

## **Physical Intervention Policy**

### **1. Purpose of this document**

This policy explains situations where physical intervention or physical restraint may be used. These situations include, not only those children for whom risks have been highlighted by the parent/guardian for the use of restraint or physical intervention, but also those children whose behaviour is unforeseeable and unpredictable e.g. a child who for no anticipated reason displays behaviour which could endanger her/himself, a member of staff, other children or a member of the public.

This policy will assist staff to be aware of the type of situation where they may or may not require to intervene physically, and those situations where it is acceptable or unacceptable to physically restrain a child.

#### **1.1 Terminology**

Physical intervention refers to the actions by which one or more people restrict the actions of another. Physical restraint is the positive application of force with the intention of holding a child. Both are acts of care and control aimed at ensuring safety of the child and of others.

#### **1.2 Rationale**

All children attending the Boom Active holiday programme and staffs responsible for the children have the right to take part in positive day which is not subject to disruption or aggression. In all occasions when a child appears angry, all staffs should try their best to de-escalate the situation so that the likelihood of any physical aggression occurring is minimalized. At the beginning of every Boom Active holiday programme day, the BAD or senior coach leads a talk on expectations of behaviour and it is explained that there is zero tolerance to any aggressive behaviour. Every parent/guardian signs a PAR-Q form to agree to their child being collected if they display any aggressive behaviour towards themselves, another child, any staff member or member of the public.

If a child is sent home due to poor behaviour the session will not be refunded and dependent on the severity of the behaviour the child may not be allowed to attend any further Boom Active holiday programme sessions. The BAD will make a decision regarding future booking and inform the parent/guardian within 48 hours.

### **2. Procedure and Protocol**

#### **2.1**

It is the responsibility of parents and guardians to notify Boom Active if their child's behaviour is volatile and to explain the best ways of managing their behaviour if it does become volatile.

#### **2.2**

Property should only be considered a relevant cause for physical intervention when such damage to property could cause significant harm to individuals.

#### **2.3**

Physical intervention or physical restraint can only be justified if all other intervention strategies and non-physical methods have proved ineffective and there is an immediate danger of significant harm. In no other circumstances can physical intervention or restraint against a child be justified.

## **2.4**

Members of staff may, if acting in accordance with this policy, intervene to avert immediate dangers.

## **2.5**

Failure to act when there is evidence that a greater and significant harm may occur could result in allegations of negligence. Action does not necessarily mean physical intervention. Any physical contact carries with it the possibility of an allegation of inappropriate physical contact and may lead to an investigation by the BAD.

## **2.6**

A child must never be asked to physically intervene or to restrain another child.

## **3. Physical Intervention**

Physical Intervention refers to the actions by which one or more people restrict the actions of another

### **3.1**

If all steps have been taken to ensure that a child does not exhibit violent behaviour towards another person and the situation continues then the child should be warned that if they do not desist physical intervention may be used.

### **3.2**

When it is apparent that a child is not responding to the behaviour management strategies being used by an individual member of staff and a violent incident seems imminent, then, wherever possible, another member of staff must be summoned. This will not be seen as a failure; the presence of a second adult could prove helpful in ensuring safety, objectivity and calm control as well as providing a witness to what takes place.

### **3.3**

Staff should only attempt physical interventions where they are convinced of a satisfactory outcome i.e. the child is brought under control by the strategy employed.

- a. Physical intervention, up to and including physical restraint, should be used only as a last resort when all other strategies, including that of removing other children and summoning assistance from another member of staff have been considered.
- b. Such physical intervention should only be used to de-escalate or prevent a violent situation from developing.
- c. Physical intervention should not be used as a method of enforcing discipline or compliance.

## **4. Physical Restraint**

Physical restraint is the positive application of force with the intention of holding a child

Physical intervention/restraint techniques should only be used in an emergency

#### **4.1**

When it becomes necessary to restrain a child, staff should maintain a calm and reassuring manner

#### **4.2**

Care must be taken to avoid pain or injury to the child. Restraint must never interfere with breathing, blood supply or genital areas. b. involve holding the head, throat, wrists, joints or fingers.

#### **4.3**

Restraint should be relaxed and released at the earliest opportunity. The child should be told what will happen next to avoid unnecessary anxiety. If the member of staff is going to release the grip and stay quietly with the child, this should be explained.

#### **4.4**

Restraint should always be an act of care, never of punishment.

### **5. Procedural Points following Physical Intervention**

Any incident where physical intervention has been used must be reported to the BAD/head coach immediately or as soon as feasible and the circumstances recorded

#### **5.1**

Parents/carers should be contacted by the BAD/head coach at the earliest opportunity and on the same day in all cases.

#### **5.2**

Both the child and parents/guardians must be made aware of the reason why physical intervention was necessary. The views of the child and parents/guardians should be recorded at the time of discussion.

#### **5.3**

Staff debriefing should take place no earlier than 24 hours after the incident but within a 72 hour period. The BAD should discuss the incident and reasons with the member of staff involved.

#### **5.4**

The BAD should take no longer than 48 hours to report back to the parent/guardian as to whether or not the child involved will be accepted onto future Boom Active holiday programmes.