



Physical Intervention Policy

2025-2026

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Introduction

Physical restraint should be limited to emergencies and used only as a last option. Staff at Brookfield School recognize that the use of reasonable force is only used as a last resort following a range of strategies available to secure student safety/well-being.

Our policy on restraint should therefore be read in conjunction with the division Family Handbook and our Safeguarding & Child Protection Policy.

At Brookfield School we aim:

- To protect every person in the school community from harm.
- To protect all students against any form of physical intervention that is unnecessary, inappropriate, excessive or harmful.
- To provide adequate information and training for staff so that they are clear as to what constitutes appropriate behavior and to deal effectively with violent or potentially violent situations.

Definition of Physical Restraint

Physical restraint is the positive application of force with the intention of protecting the child from harming themselves or others or seriously damaging property.

Why Use Restraint?

Physical restraint should avert danger by preventing or deflecting a child's action or perhaps by removing a physical object, which could be used to harm him / herself or others. It is only likely to be needed if a child appears to be unable to exercise self-control of emotions and behavior.

It is not possible to define every circumstance in which physical restraint would be necessary or appropriate and staff will have to exercise their own judgment in situations which arise within the above categories. Staff should always act within the school's policy on behavior and discipline, particularly in dealing with disruptive behavior.

Staff should be aware that when they are in charge of children during the school day, or during other supervised activities, they are acting in loco parentis and should, therefore, take reasonable action to ensure pupils' safety and well-being.

Failure to physically restrain a pupil who is subsequently injured or injures another, could, in certain circumstances, lead to an accusation of negligence. At the same time staff are not expected to place themselves in situations where they are likely to suffer injury as a result of their intervention.

Use of Physical Restraint

Physical restraint should be applied as an act of care and control with the intention of re-establishing verbal control as soon as possible and, at the same time, allowing the pupil to regain self-control. It should never take a form which could be seen as a punishment.

Staff are only authorized to use reasonable force in applying physical restraint. There is no absolute definition of this, as what constitutes reasonable force depends upon the particular situation and the pupil to whom it is being applied. However, as a general rule, only the force necessary to stop or prevent poor behavior should be used, in accordance with the guidelines below.

There are some forms of physical intervention, which may involve minimal physical contact, such as blocking a pupil's path or the staff member physically interposing him or herself between the pupil and another pupil or object. However, in some circumstances, direct physical contact may be necessary. In

all circumstances other methods should be used if appropriate, and effective physical restraint should be a last resort.

When Physical Restraint Might Be Necessary:

- A student attacks a member of the staff, or another student
- Students fighting
- A student causing, or at risk of causing injury or damage by accident. This can happen by rough play, or misuse of dangerous materials, substances or objects.
- A student is running in a hallway, stairway or on school property in a manner in which he/she might cause an accident likely to injure him/herself or others.
- A student absconding from class or trying to leave school (this will only apply if a student could be at risk if not kept in the classroom or at school).
- A student persistently refuses to follow a request to leave an area which would cause physical danger.

Staff Will:

- Tell the student what you are doing and why
- Use the minimum force necessary
- Involve another member of staff if possible
- Tell the student what s/he must do for you to remove the restraint (this may need frequent repetition)
- Use simple and clear language
- Hold limbs above a major joint if possible e.g. above the elbow
- Relax your restraint in response to the student's compliance

Staff Will NOT:

- Act in temper (involve another staff member if you fear loss of control)
- Involve yourself in a prolonged verbal exchange with the student
- Attempt to reason with the students
- Involve other students in the restraint
- Touch or hold the student on or near the genitals
- Twist or force limbs back against a joint
- Bend fingers or pull hair
- Hold the student in a way which will restrict blood flow or breathing
- Slap, punch, kick or trip up the student

Actions After An Incident

Physical restraint often occurs in response to highly charged emotional situations and there is a clear need for debriefing after the incident, both for the staff involved and the student. The Head of School

should be informed of any incident as soon as possible and will take responsibility for making arrangements for debriefing once the situation has stabilized. An appropriate member of the teaching staff should always be involved in debriefing the student involved, and any victims of the incident should be offered support, and their parents informed.

If the behavior is part of an ongoing pattern, it may be necessary to address the situation through the development of a behavioral plan, which may include getting an evaluation from a licensed psychologist and seeking outside support with a therapist.

It is also helpful to consider the circumstances precipitating the incident to explore ways in which future incidents can be avoided.

All incidents should be recorded immediately by the member/members of staff involved in the incident. All sections of this report should be completed so that in the event of any future complaint a full record is available. The Head of School will contact parents as soon as possible after an incident, normally on the same day, to inform them of the actions that were taken and why, and to provide them with an opportunity to discuss it. Reports should be handed to the Head of School and will be filed in the front office.

Risk Assessments

If we become aware that a pupil is likely to behave in a disruptive way that may require the use of reasonable force, we will plan how to respond if the situation arises. Such planning will address:

- Management of the pupil (e.g. reactive strategies to de-escalate a conflict, holds to be used if necessary)
- Involvement of parents to ensure that they are clear about the specific action the school might need to take
- Briefing of staff to ensure they know exactly what action they should be taking (this may identify a need for training or guidance)
- Identification of additional support that can be summoned if appropriate

Complaints

A clear restraint policy, adhered to by all staff and shared with parents, should help to avoid complaints from parents. If there is a dispute about the use of physical restraint by a member of staff, this may lead to an investigation by the school, local law enforcement, or social services under child protection procedures.

It is our intention to inform all staff, students, and parents about these procedures and the context in which they apply.

Acknowledgment of Policy

For families, please click the appropriate link below to acknowledge receipt of the 2025-2026 Physical Intervention Policy.

[Parent/Guardian Physical Intervention Digital Response Form 2025-2026](#)

If you are a member of the faculty, staff, volunteer or outside therapist, you will be provided a physical form to sign off on.

Record of Physical Intervention

| | |
|-------------------------------------------------------------------------|-------|
| Name of Child: | |
| Date of Incident: | |
| Where did the incident happen? | |
| Names of staff or pupils who witnessed: | |
| Why was force needed? | |
| How did the incident begin and progress? (who said what? Who did what?) | |
| What was done to calm things down? | |
| What degree of force was used? (What kind of hold? And for how long?) | |
| Pupils response: | |
| Details of injury or damage: | |
| Signed: | Date: |
| Head of School : | Date: |