

# Golden Bay High School

## Physical Restraint Policy

**See also:** *Physical Restraint Guidelines Aramai He Tētēkura*  
*Learning the Relational Way Procedures*

**Definition:** 'Physical Restraint' means the use of physical force to prevent, restrain or subdue the movement of the student's body or part of the student's body

**Rationale:** The purpose of this policy is to provide information and guidance to all to ensure Golden Bay 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 serious and imminent risk and that behaviour needs to be managed.

**Policy:**

1. 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 serious and imminent risk. If such a risk is considered to exist, then physical restraint used must be reasonable and proportionate to the circumstances.
2. 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.
3. Only authorised staff may use physical restraint. All teachers, including relievers, are authorised.
4. All non-teaching staff are authorised by the Principal. Other staff members can be authorised by the Principal under delegation from the Board of Trustees.
5. The Physical Restraint Guidelines Aramai He Tētēkura must be followed.
6. Teachers will be trained in the use of de-escalation and preventative techniques. Training will be provided to staff who may be involved in the physical restraint of students.
7. Where physical restraint has been used in relation to a student, the following steps must be taken:
  - a. The student who was physically restrained must have their physical and psychological well-being monitored for the rest of the school day
  - b. The parent/caregiver of the student is notified as soon as possible on the same day of the use of any physical restraint
  - c. The incident is reported to the Ministry of Education on the form on page vi of the Education (Physical Restraint) Rules 2023
  - d. The staff member who used physical restraint must have their physical and psychological wellbeing monitored for the rest of the school day
  - e. The staff member who used physical restraint must complete a staff physical restraint incident report. This report is to be provided to the Principal.
  - f. A copy of the staff physical restraint incident report will be:
    - i. Placed on the student's file
    - ii. Provided to the student's teacher/s
    - iii. Provided to the student's parent/caregiver

- 8. There is no expectation that staff will physically restrain a student if they do not feel safe and comfortable to do so.
- 9. The Principal is to:
  - a. Report to the board any incidents of the use of physical restraint at the Board’s meeting immediately following the incident.
  - b. Report to the Board annually in February on the use of physical restraint in the previous year.