

Pembina Hills Public Schools believes in providing an opportunity to learn in a safe and positive environment where each individual is respected and valued.

### Scope

This Administrative Procedure is to be employed when staff feels that a student is acting in an unsafe manner that is threatening to the safety of the student, the safety of others or is likely to damage property and restraint/ physical intervention is necessary to restore and maintain safety. Restraint cannot be chemical or mechanical. Restraint that is physical in nature or involves isolation must be previously approved by the School Principal to be utilized.

#### 1. Definition of terms

- a. Chemical Restraint- the use of physical intervention to control a student's behaviour or limit freedom of movement through administration of any medication or pepper spray for the purpose of restraining the student. **Chemical restraint is not allowed under any circumstances.**
- b. Mechanical Restraint- the use of physical intervention to control a student or limit freedom of movement through the use of a mechanical device, including but not limited to, handcuffs, plastic ties, ankle restraints, leather cuffs or hospital-type restraints, tasers or batons. **Mechanical restraint is not allowed under any circumstances.**
- c. Physical Restraint- the use of physical intervention to control a student or limit freedom of movement in a way that uses limbs or the weight of the human body without the use of a mechanical or chemical restraint. This would not include developmentally appropriate, gentle physical guidance for children in pre-school programs.
- d. Restricted Isolation- the use of physical intervention to control a student's behaviour or limit freedom of movement by seclusion into an area that is quiet, safe and free from harm. This would not include moving students to a different location in the classroom but is meant to refer to isolation in a separate setting where students are physically stopped from leaving.

#### 2. Authorization

Using restraint in schools may apply in emergency situations in order to comply with Section 45(8) of the *School Act* which requires Boards to maintain a safe and caring environment. Reasonable physical force is necessary where:

- Alternative, non-physical interventions are not effective in removing the imminent threat of harm.
- The action is consistent with a student's individual educational plan or behavioral plan.

- If physical restraint is required for a student without a behaviour/safety plan due to an unexpected safety issue, it is expected that a behaviour/safety plan would immediately be developed.

### **3. Prohibited Practices**

This procedure does not permit:

- Restraint as a means of punishment, or as a means of discipline.
- Restraint as a means of preventing behaviour that is not physically harmful from occurring.
- Restraint as a means of denying any basic necessity, including use of bathroom, access to food/lunch or appropriate articles of clothing.

### **4. Training**

Staff will be provided with the opportunity to receive relevant training for managing threatening student behaviour.

In circumstances where an approved plan involving restraint exists for a student, all staff will be provided with adequate training and information (administrators, teachers, counsellors, behavioral specialists, bus drivers and any other parties as designated by the School Principal).

The School Principal is responsible for ensuring adequate training for all individuals who are identified as having a role in restraining a student in a Safety Plan.

### **5. Data Collection**

Schools will maintain a record of each incident when the use of restraint/isolation is applied to a student. At a minimum, the school will utilize ([Form 5-18-A – Incident Report on the Use of Restraint/Isolation](#)) which will record the following information:

- Name of the student
- Name of the individual(s) who applied the restraint/isolation
- Time, date and manner in which the student's parent or guardian was informed of the restraint
- Type of restraint/isolation applied
- Duration of the restraint/isolation
- Description of the student's behaviour that was the cause of the restraint/isolation
- Names of school staff who witnessed the restraint/isolation
- Whether the restraint resulted in any injury to the student, other students or the staff member(s) who applied the restraint
- What disciplinary follow-up action was taken toward the student, if any

This report will be provided to the School Principal or designate by the end of the day and placed in the student's cumulative file with a copy forwarded to the Director of Student Services (within 2 days). Incidents will be reviewed by the student's support team to determine ways to reduce the need to use such intervention.

## **6. Notification of Parent or Guardian**

Following the use of restraint, the student's parent or guardian will be contacted before the end of the day by the teacher or School Principal.

Parents have the same right of appeal as with all programming practices ([AP 20-03 Parent Inquiries](#)).

### **Reference**

[Alberta Education Guidelines In Schools for Using Time Out](#)  
[AP 20-03 Communication Protocol](#)  
[AP 60-12 Inclusive Practices \(Student Placement and other Programming Decisions\)](#)  
[Form 5-18-A Incident Report on the Use of Restraint/Isolation](#)