

Rangiora High School Board



Physical Restraint Policy

Rationale

Pursuant to s100 of the Education and Training Act 2020, every school must have a policy on reducing student distress and the use of physical restraint.

Purpose

The Board shall ensure that effective procedures are in place around the use of physical restraint.

Education and Training Act 2020 s99:

Limits on use of physical restraint at registered schools

(1) A person holding a teaching position or an authorised staff member at a registered school must not physically restrain a student unless the conditions set out in subsection (2) are met.

(2) The conditions are that:

- (a) the physical restraint is necessary to prevent imminent harm to the student or another person; and
- (b) the person holding a teaching position or authorised staff member reasonably believes that there is no other option available in the circumstances to prevent the harm; and
- (c) physical restraint is reasonable and proportionate in the circumstances.

(3) In subsection (2), **harm** means harm to the health, safety, or well-being of the student or another person, including any significant emotional distress suffered by the student or the other person.

(4) For the purposes of this section and s100 and 101 (Education and Training Act 2020),

authorised staff member means an employee of a registered school who is trained and authorised by the employer to use physical restraint in accordance with this section

physical restraint, in relation to a student, means to use 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.

(5) Nothing in this section limits or affects s98 (Education and Training Act 2020).

Guidelines/Expectations

1. Teachers, including relief and those on a LAT are automatically authorised to use physical restraint.
2. Non teaching staff can be authorised by the Board so long as they have been trained in accordance with Rule 12 training and support. All authorisations must be in writing and the employee must hold a copy. This can be revoked at any time.
3. Seclusion is prohibited under s98 (Education and Training Act 2020) . Seclusion refers to holding a student alone in a room they can't leave (or think they can't leave) against their will.
4. As per Aramai He Tētēkura, if physical restraint has been used the school has an obligation to notify the following people:
 - a. Principal
 - b. Parents or caregivers - at a minimum before the child returns home. Parents or caregivers must be provided with a reasonable opportunity to actively participate in a debrief within three (3) working days
 - c. Notify the Ministry of Education - via the online incident report. Keep a copy of the notification in a secure place.
 - i. Log into the Education Learning Management System with your Education Sector Logon
 - ii. Use the search function 'Online Physical Restraint Incident Form'
 - d. Board - If the Principal considers that the use of restraint was unjustified, they are responsible for following up with the Board and Council
5. Information to be made available to the school community:
 - a. Guidelines (s101 Education and Training Act 2020)
 - b. Names and positions of any authorised staff
 - c. School policy (this policy)
6. A record must be kept for a minimum of 10 years for any incident involving restraint.
7. A support plan must be in place for any student:
 - a. Who the school identifies as having a high likelihood of need for physical restraint
 - b. Who has been subject to the use of restraint more than once in a term
 - c. At the request of the parents/caregivers. Written consent from parents/caregivers is needed if physical restraint is appended to a student support plan.
8. Monitoring the use of restraint - any student or staff member involved in restraint will have their physical and emotional wellbeing monitored so that support can be provided. The school will analyse any trends to respond appropriately to any concerns.

Associated legislation

Education and Training Act 2020

[Education \(Physical Restraint\) Rules 2023](#)

Health and Safety at Work Act 2015

Related Policies

RHS Complaints Policy

Relevant Documentation

RHS Staff Handbook

Date of Review	March 2023
Date of Next Review	March 2026
Date Adopted by the Board	March 2023
Date of Amendment by the Board	