**Restraint Guidelines**

**Chemical Restraint**

The administration of a drug or medication to manage a student’s behavior or restrict a student’s freedom of movement that is not a standard treatment and dosage for the student’s medical or psychiatric condition. **The use of Chemical Restraint is prohibited.**

**Mechanical Restraint**

The use of a mechanical device, a material or equipment that is attached or adjacent to a student’s body that the student cannot remove and that restricts the freedom of movement of all or part of the student’s body; or restricts normal access to the student’s body; or holds a student immobile. Examples include: tape, rope, straps, belts, helmets, mittens, lap weights, weighted blanket, etc.

**Mechanical restraints are prohibited outside of the following exclusions.**

1. Mechanical restraints such as seat belts, harnesses, or other restraints in vehicles should be used at all times when students are being transported and the vehicle being used is so equipped.
2. Restraints used by law enforcement are specifically excluded from this policy when such restraints are being utilized in furtherance of law enforcement activities.
3. Medically prescribed devices whose purpose is to compensate for orthopedic weaknesses to protect the student from falling or to permit the student to participate in activities at school are also specifically excluded from this policy.
4. Mechanical restraints such as tape, straps, tie downs, weighted blankets, etc., may be used when specifically recommended by an Occupational Therapist, Physical Therapist, or Physician, with specific recommendations for lengths of time of use and other circumstances for their use.
5. Helmets or other protective gear may be used to protect a student from injuries due to a risk of falling or self-injury, when the mechanical device is part of an Individualized Education Program (IEP) and is the least restrictive means available to prevent harm.

In the event a parent requests the use of a mechanical device, the teacher of record will review the request with the parent and an administrative staff member of Adams Wells Special Services Cooperative.

**Physical Restraint**

Physical contact between a school employee and a student in which the student unwillingly participates and that involves the use of a manual hold to restrict freedom of movement of all or part of a student's body or to restrict normal access to the student's body. The term includes holding or grabbing a student to escort, compel, or coerce the student to move to another location. An action does not need to be a nonviolent crisis intervention (CPI) trained technique to meet the definition of physical restraint.

The term does **not** include:

1. Briefly holding a student without undue force in order to calm or comfort the student, or to prevent unsafe behavior, such as running into traffic or engaging in a physical altercation
2. Physical contact intended to gently assist or prompt a student in performing a task or to guide or assist a student from one area to another.
3. Intervening in a fight, a principal, teacher, or other school corporation personnel may take reasonable action necessary to prevent violence when a fight or physical struggle that takes place in his/her presence while on duty, whether the fight is among students or other individuals.

Physical restraint, including physical restraint of a student by a school resource officer, shall not be used except when used as a matter of last resort and only when the student's behavior poses **imminent risk** of injury to self or others.

Imminent risk

1. A verbal threat or verbally aggressive behavior does not itself indicate an imminent risk of injury
2. Destruction or damage to property does not constitute a risk of imminent injury unless in so doing a risk of injury to the student or others is created.
3. Failure to comply with a directive does not itself indicate an imminent risk unless directly related to behaviors that are substantially likely to result in injury.
4. Elopement in and of itself does not constitute an imminent risk unless there is substantial peril in the immediate vicinity.

Physical restraint of a student, including physical restraint of a student by a school resource officer, may only be used for a short period of time and shall be discontinued as soon as the imminent risk of injury to self or others has dissipated, usually a matter of minutes.

If a student requires additional intervention after physical restraint, the student may be removed to a seclusion setting if one has been designated. (See Seclusion Guidelines)

In determining whether a student who is being physically restrained should be removed from the area where such a restraint was initiated, the supervising adult(s) shall consider the potential for injury to the student; the educational and emotional well-being of other students in the vicinity; and as applicable, any requirements pursuant to a behavior intervention plan (BIP) or individualized education program (IEP).

Every incident in which restraint is used shall be carefully, continuously, and visually monitored to ensure the safety of the student, other students and school employees.

Immediately after the imminent risk of injury to self or others has dissipated, the student should no longer be physically restrained and a school nurse shall examine the student to ascertain if any injury has been sustained during the physical restraint of the student.

Every incident involving the use of physical restraint on a student, including incidents of physical restraint involving school resource officers, shall be documented through an **Incident Report** provided through Adams Wells Special Services Cooperative in order to memorialize the events that led up the use of seclusion. An **Incident Report Intervention Sheet** is provided as a reference for accurate reporting of interventions used.

For all students, a copy of the Incident Report **must** be provided to the Local Building Administrator, Director of Special Education, Parent or Guardian, and CPI Trainer within 24 hours of the incident.

Every incident in which physical restraint is used on a student, including incidents involving school resource officers, shall be reported to the student’s parent or guardian. Schools shall attempt to report every incident in which physical restraint is used to the student's parent or guardian no later than the end of the school day or as soon as practical. In the event the building personnel is unable to contact parents/guardians, a written record of the attempts made to contact parents/guardians must be maintained, setting forth the name of the employee who attempted to contact the parents/guardians and the times that the attempts were made. Documentation of communication must be included in the Incident Report.

As soon as practical and after every incident in which physical restraint is used on a student, including every incident of physical restraint involving school resource officers, the school administrator or designee, such as a CPI trainer, shall meet with at least one school employee who participated in the implementation, monitoring, and supervision of the physical restraint to complete a debriefing process to discuss whether proper physical restraint procedures were followed, including the use of proper procedures to prevent the need for physical restraint.

If physical restraint is used frequently and the problem behavior(s) have not decreased, the case conference committee should be reconvened to review the current behavior intervention plan (BIP) and other procedures that may be used to help the child gain better self-control.

School employees shall be trained regularly on the appropriate use of effective alternatives to seclusion, including the use of positive behavioral intervention and support as well as nonviolent crisis intervention and conflict de-escalation.

**Physical restraint is warranted only when a student’s behavior is so out of control or so dangerous that the student’s behavior in the current environment poses an imminent risk of injury to the student or others.**

Physical restraint is **not to be used:**

1. As a substitute for systematic behavior intervention plans (BIP) that are designed to change, replace, modify, or eliminate a target behavior,
2. As a punishment to eliminate undesirable behavior,
3. To force compliance with staff demands,
4. As an instructional method,
5. In a manner that restricts a student’s breathing,
6. When known medical or physical condition of the student would make physical restraint dangerous.
7. As a consequence for property damage during a behavioral episode.

**It is prohibited to restrain a student in the prone or supine position.**

The school staff that use physical restraint must be trained and certified by persons who are certified in physical restraint procedures by the Crisis Prevention Institute (CPI). After the initial training and certification, each person using physical restraint must complete an annual CPI refresher course to maintain certification.

It is the expectation of the Adams Wells Governing Board that all staff serving in centralized programs hold current CPI training credentials that are renewed annually.

NOTE: The use of physical restraint by staff who are not specifically trained and authorized will result in a recommendation for disciplinary action.