

RESTRAINTS

A. Introduction

The Fall Mountain School District authorizes staff members to use physical restraints in limited situations. Physical restraint may be used only under the following conditions:

1. Physical action of a student creates a substantial risk of harm to self or others and;
2. After all other positive interventions (see Appendix A).

Physical restraint is appropriate only when a student is displaying physical behavior that presents substantial risk to the student or others, and considered when, in the opinion of the supervising adult, the threat is imminent. The use of physical intervention should not exceed that necessary to avoid injury. The degree of physical restriction employed *must* be in proportion to the circumstances of the incident and the potential consequences.

The purpose of the restraint should be to assist the student to regain rational thought and/or emotional stability. It should last only as long as is necessary to accomplish this.

Trained persons, authorized by the Superintendent, Assistant Superintendent, Special Education Administrator, Principal, Director, or his/her designee, should only carry out restraint. Untrained staff are limited to physically intervening by using the minimal amount of physical contact with the student to protect the student and ensure the safety of others until trained staff is available. Untrained staff should request assistance from trained staff as soon as possible.

B. Definitions

1. **Physical restraint (see JKA-R):** occurs whenever a staff member physically restricts a child's movement against his or her will. Physical restraint is a temporary measure to be used only when necessary to facilitate care, welfare, safety, and security for all.
2. **Substantial risk:** is the serious, imminent threat of bodily harm where there is the ability to enact such harm. Substantial risk shall exist only if all other less restrictive alternatives to diffuse the situation have been exhausted and have failed, or the level of risk prohibits exhausting other means.
3. **Trained Staff** are those individuals who successfully complete and stay current in a training program that results in the acquisition of skills in preventing restraints, evaluating risk of harm in an individual situation, use of approved techniques, and monitoring the effect of the restraint.
4. **District/facility** shall mean the Fall Mountain Regional School District.
5. **Parent** shall mean the student's parent, legal guardian, surrogate parent or student over the age of 18.

C. Training

The Fall Mountain Regional School District shall ensure all appropriate personnel are trained in the use of physical restraint procedures. Efforts will be made to apply physical restraint only by individuals who have received training in the district-approved program and have remained current in its use.

The Fall Mountain Regional District will notify all new personnel working in programs where the use of restraint is "anticipated" of the Use of Physical Restraint Policy and Procedures. The FMRSD will also require that new personnel will participate in the approved training program within a reasonable period. Staff will receive on-going training to maintain the requirements of the training program chosen by the District.

Staff members assigned to provide training must be certified instructors in the training program selected by the District.

D. Prevention Strategies

It is expected that school staff will implement positive and constructive methods to de-escalate potentially dangerous situations. When appropriate, a team of knowledgeable people will develop a positive behavior plan including a plan for teaching replacement behaviors, which may also include behavioral goals and objectives in a student's Individual Education Plan, 504 Accommodation Plan, or Behavior Intervention Plan. Staff must implement all strategies identified in any formal plan such as an Individualized Education Plan (IEP), 504 Accommodation Plan, or any other Behavior Intervention Plan.

Whether the student is eligible for special education or not, the school can still develop a specific behavior support plan in conjunction with the parent/guardians.

E. Processing the Incident

Immediately after the student has restored emotional and behavioral control, a school nurse or other health professional shall examine the student to ascertain if any injury has been sustained during the restraint.

The individuals involved with the incident shall complete a FMRSD Physical Restraint Report as soon after the incident as possible.

The staff member involved with the physical restraint will have the opportunity to meet with their supervisor after the incident. The purpose is to have staff process the incident, look at what could have been done to prevent the restraint and look at other efficient ways to manage a restraint should it occur in the future.

If appropriate, the student, with assistance from staff, will process the event at the earliest appropriate time.

F. Informed Decision Making

When the use of physical restraint is included in a student's written plan, the District will provide the parent/guardian with a copy of the Policy and Procedures for the Use of Physical Restraint.

Additionally, the parent/guardian will be asked to share relevant information with school personnel. This information should include, but not be limited to, medical, health and/or psychological considerations, past experiences, patterns of behavior that may signal an imminent situation and/or de-escalation techniques that have proven to be successful. Whenever staff becomes aware of a medical condition, it is their responsibility to work with the parent/guardian to identify viable modifications/alternatives.

To the extent possible, the District will collaborate with the parent/guardian to identify appropriate and effective techniques for supporting student behavior. Ultimately, it is the responsibility of the District to provide for the safety of all students. The general welfare and safety of both the student and others must be considered at all times. In dangerous situations where the student can cause serious, probable and imminent bodily harm to himself/herself or others, restraint may be used.

G. Documentation

All restraints must be documented. A form to be used for documentation has been provided in Appendix B. The form is entitled "Physical Restraint Report".

H. Reporting Requirements

Appropriate personnel will use the following protocol after each incident:

1. Verbally notify Principal as soon as possible.
2. School principal or designee will verbally notify the parent/guardians as soon as possible but no later than the end of the school day that the restraint occurs. The Principal or designee will update the parent/guardian on the student's current emotional state and discuss strategies to assist the parent/guardian in dealing with any residual effects of the incident;
3. Complete the Physical Restraint Report within one school day and give it to the school principal or designee;
4. Send copy of the written report to the parent/guardian within three school days following the use restraint;
5. Place a copy of the report in the student's confidential file.

Further, it is expected that each staff member involved in an incident will engage in a processing session(s). Components to be included in this session are outlined in JKA-R.

I. Annual Review Process

At least yearly, each building principal will review all individual and program-wide data associated with this policy. These include an analysis of the following components:

1. Incident reports
2. Procedures used during restraint, including the proper administration of specific district/facility approved restraint techniques;
3. Preventative measures or alternatives tried, techniques or accommodations used to avoid or eliminate the need of the future use of restraint;
4. Documentation and follow up of procedural adjustments made to eliminate the need for future use of restraint;
5. Injuries incurred during a restraint;
6. Notification procedures;
7. Staff training needs;
8. Specific patterns related to staff or student incidents; and
9. Environmental considerations, including physical space, student seating arrangements and noise levels.

Upon review of the data, the Principal shall identify any issues and/or practices that require further attention and provide written recommendations to the Superintendent of Schools. Further, the Principal can recommend review of the training program to ensure the most current knowledge and techniques are reflected in the district/facility's program.

The Superintendent or designee shall ensure that all relevant personnel are aware of the District Use of Physical Restraint Policy and Procedures.

Principals will annually identify staff members who serve as school-wide resources to assist in ensuring proper administration of physical restraint. Each school will maintain and distribute an up to date list of trained staff to all relevant educational personnel.

FMRSD

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