

# Physical Restraint Policy

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Nipisihkopahk Education Authority (NEA) believes that it is the responsibility of all staff to foster the intellectual, physical, and emotional needs of every student. While the dignity and well being of students and staff must be kept in mind when implementing all behavioural interventions, there may be a time when a student's behaviour poses an immediate risk to themselves and/or others. In these situations staff may be required to physically restrain the student and/or move the student to a safe place. This is the option of last resort when all other intervention methods have failed and when all parts of the Student Discipline & Behaviour Plans policy have been followed.

NEA directs staff to use the least restrictive measure of physical restraint that is likely to be effective in deescalating the situation.

## A. Definition

- a. Physical restraint refers to any action taken by a staff member that results in the restraint of a student for the purpose of immobilizing the student and subduing unacceptable behaviour until such time as there are indications that the student is capable of self-control or they have been moved to a safe place where they can calm down.

## B. Guidelines

- a. Parents and guardians of students at NEA will be informed of the physical restraint policy and procedures.
- b. In situations where a student is causing, or is likely to cause, physical harm to self and/or others, school employees may use appropriate physical restraint techniques.
- c. Only those staff certified in Non-Violent Crisis Intervention techniques will engage in the physical restraint of students.
- d. Two adults must be present when physical restraint is used.
- e. Use a two person restraint whenever possible.
- f. Following the incident, students are to be debriefed in a calm respectful manner.
- g. The incident will be documented within 24 hours and every effort will be made to inform parent(s) or guardian(s) immediately.