

The Keene School District authorizes staff members to use physical restraints in limited situations. Physical restraint may be used only under the following conditions:

1. Physical action of a student creates a substantial risk of harm to self or others;
2. All other positive interventions have failed, or the level of immediate risk prohibits the exhausting of other means

Physical restraint is appropriate only when a student is displaying physical behavior that presents substantial risk to the student or others and the threat of harm is imminent. Persons implementing a restraint will use extreme caution and the least amount of physical strength necessary to protect the student and others. The use of physical intervention should not exceed that necessary to avoid injury. The degree of physical restriction employed *must* be in proportion to the circumstances of the incident and the potential consequences. The school resource officer or Keene Police Department should be contacted if deemed useful to the situation.

A physical restraint of a student should be conducted in a manner consistent with the techniques prescribed in the District approved training program. The purpose of the restraint should be to assist the student to regain emotional stability. Restraint should last only as long as is necessary to accomplish this purpose. To the extent possible, restraint should be conducted in such a way as to preserve the confidentiality and dignity of all involved.

Restraint should be carried out by trained staff authorized by the Superintendent, Special Education Director, and/or building Special Education Administrator or Principal. Untrained staff should employ such minimal amount of physical contact as will protect the student and others until trained staff is available. Untrained staff should request assistance from trained staff as soon as possible.

Principals will annually identify staff members who serve as school-wide resources to assist in the proper administration of physical restraint. Each school will maintain and distribute an up to date list of trained staff to all relevant personnel.

All relevant personnel shall be made aware of Physical Restraint Policy and Procedures.

### **Definitions**

**Prevention Strategies** are positive and constructive methods to deescalate potentially dangerous situations.

**Physical restraint** occurs whenever a staff member physically restricts a child's movement against his or her will. Physical restraint is a temporary measure to be used only when necessary

to facilitate care, welfare, safety, and security for all.

**Substantial risk** is the serious, imminent threat of bodily harm where there is the ability to enact such harm. Substantial risk shall exist only if all other less restrictive alternatives to diffuse the situation have been exhausted and have failed, or the level of risk prohibits exhausting other means.

**Trained Staff** are those individuals who successfully complete and stay current in a training program that results in acquisition of skills in preventing restraints, evaluating risk of harm in an individual situation, use of approved techniques and monitoring the effect of the restraint.

**District/facility** shall mean the Keene School District.

**Parent** shall mean the student's parent, legal guardian, surrogate parent or student over the age of 18.

Title X – Public Health

Chapter 126-U

Section 126-U:1-13

Title XV – Special Education

Chapter 186 - C

Approved KBE: 2/8/11