

Purpose:

This policy is adopted to define the specifications applicable to the use of Physical Restraint at Wildwood School, including the procedures and policy governing their use. The policy has been adopted to conform with section 19.5 of the Rules of the Board of Regents and Sections 100.2, 200.2, 200.7, 200.15, and 200.22 of the Regulations of the Commissioner of Education.

Definitions:

De-escalation means the use of a behavior management technique that helps a student increase control over their emotions and behavior and results in a reduction of a present or potential level of danger to the student or others.

Physical escort means a temporary holding or touching of the hand, wrist, arm, shoulder or back for the purpose of inducing a student who is acting out to walk to a safe location.

Physical restraint means a personal restriction that immobilizes or reduces the ability of a student to move their arms, legs, body, or head freely. Physical restraint does *not* include a physical escort or brief physical contact and/or redirection to promote safety, calm or comfort a student, prompt or guide a student when teaching a skill or assisting a student in completing a task, or for other similar purposes.

Prone Restraint means physical or mechanical restraint while the student is in the face down position. The use of prone restraint is prohibited in all circumstances.

Procedures Governing the Use of Physical Restraints:

1. Physical restraints are authorized under very limited circumstances only when preventive steps are unsuccessful or infeasible and a student's behavior poses a threat of imminent, serious, physical harm to self and/or others where immediate intervention involving the use of reasonable physical force is necessary to prevent such harm. Positive, proactive, evidence- and research- based strategies shall be used in an effort to reduce the occurrence of challenging behaviors, eliminate the need for the use of physical restraint, and improve school climate and the safety of all students.
2. Physical restraint may be used as a last resort only when: other less restrictive and intrusive interventions and de-escalation techniques would not prevent imminent danger or serious physical harm to the student or others; there is no known medical

contraindication to its use on the student; and school staff using such interventions have been training in its safe and appropriate application.

- a. The use of more physical force than is necessary to address the behaviors identified above, may constitute child abuse.
3. Physical restraint shall not be used to prevent property damage except in situations where there is imminent danger of serious physical harm to the student or others and the student has not responded to positive, proactive intervention strategies.
4. Physical restraint shall not be used as a planned intervention on a student's individualized education program or behavioral intervention plan (BIP).
5. Physical restraint shall not be used as discipline or punishment, retaliation, or as a substitute for positive, proactive intervention strategies that are designed to change, replace, modify or eliminate a targeted behavior.
6. The type of physical restraint used shall be the least restrictive technique necessary and be discontinued as soon as the imminent danger of serious physical harm has resolved.
7. Physical restraint shall be administered only by staff who have received training .
8. All staff shall receive annual training on the school's policies and procedures related to the use of physical restraint, evidence-based positive, proactive strategies; crisis intervention and prevention procedures and de-escalation techniques. Any staff called upon to implement physical restraint shall receive annual, evidence based training in safe and effective developmentally appropriate physical restraint procedures.
9. The parent or person in parental relation shall be notified on the same day when a student is placed in a physical restraint.
10. In all cases a staff member who had direct involvement in the incident shall complete a 'Physical Restraint and Time Out Documentation Form' on each student on which a physical restraint was used which shall include the following information:
 - a. Name and date of birth of the student;
 - b. Setting and location of the incident;
 - c. Name of staff member who participated in the implementation of the physical restraint and any other person involved;
 - d. Description of the events leading to the physical restraint including the duration and type of physical restraint used;
 - e. Whether the student has a current behavior plan ;

- f. List of all positive, proactive intervention strategies utilized prior to the use of the physical restraint;
- g. Details of any injuries sustained by the student and/or others and whether the student was evaluated by the nurse;
- h. Date and method of notification to the parent or person in parental relation and whether a meeting was held; and
- i. Date of the debriefing.

11. Documentation of the incident shall be reviewed by supervisory personnel and, as necessary, school nurse or other medical personnel.

12. A school administrator or designee shall regularly review documentation on the use of physical restraint to ensure compliance with the school's policy and procedures. When there are multiple incidents within the same classroom or involving the same staff, the administrator or designee shall take appropriate steps to address the frequency and pattern of use.

13. Documentation of each incident shall be maintained by the school and made available for review by the Department of Special Education upon request.

14. As soon as practicable, and after every incident in which physical restraint is used on a student, a school administrator or designee shall:

- a. meet with the school staff who participated in the use of physical restraint to discuss:
 - i. the circumstances leading to the use of the physical restraint;
 - ii. the positive, proactive intervention strategies that were utilized prior to the use of physical restraint; and
 - iii. planning for the prevention and reduction of the future need for timeout which may include creation of or changes to the existing behavior intervention plan
- b. direct a staff member to debrief the incident with the student in a manner appropriate to the student's age and developmental ability and to discuss the behavior (s) that precipitated the use of physical restraint.

Applicable Safety Measures:

1. In using such physical restraints, the student's health and safety shall be first and foremost and closely monitored.
2. Physical restraint shall never be used in a manner that restricts the student's ability to breathe or communicate, or harms the student. Regardless of other circumstances, a physical restraint must be terminated immediately if the student shows signs of physiological distress, such as a student indicating they cannot breathe, sudden change in color, hyperventilation, difficulty breathing, or vomiting.

3. At no time shall a student be placed in a restraint while the student is in the face down (prone) position.
4. Only the minimal amount of force necessary under the circumstances is authorized and shall be gradually released and removed as the student regains control.
5. As soon as a student subject to a physical restraint is calm and regains self-control, the student should be transitioned back into his/her regular program or follow the transition plan located in the student's Behavior Intervention Plan or Emergency Management Protocol, where applicable.
6. A physical restraint shall be ended as soon as possible. If a physical restraint lasts twenty minutes the restraint should be released, and the situation reassessed.
 - a. In a case where the student has not regained self-control within the designated timeframe and cannot be transferred safely to another activity, the staff member monitoring the student / designee shall contact an administrator and member of the behavior support department for assistance as needed.
7. Any student who experiences the following while in a physical restraint should immediately be seen by the nurse:
 - a. Bleeding or any other injury
 - b. Signs of shock including pallor or a dusky color discoloration of the skin or lips, cold sweat, difficulty breathing, incoherence or unexpected behavior, panic behavior, losing/loss of consciousness
 - c. Seizure
 - d. Urination and/or defecation
 - e. Vomiting or repeated gagging
8. An assessment by the Nursing Department is mandatory for any student placed in a physical restraint, before the end of the school day in which the physical restraint has occurred. The Nursing Department shall document the assessment findings in the Nursing Log. If any injuries are discovered, it will be documented in the Nursing Notes and a Body Chart will be completed. The Nursing Department will follow up as necessary. If a student refuses to participate in a body check or a full one isn't able to be completed, nursing will document and notify the student's family that a physical intervention was used but they were unable to thoroughly check the student and to notify us if they see any marks.
9. This policy is provided to parents upon admission to the school, when any changes in policy are made and may be provided upon request at any time. In addition, it shall be made publicly available for the review at each school building and posted on the school's website.



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