



PHYSICAL RESTRAINT POLICY

2025-2026

- **This document has been approved for operation for - Islamiyah Girls High School**
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 - **Review Period – 1 Year**
 - **Owner – Islamiyah Girls High School**
 - **Approved By – Governing Body**
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PHYSICAL RESTRAINT

On the day of Judgement, Allah will withhold His punishment from he who restrains his anger (Al- Bahiqi)

PURPOSE

The purpose of this policy is to safeguard the well-being of pupils and staff when an incident requires the use of physical intervention. Its intention is to develop and encourage consistent and safe practices in the use of physical restraint.

Staff should not hesitate to act in an emergency provided they follow this guidance; however, they should always satisfy themselves that the action they take would be considered justifiable by a wider audience of their professional colleagues.

DEFINITION

Physical restraint is the positive and reasonable application of force in order to protect/prevent a pupil from causing injury to him/herself or others or seriously damaging property. It may also be used to prevent a pupil from engaging in any behaviour prejudicial to maintaining good order and discipline at the school or among any of its pupils, whether that behaviour occurs in a classroom during a teaching session or elsewhere.

Injury means 'significant injury'; this would include: actual or grievous bodily harm, physical or sexual abuse, risking the lives of, or injury to, themselves or others by wilful or reckless behaviour, and self-poisoning.

It must be shown that, on any occasion where physical restraint is used, there were strong indicators that if immediate action had not been taken injury would have followed.

INTRODUCTION

This policy is based on guidance outlined in the document DfE guidance '*Use of reasonable force- Advice for Headteachers, Staff, and Governing Bodies*'

Staff should also refer to the whole school behaviour policy.

SCHOOL EXPECTATIONS:

At IGHS, we accept that the use of reasonable force is only necessary to prevent a pupil from:

- Committing a criminal offence
- Injuring themselves or others
- Engaging in any behaviour prejudicial to maintaining good order and discipline at the school or among any of its pupils, whether that behaviour occurs in the classroom during a teaching session or elsewhere.

The 'staff' referred to in this policy applies to all **employed** adults on site.
All **teachers** are empowered to restrain.

A LAST RESORT

There are situations in which there is no safer alternative, but schools and individual members of staff can minimise the chances of these arising by:

Creating a calm, orderly and supportive school climate that minimises the risk of violence of any kind and an active approach to teaching pupils how to manage strong emotions.

EFFECTIVE MANAGEMENT OF INDIVIDUAL INCIDENTS.

Staff should communicate calmly with the pupil throughout the incident. They should use non-threatening verbal and body language to show that they are not acting out of anger, frustration or a desire to punish. They may need to seek colleagues' support (for example to manage bystanders or other pupils in a classroom) but should not leave the pupil alone.

They should also ensure that a pupil does not feel trapped, this can involve, offering the pupil alternatives such as:

1. Coming with the staff member to a quiet room away from bystanders so that the staff member can hear the pupil's concerns.
2. Sitting down and having a drink of water.
3. Being joined by a particular member of staff well known to the pupil.
4. Being joined by a friend or family member.

The Messenger of Allah (peace and blessings of Allah be upon him) said:

"If any of you becomes angry and he is standing, let him sit down, so his anger will go away; if it does not go away, let him lie down." Staff should follow this guidance in dealing with students who are angry.

Ask students to recite taawudh

"I seek Allah's protection from Satan who is accursed."

The use of restraint should always be a last resort. If practical before intervention, a calm warning or instruction to stop should be given and every effort should be made to achieve a satisfactory outcome without physical intervention.

The method of restraint employed must use the minimum force for the minimum time and must observe the following requirements:-

RESTRAINT MUST NOT

- Involve hitting the pupil
- Involve deliberately inflicting pain on the pupil
- Restrict the pupil's breathing
- Involve contact with sensitive areas

During any incident the restrainer should:

- Offer verbal reassurance to the pupil
- Cause the minimum level of restriction of movement
- Reduce the danger of any accidental injury

Physical intervention can take several forms. It might involve staff:

- Physically interposing between pupils
- Blocking a pupil's path
- Holding
- Pushing
- Leading a pupil by the hand or arm
- Shepherding a pupil away by placing a hand in the centre of the back

The school accepts and understands that in accordance with the law corporal punishment is forbidden.

RECORDING INCIDENTS

It is important that a written report is kept on any occasion when force is used; the member of staff concerned should advise the headteacher immediately following the incident and provide a written report as soon as possible afterwards. Records of such incidents will be stored centrally by the headteacher.

The report should include:

- The name(s) of the pupil(s) involved
- When and where the incident took place
- The name(s) of any other staff or pupils who witnessed the incident
- The reason that force was necessary
- How the incident began and progressed
- The pupil's response and the outcome of the incident
- Details of any injury suffered by the pupil/another pupil/member of staff and any damage to property.

Staff may find it helpful to seek advice from a colleague when writing a report.

The headteacher or a designated member of staff will ensure that parents are informed as soon as is reasonably practicable of an incident where physical restraint has been used.

SUPPORT FOR STAFF AND PUPILS

School will support staff that have been involved in situations where they have had to restrain a pupil. The pupil will also be counselled.

A de-briefing session will be held with both staff and pupil (s) involved in any incident and outcomes reviewed to inform future practice in order to minimise risk of similar occurrences.

MONITORING AND REVIEW

The headteacher is responsible for reviewing annually the application and effectiveness of the policy.

