502.1.4 Use of Physical Restraint

Physical restraint of any student is not a behavioural management strategy; it is a crisis management technique. Physical restraints are not designed to reduce the frequency or severity of negative behaviours but to ensure the safety of students and/or staff. These interventions should only be used in emergency situations where safety is an issue.

Definition
Physical restraint refers to action taken by a staff member that results in the restraint of a student for the purposes of immobilizing the student and subduing unacceptable behavior that jeopardizes safety until such time as there are indications that the student is capable of self-control.

1. Physical restraint shall not exceed that required to control the student and shall be employed only until such time as the student has gained self-control.
2. All restraints must be brought to the attention of the principal or designate and documented by the person involved in the physical restraint.
3. Parents must be informed by a teacher or school administrator.
4. When it is determined that there is a reasonable probability that incidents requiring the use of physical restraint will be repeated, then the following procedures must be followed:
   4.1. A Behaviour Support Plan, outlining the use of physical restraint as a crisis management technique within the plan, shall be developed by the multidisciplinary team.
   4.2. The plan shall outline when and how physical restraint procedures are to be used.
   4.3. The informed consent of the parent/guardian must be obtained in writing prior to the implementation of the plan. This consent may be terminated at any time upon submission of written notice by the parent/guardian. In the event that parental/guardian consent is refused, it may be necessary to excuse or expel the student from school.
   4.4. Each plan shall be reviewed on a regular basis by the Director of Student Services. This supervision shall include evaluation of the effectiveness and appropriateness of the plan.
   4.5. If the principal has concerns regarding the effectiveness or appropriateness of the plan, the Associate Superintendent, Instructional Services, shall be informed.