

1. Physical Intervention Policy

1.1 Policy Statement

This organisation is committed to providing a **safe, inclusive, and supportive environment** for all children and young people. We aim to promote positive behaviour through understanding, respect, and clear expectations, while recognising and responding to individual needs, including those of children with Special Educational Needs and Disabilities (SEND).

We believe that all children have the right to be treated with **dignity, respect, and care**, and that behaviour should be understood in context rather than simply managed.

1.2 Our Aims

This organisation aims to:

- Create a **calm, welcoming and inclusive environment** where all children feel safe and supported
- Promote **positive relationships** built on trust, consistency, and mutual respect
- Work collaboratively with **parents and carers** to support children's individual needs and behaviour
- Ensure all staff are appropriately **trained and supported** in behaviour management and safeguarding
- Use **preventative and de-escalation strategies** as the primary approach to managing behaviour

1.3 Use of Physical Intervention

Staff are **not permitted to use any form of corporal punishment**.

In line with Section 93 of the Education and Inspections Act 2006, staff may use reasonable force **only when necessary** to prevent a child from:

- Causing harm to themselves
- Causing harm to others
- Being at risk of serious injury or death
- Causing serious damage to property

Any use of force must be **reasonable, proportionate, and necessary** in the circumstances.

1.4 Definitions

- **Physical intervention:** Any physical action taken by staff to support a child in a situation of distress or risk. This may include guiding or redirecting movement and does not always involve restraint.
- **Physical restraint:** The use of force to restrict a child or young person's movement against their will.

1.5 Principles

- Physical restraint will only ever be used as a **last resort**
- Staff will always prioritise **de-escalation and preventative strategies**
- Any intervention must be **proportionate to the level of risk**
- The **minimum force** necessary will be used for the **shortest time possible**
- The child's **safety, dignity, and emotional wellbeing** will always be central

1.6 Prevention and De-escalation

Staff will aim to avoid the use of physical intervention by using a range of strategies, including:

- Calm and supportive verbal communication
- Clear and consistent instructions
- Distraction and redirection
- Allowing time and space for the child to regulate
- Adjusting the environment where possible
- Recognising and responding to early signs of distress

1.7 Supporting Children with SEND

We recognise that children with SEND may experience:

- Differences in communication
- Sensory sensitivities
- Increased anxiety or distress in certain situations

Staff will:

- Take reasonable steps to **understand each child's individual needs**
- Adapt communication and expectations accordingly
- Be mindful of potential triggers and sensory factors
- Follow **individual behaviour or support plans** where these are in place
- Use approaches that reduce distress and promote understanding

We acknowledge that physical restraint may be **particularly distressing** for some children and will take additional care to avoid its use wherever possible.

1.8 Safe Use of Physical Restraint

Where physical restraint is necessary:

- It will only be used to prevent **immediate risk of harm**
- The child will be held in a way that minimises distress and risk
- The restraint will stop **as soon as it is safe to do so**

Staff must **not**:

- Restrict a child's breathing
- Use holds around the neck
- Use excessive force or pain compliance techniques
- Use restraint as a form of punishment

1.9 After an Incident

Following any use of restraint:

- The child will be supported to **calm and recover in a safe space**
- Staff will provide **reassurance and an appropriate explanation** using language suited to the child's level of understanding
- The child's wellbeing will be checked, including for any signs of injury or distress

1.10 Recording and Reporting

All incidents involving physical restraint must be recorded as soon as possible and include:

- The reason for the intervention
- Events leading up to the incident
- De-escalation strategies attempted
- The type and duration of restraint used
- Names of staff involved and any witnesses
- The child's response
- Any injuries or concerns
- Actions taken following the incident

Parents or carers will be informed **as soon as possible** and will be provided with a copy of the record.

1.11 Monitoring and Review

All incidents will be reviewed by management to:

- Identify patterns or triggers
- Evaluate the effectiveness of strategies used
- Ensure appropriate support is in place for the child
- Inform future planning and staff practice

1.12 Training and Staff Responsibilities

All staff will receive appropriate training in:

- Safeguarding and child protection
- Behaviour management and de-escalation
- Safe physical intervention techniques
- Awareness of SEND and inclusive practice

Staff are expected to act in line with this policy at all times and to prioritise the **safety and wellbeing of every child**.

1.13 Policy Review

This policy will be reviewed annually or sooner if required.

1.0	03/08/2021	Louise Combellack - Manager	Aug 2022
1.0	10/08/2022	Louise Combellack – Manager	Aug 2023
1.0	01/06/2023	Louise Combellack – Manager	June 2024
1.0	06/06/2024	Louise Combellack – Manager	June 2025
1.0	10/06/2025	Louise Combellack – Manager	June 2026
Version	Date Approved	Summary of Changes	
2.0	10/04/2026	<i>Change to name of policy to more inclusive language Inclusion of statement that physical intervention must only be used as a last resort De-escalation guidance explained Introduction of section pertaining to children with SEND Inclusion of guidance on how to restrain safely Staff training requirements introduced</i>	



*Explanation of what must be recorded if physical
intervention is used
Introduction of post-incident review*

Signed: *Louise Combellack* Senior Manager Date: 10/04/2026