

KENSINGTON
PARK SCHOOL

Physical Restraint and Use of Reasonable Force Policy

Reviewed February 2025
Next Review February 2026

Overview

Kensington Park School fully recognises the responsibility it has under section 157 of the Education Act 2002 to have arrangements in place to safeguard and promote the welfare of children.

This policy is a whole school policy and applies to all students, including boarders, and to all staff, volunteers, and contractors working in the school, including governors. Care and consideration will be given to the age of the child when following the guidance in this policy.

This policy applies to all staff, volunteers and contractors, paid and unpaid, working in the school including governors.

This policy has been developed in accordance with:

- DfE Guidance: Use of Reasonable Force in Schools (2013)
- DfE Behaviour in Schools Guidance (2022)
- Keeping Children Safe in Education (KCSIE) 2024
- Equality Act 2010
- Children Act 1989
- Human Rights Act 1998

The school acknowledges its legal duty to make reasonable adjustments for students with Special Educational Needs and Disabilities (SEND). Restraint should always be a last resort, with de-escalation strategies prioritised wherever possible

For the Purposes of this Policy Document:

- Reasonable force is defined as using no more force than is needed in the circumstances to prevent harm.
- Physical restraint is defined as the positive application of force in order to protect/prevent a student from causing injury to themselves or others or seriously damaging property. It is necessary in more extreme cases of significant disruption, for example to stop a physical fight.
- 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 wilful or reckless behaviour, and self - poisoning.

Who can use Reasonable Force?

- All members of school staff have a legal power to use reasonable force.
- This power applies to any member of staff at the school.
- It can also apply to people whom the Head has temporarily put in charge of students such as unpaid volunteers or parents accompanying students on a school organised visit.

- The decision on whether or not to physically intervene is down to the professional judgement of the staff member concerned and should always depend on the individual circumstances.

When can Reasonable Force be used?

Staff are authorised by the Kensington Park School Advisory Board to use reasonable force in the following circumstances:

- to prevent students from hurting themselves or others, from damaging property, from committing an offence, or from causing disorder;
- to control students or to restrain them;
- to remove disruptive children from the classroom where they have refused to follow an instruction to do so;
- to prevent a student behaving in a way that disrupts a school event or a school trip or visit;
- to prevent a student leaving the classroom where allowing the student to leave would risk their safety or lead to behaviour that disrupts the behaviour of others;
- to prevent a student from attacking a member of staff or another student, or to stop a physical fight
- to restrain a student at risk of harming themselves through physical outbursts;

When can Reasonable Force NOT be used?

Reasonable force can never be used as a form of punishment.

Force must not be used to enforce compliance with instructions unless there is a risk of harm.

Any restraint must not cause deliberate pain, restrict breathing, or involve contact with sensitive areas.

Guidelines for the Use of Physical Restraint

Professional judgement should be used in circumstances where the use of physical restraint and reasonable force is needed, ensuring their actions are proportionate and justifiable. Minimal force should be used for the shortest time necessary.

- Staff should not hesitate to act in an emergency provided they follow the guidelines in this policy.
- Staff should always satisfy themselves that the action they take would be considered justifiable by a wider audience of professional colleagues.
- In any application of physical restraint, the minimum reasonable force should be used to calm down the situation.

- Help should be summoned from colleagues; students should never be involved in restraint.

What to do in circumstances when the use of physical restraint and reasonable force is needed

- Approach the student calmly but firmly.
- Where possible, the consequences of refusing to stop the behaviour should be explained and it should be communicated to the student that physical contact or restraint will stop as soon as it ceases to be necessary.
- A calm and measured approach is required by staff throughout.

Method of Restraint

The method of restraint employed must use the minimum force for the minimum time and must observe the following:

Restraint must not:

- Involve hurting the student
- Involve deliberately inflicting pain on the student
- Restrict the student's breathing
- Involve contact with sexually sensitive areas
- Involve locking the student in a room

During any incident the person restraining should:

- Offer verbal reassurance to the student
- Cause the minimum level of restriction of movement
- Reduce the danger of any accidental injury
- Cease the restraint if there are any signs of physical distress in the student such as sudden change in colour, difficulty breathing or vomiting

Physical restraint can be:

- Partial – restricting and preventing particular movements
- Total – as in the case of immobilisation

Physical intervention can take several forms and may involve staff:

- Physically interposing between students
- Blocking a student's path
- Holding
- Pushing
- Pulling
- Leading a student by the hand or arm
- Shepherding a student away by placing a hand in the centre of the back or in extreme circumstances using more restrictive holds

Do:

- Summon help immediately. A student can be sent to get another adult.
- Ensure a free passage of air through airways
- Be aware of any feelings of anger
- Continue to talk to the student in a calm way
- Provide a soft surface if possible
- Be aware of any accessories worn by you or the student that could cause injury
- Monitor the student's respiration, circulation and state of consciousness

Don't:

- Try to manage on your own
- Stop talking, even if the student does not reply
- Straddle the student
- Push their arms up their back
- Touch the student near the throat or head
- Put pressure on joints or on arterial pressure points (inside of upper arm, groin, neck)
- Use facedown holds

Recording Incidents

All incidents involving the use of physical restraint must be reported to the **Headmaster, Head of Senior School, Head of Sixth Form or Head of Boarding as soon as possible after the incident.** These must be recorded on CPOMS under the reason 'Use of Physical Restraint'. Reports must include The reason force was necessary.

Attempts at de-escalation prior to restraint.

The nature and duration of the restraint.

Any injuries sustained.

Follow-up actions, including parent communication.

Telling parents when force has been used on their child

- Staff need to use their professional judgement on whether to inform a parent, depending on the seriousness of the incident.
- In a serious incident where a member of staff has had to physically restrain a student, the parent will be informed on the day and the conversation must be followed up in writing to the parent.

What happens if a student complains when force is used on them?

- All complaints about the use of force should be thoroughly, speedily and appropriately investigated.
- Where a member of staff has acted within the law – that is, they have used reasonable force in order to prevent injury, damage to property or disorder – this will provide a defence to any criminal prosecution or other civil or public law action.
- When a complaint is made, the onus is on the person making the complaint to prove that his/her allegations are true – it is not for the member of staff to show that he/she has acted reasonably.

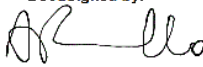
- If an allegation of abuse is made against a member of staff, the procedures set out in the Child Protection and Safeguarding Policy will be followed.

This policy will be reviewed annually to ensure compliance with legal and best practice developments.

Reviewed: February 2025

Next Review: February 2026

Headmaster

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13 March 2025

KPS Advisory
Board Member

Signed by:

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13 March 2025