



BURGESS HILL  
— GIRLS —

**Restraint Policy (Whole School including EYFS)**

**1.6.7**

1. There may be instances when a teacher reasonably feels that a pupil may do physical harm to another pupil or to him/herself or is exhibiting severely challenging behaviour which does not allow the school to maintain normal good order and discipline. In such circumstances the teacher may block a pupil's path, shepherd a pupil away, or physically restrain a pupil by placing arms around the pupil, pinning his/her arms. This action **and no more** may be deemed essential.
2. The law forbids a teacher to use any degree of physical contact as a punishment which is deliberately intended to cause pain or injury or humiliation.
3. All staff have the right to defend themselves against physical attack provided they do not use a disproportionate degree of force to do so. Any force used should always be the minimum needed to achieve the desired effect.
4. Details of any physical restraint should always be reported to the Head immediately and recorded in the pupil's file. The report should include:
  - factors necessitating physical intervention
  - the strategies which were employed prior to using physical intervention
  - how physical intervention was effected
  - outcome of restraint
  - any other action taken in the management of the incident
  - parents/carers should be contacted as soon as possible and the incident explained to them. This action should also be recorded
5. Otherwise the School has a policy of minimal physical contact with pupils and striking a pupil etc. is completely unacceptable. Staff should bear in mind that even well intentioned physical contact can be misconstrued.

To be read in conjunction with the Child Protection Policy