



RESTRAINT MODULE

Reading Public School

SY 2019-2020

PHYSICAL RESTRAINT REQUIREMENTS

Regulations in effect January 1, 2016, Prevention of
Physical Restraint and Requirements If Used at:

<http://www.doe.mass.edu/lawsregs/>

under Recently Approved Regulations



PHYSICAL RESTRAINT DEFINITION:

“Direct physical contact that prevents or significantly restricts a student’s freedom of movement.”

Physical Restraint does NOT include:

“Brief physical contact to promote student safety, providing physical guidance or prompting when teaching a skill, redirecting attention, providing comfort, or a physical escort.”

PHYSICAL RESTRAINT CRITERIA

All three criteria must be met:

1. The risk of not intervening is greater than the risk of intervening.
2. There is imminent risk of serious harm.
3. There is no other practical way to prevent harm without physical management.

ENSURING SAFETY DURING RESTRAINT



- Call for help ASAP
- If possible, have a medically trained adult act as safety monitor
- Use only the amount of force necessary to protect the student or others
- Always use the safest, least restrictive method.
- Do not use floor or prone restraints unless you have received in-depth training
- Discontinue restraint as soon as it is safe to do so; or if the student indicates that s/he cannot breathe

ENSURING SAFETY



- Monitor physical well-being; check respiration, skin temperature, and color every 30-60seconds
- If student experiences physical distress – correct the problem, adjust grip, loosen grasp, provide sips of water, apply cool cloth, ect.
- If student expresses difficulty breathing, or shows signs of a medical emergency, release restraint and seek medical assistance immediately

PHYSICAL RESTRAINTS: PROHIBITIONS

- No Prone Restraints without medical and principal prior approval
- No Medication Restraints
- No Mechanical Restraints
- Mechanical Restraint does not include devices implemented by trained school personnel, or utilized by a student that have been prescribed by an appropriate medical or related services professional, and are used for the specific and approved positioning or protective purposes for which such devices were designed.



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RESTRAINT IS NOT TO BE USED:

- As a means of discipline or punishment
- As a response to property destruction, school disruption, refusal to comply, or verbal threats.
- When the student cannot be safely restrained due to a medical contraindicated reason
- As a standard response for any student
- When non-physical interventions could be used
- The use of restraint may not be included in behavior plans or IEPs



FOLLOW-UP PROCEDURE: PREVENTION & LEARNING FROM THE EXPERIENCE

- Debriefing with staff is mandatory after every restraint.
 - Staff will get together after the incident and talk about antecedents, triggers, response to behaviors and safety planning.
 - Staff will collect and review data and make changes to safety plans to decrease likelihood of future need for physical restraint.
- Debriefing with the student will occur after the student has completed their recovery period.
 - Recovery is the time it takes for a student to be back at their baseline behavior from before the incident. Debriefing with student is for student's benefit. Debriefing will not occur for students who would not benefit from it.



TIME AND REPORTING REQUIREMENTS



- In person approval of the principal, or their designee is required prior to any restraint that exceeds 20 minutes
- Notify school administration as soon as possible, & provide written report by the next school working day
- The principal or director of the program shall make reasonable effort to notify the parent, verbally as soon as possible (verbally within 24 hours), and by written report within 3 school working days.
- Student and parents have a right to return the form with comments.
- Any injury that developed as a result of the physical restraint requires additional written documentation and report to the Department of Education

PERMITTED: TIME-OUT

Inclusionary Time-Out: When the student is removed from positive reinforcement or full participation in classroom activities while remaining in the classroom.

Exclusionary Time-Out: The separation of the student from the rest of the class either through complete visual separation or from actual physical separation



PROHIBITED: TIME-OUT



Seclusionary Time-Out:

“Physically confining a student alone in a room or limited space without access to school staff. The involuntary confinement of a student alone in a room or area from which the student is physically prevented from leaving.”

Permitted Time-Outs Include:

- Staff are present, continuously observing the student
- A Student must never be locked in a room
- Principal approval is required to extend time-out longer than 30 minutes