



INDEPENDENT SCHOOL

Restraint Policy

Policy Owner: Sandeep Athwal

Full Name	Position	Signature	Date	Review Cycle
Sandeep Athwal	Director		V1 – 01/01/2024 V2 - 02/01/2025 V3 – 15/06/2026	Annual

**Introduction:**

SOC Independent Schools is committed to providing a safe and supportive learning environment for all students, staff, and visitors. While our primary focus is on promoting positive behavior and conflict resolution, there may be rare instances when restraint is necessary to ensure the safety and well-being of individuals involved. This policy outlines our approach to the use of restraint and measures in place to minimise its occurrence.

Policy Statement:**Definition of Restraint:**

- Restraint refers to any physical intervention or method used to restrict the movement or actions of a person in a manner that ensures their safety or the safety of others. Restraint may include holding, guiding, or using equipment designed for this purpose.

Restraint as a Last Resort:

- Restraint is considered a last resort and will only be used when other strategies to de-escalate a situation or manage behavior have proven ineffective or when there is an imminent risk of harm.

Authorised Personnel:

- Restraint may only be administered by trained and authorised personnel who have received appropriate instruction on restraint techniques and the legal and ethical implications of their use.

Minimisation of Harm:

- The use of restraint must be proportionate and necessary to prevent harm. Restraint techniques employed must aim to minimise the risk of physical or psychological harm to the individual and others involved.

Duration and Monitoring:

- Restraint should be applied for the shortest duration possible. During restraint, continuous monitoring of the individual's well-being is essential, including their physical and emotional state.

Documentation and Reporting:

- Any use of restraint must be documented promptly, including the reasons for its use, the individuals involved, the techniques used, and any injuries sustained. This documentation is crucial for transparency and accountability.

Parent/Guardian Notification:

- In cases involving students, parents or guardians will be promptly notified of any significant use of restraint, along with a comprehensive explanation of the circumstances.

**Debriefing and Review:**

- After any use of restraint, a debriefing session will be held to assess the incident, identify potential alternative strategies, and ensure that all parties involved are supported.

Training and Education:

- SOC Independent Schools staff members will receive regular training and education on de-escalation techniques and restraint procedures, emphasizing the importance of avoiding and minimising the use of restraint whenever possible.

Legal and Ethical Considerations:

- All use of restraint must comply with local, state, and national laws, as well as ethical guidelines. SOC Independent Schools will ensure that restraint is administered within these legal and ethical frameworks.

Conclusion:

The SOC Independent Schools is dedicated to maintaining a safe and nurturing environment where restraint is only considered a last resort to prevent harm.

By adhering to this policy and emphasising alternatives to restraint, we prioritise the well-being and dignity of all individuals in our care, promoting positive behavior and conflict resolution as our primary means of maintaining a secure learning environment.