions where it is necessary for the children to be restrained in order to prevent harm to themselves or others.

Section 93 of the Education & Inspection Act 2006 stipulates that reasonable force may be used to prevent a pupil:

• Engaging in a behaviour prejudicial to maintaining good order and discipline at school (this includes in the classroom, during other teaching sessions, elsewhere in the school or on authorised off site activities)

• Self injuring or causing injury to others

• Committing an offence

• Causing significant damage to property

Children should never be physically restrained by a member of staff other than for the reasons stated. Discretion must be used in cases where staff feel that a child is in danger of harming themselves or others, and this should only be done when all other avenues have been exhausted. Any staff having to restrain/calm a child should do so with the help of another staff member, or another witness present. A record of the event should be recorded on an incident record sheet and this information shared with the parent.

In exceptional circumstances, where there is immediate risk of injury, a member of staff may need to take any necessary action that is consistent with the concept of ‘reasonable force’. Before intervening physically, staff should wherever practicable, tell the child who is misbehaving to stop, and what will happen if he or she does not. The staff member should continue to attempt to communicate with the child throughout the incident and should make it clear that physical contact or restraint will stop as soon as it ceases to be necessary. In such cases only the minimum force necessary will be used whilst maintaining a calm and measured approach. Staff members of Kidsize should not put themselves at risk of injury. In these circumstances, the staff member should remove the other children who may be at risk and seek assistance from a colleague or colleagues. Until assistance arrives, staff should continue to attempt to defuse the situation orally and try to prevent the situation from escalating.

**Application of Force**

Physical intervention can take several forms. It might 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.

In exceptional circumstances, where there is an immediate risk of injury, a member of staff may need to take any necessary action that is consistent with the concept of 'reasonable force': for example to prevent a young pupil running off a pavement onto a busy road, or to prevent a pupil hitting someone, or throwing something.

In other circumstances staff should not act in a way that might reasonably be expected to cause injury.

**Recording Incidents**

In any case where restraint is used the Manager must be informed and a detailed incident report must be filed and countersigned by a witness. It is important to make this report as informative as possible.

**Action in self-defence or in an emergency**

There may be incidents in which action to restrain a child may be taken outside this policy. Everyone has the right to defend themselves against a physical attack provided they do not use a disproportionate degree of force to do so. Similarly, in an emergency, for example if a child was at immediate risk of injury or on the point of inflicting injury on someone else, any member of staff would be entitled to intervene. Any incident of this kind should be recorded in an incident report.