

## **Physical Restraint**

Physical Restraints should only be performed by staff that have been properly trained and certified in non-verbal intervention procedures. A student should only be restrained by a currently certified staff member and in situations in which the child is putting him/herself or other(s) in significant danger of serious bodily injury.

A restraint is the application of physical force, with or without the use of any device, for the purpose of restraining the free movement of a student's body. The term does not include briefly holding a student without force to calm or comfort the student, guiding the student to an appropriate activity, or holding a student's hand to safely escort from one area to another. The term does not include taking away a weapon, breaking up a fight, or physically prompting a student during the course of instruction. The use of a restraint is a measure of last resort, only to be used after other less restrictive measures, including de-escalation techniques, have been utilized. The full policy and procedures on Physical Restraints can be found in the Special Education Handbook.