




| CP002 | Physical Restraint Policy |
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| Purpose | To regulate physical restraint of students. |
| Authority | School Education Regulations 2000 |
| National Principles for Child Safe Organisations | Principles: 1. Child safety and wellbeing is embedded in organisational leadership, governance, and culture. 2. Equity is upheld, and diverse needs respected in policy and practice. 8. Physical and online environments promote safety and wellbeing while minimising the opportunity for children and young people to be harmed. |
| Policy | Physical restraint may be applied where necessary. |
| Delegation | The Principal |
| Related Policies | Child Protection Policy (CP001) Student Discipline Policy (R002) Staff Code of Conduct (Prof007) |
| Review Authority | Management |
| Next Review Due | May 2028 |
| Keywords | Physical restraint; behavior management; assaults; fights |
| Authorised by: |  |
| ESG Chairman | D Swarts |
| Date: | May 2025 |

| REVISION HISTORY | | |
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| Version | Date | Synopsis |
| 1.0 | Aug 2010 | Adopted by the Board. |
| 1.1 | May 2013 | Added reference to Biblical principles in Policy statement. |
| 1.2 | Sep 2016 | Deleted reference to Biblical principles. Procedure rewritten in accordance with advice from AISWA. |

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| 1.3 | May 2019 | Updated Related Policies. Added National Principles for Child Safe Organisations. |
| 1.4 | Apr 2025 | Minor changes. |



CP002

Physical Restraint Procedure

Definition

Physical restraint is any action taken by a person that forcibly limits another person's ability to move freely.

Physical restraint is only to be used as a means of last resort when the safety or wellbeing of others or the person themselves is at significant risk. Restraint is to be limited to physical restraint and at no time should mechanical (including the use of straps or ties) be applied. Physical restraint is only to continue until the child is calm and able to control themselves appropriately. It is never to be used as a form of punishment or discipline.

If physical restraint is applied, a written incident report and a debrief must be made. Parents or caregivers are to be informed of the incident.

No teacher is compelled to physically restrain and, in most cases, removing self and others from harm's way (evasion) would be the preferred option. Damage or potential damage to property does not necessitate the use of physical restraint. Due to the potential risk involved in applying physical restraint, it is recommended that only staff members who have suitable training be involved.

Prevention

1. Understand the needs of the children and build relationships with them and their families.
2. Have clearly defined behavioural expectations based on Biblical norms.
3. Understand that challenging behaviour occurs when a child is not able to deal with the demands of a situation (self-regulation, temperament, experiences).
4. Develop understandings of what may be potential triggers for students at risk.
5. Develop Behaviour Management Plans (BMP) for those students at risk of concerning behaviour.
6. Implement a curriculum that also addresses bullying and fighting.
7. Have the Principal and some other staff trained in correct methods of physical restraint (for example, PART course, or Team Teach from AISWA).

Dealing with crisis situations:

1. Ensure that the teacher is fully aware of the Behaviour Management Plan.
2. Assess the level of threat and the danger and SEND FOR HELP if necessary (e.g., trained restrainer, Principal).
3. Stay calm and remain in control of your own feelings and voice (SPACE: Self-control, be Patient, Assess the risk, use Crisis communication, Expect the unexpected).
4. Communicate with short clear instructions. No more than 5 words, repeat the instructions, and state what you want the person to do. For example: "Bill, put down the chair"; "Sally, stop hitting"; "John step outside". As appropriate continue communicating throughout the incident.
5. Aim at de-escalating the incident by removing the triggers and exacerbating factors where possible.

If the situation escalates and others are in danger:

6. Attend to the safety of others by evacuating or moving them away from the conflict (evasion).

7. Be alert and evade hits or punches. Try to stay out of the strike zone and never attack or hit back.
8. Only use physical restraint using appropriate ratios to minimise risk of harm to student or staff member. When the person calms sufficiently the restraint hold should be gradually released.
9. Ensure that the restraining is safe and appropriate (it is recommended that properly trained staff members take an active role here).
10. Allow the student time to calm down and recover.

Follow-up

11. Do not attempt to engage in conversations to resolve issues until the student is completely calm. This may take a few hours or more.
12. All stakeholders are to be given time to debrief and document the incident objectively but individually (Incident report).
13. Follow up (e.g., parent involvement, behaviour management plan, understanding triggers, restorative justice).

Students that leave the school grounds without permission:

All instances in which a student leaves the school grounds without permission must be reported to the Principal, Head of school or acting principal immediately. Where a student's personal safety is deemed to be at risk (e.g., young student) staff members have duty of care to try and find the student in order to return that student to safety. When an older student has left the school grounds without permission, the Principal or Head of School is to alert the relevant parent or caregiver as soon as possible. Depending on the circumstances and parental responses, it may be necessary to alert the police. In all cases a parent or care giver must be notified of the incident as soon as possible.

Administration

All incidents described above will be recorded as an incident. Depending on the seriousness of the incident it may be considered to be reportable incident, and the Department of Education is to be informed as well as FRSA Board Chairman. (See CP001 Child Protection Policy; Proc005 Crisis Management Policy, and Prof007 Staff Code of Conduct.)