



Physical Restraint Policy

*See also: Education (Physical Restraint) Rules February 2023
Aramai He Tētēkura (Guidelines) February 2023
Procedures for De-Escalating Situations
Education and Training Act 2020*

Definition:

The Act defines physical restraint as 'physical force to prevent, restrict, or subdue the movement of the student's body or part of the student's body against the student's will.'

Rationale:

The purpose of this policy is to provide information and guidance to all to ensure Lincoln High School provides a safe physical and emotional environment for students and staff. Sometimes the physical behaviour of a student can put this safety at imminent harm and that behaviour needs to be managed.

Guidelines:

- Physical restraint is a serious intervention which should be avoided unless absolutely necessary for staff or student safety. It should only be used when a person's physical or emotional safety is at imminent harm.
- In a situation where a student's behaviour is putting others, or their own, safety at risk, prevention and de-escalation techniques should be used prior to using physical restraint.
- Only authorised staff may use physical restraint. All teachers, including relievers, are authorised. Other staff members can be authorised by the Board.
- The *Guidelines for Registered Schools in New Zealand on the Use of Physical Restraint* must be followed.
- After an incident where physical restraint is used the incident must be fully documented and a formal review done.
- Teachers will be trained in the use of de-escalation and preventative techniques.
- There is no requirement that staff will physically restrain a student if they do not feel safe and comfortable to do so, however, they must seek assistance immediately.

Approved: 22 May 2023

Annually Reviewed

Signed: 
Nicky Hiku
Presiding Member

Signed: 
Kathy Paterson
Principal