



PHYSICAL RESTRAINT

The purpose of this policy is to establish standards for the use of physical restraints that conform to 14 Del. C. §4112F (available at <http://delcode.delaware.gov/title14/c041/index>). This policy shall be effective immediately.

A. Definitions:

“Physical restraint” means a restriction imposed by a person that immobilizes or reduces the ability of a student to freely move arms, legs, body, or head. “Physical restraint” does not include physical contact that:

- a. Helps a student respond or complete a task;
- b. Is needed to administer an authorized health-related service or procedure; or
- c. Is needed to physically escort a student when the student does not resist or the student’s resistance is minimal.

“Public school personnel” means an employee or contractor of the District. “Public school personnel” does not include a law enforcement officer.

B. Standards for Physical Restraints:

Public school personnel may impose physical restraint only in conformity with all of the following standards:

- a. The student’s behavior presents a significant and imminent risk of bodily harm to self or others;
- b. The physical restraint does not interfere with the student’s ability to communicate in the student’s primary language or mode of communication;
- c. The physical restraint does not interfere with the student’s ability to breathe or place weight or pressure on the student’s head, throat, or neck;
- d. The physical restraint does not recklessly exacerbate a medical or physical condition of the student;
- e. Less restrictive interventions have been ineffective in stopping the imminent risk of bodily harm to the student or others, except in case of a rare and clearly unavoidable emergency circumstance posing imminent risk of bodily harm, including, without limitation, intervening in a student initiated physical assault or altercation;

- f. For a student with a disability as defined in 14 Del. Code Ch. 32 or 34 C.F.R. part 104, the physical restraint does not contravene provisions in an individualized education program (IEP), behavior intervention plan, accommodation plan, or any other planning document for the individual student;
- g. Personnel use only the amount of force necessary to protect the student or others from the threatened harm;
- h. The physical restraint ends when a medical condition occurs putting the student at risk of harm or the student's behavior no longer presents an imminent risk of bodily harm to the student or others;
- i. The physical restraint is within the scope of force authorized by 11 Del. C. § 468, which bars acts likely to cause physical injury, disfigurement, mental distress, unnecessary degradation, or substantial risk of serious physical injury; and
- j. The physical restraint conforms to applicable regulations promulgated by the Department of Education.

C. Special Education Students

If a student with an Individualized Education Plan (IEP) or 504 Plan has a recent history of behaviors resulting in use of physical restraint, the student's IEP or 504 Team shall consider the use of positive behavioral interventions and supports, and other strategies, to minimize prospects for recurrence of the behaviors. 14 Del. Admin. C. § 925.24.2.1. If a student's behavior results in repeated use of a physical restraint, the student's IEP or 504 Team shall meet to identify new or modified strategies to deter behavioral escalations resulting in use of physical restraint.

D. Reporting

All incidents of physical restraints must be reported to the District. School personnel who witness or preform a physical restraint must fill out a restraint report and submit it to their supervisor.

E. Parental Notification

Parents will be notified as soon as possible following each instance in which their child is physically restrained.

F. Health Check

Following any use of physical restraint during normal school hours, the school nurse will be requested to assess the health status of the student who was physically restrained.

G. Compliance

Failure to comply with this policy may be a violation of State and/or Federal Law. Additionally, if this policy is not implemented, the safety of District students and personnel may be compromised. Therefore, failure to comply with this policy may result in disciplinary action.

H. Training

District personnel shall receive training on the appropriate use of physical restraint.

Responsibility

The Superintendent shall be responsible for compliance.

References

14 Del. C. §4112F

14 Del. Admin. C. § 925.24.2.1

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**NEW CASTLE COUNTY VOCATIONAL-TECHNICAL SCHOOL DISTRICT
PHYSICAL RESTRAINT INCIDENT REPORT**

Student's Name:	Reporting Building:	Location:
Date of Report:	Date of Action:	
Time of Action:	Action Duration in minutes:	
Type of Action or Seclusion:	<input type="radio"/> Physical Restraint	<input type="radio"/> Mechanical Restraint <input type="radio"/> Seclusion
Crisis Response Team Used:	<input type="radio"/> Yes <input type="radio"/> No	
Staff Member 1 Providing Action:	Trained in Action Techniques: <input type="radio"/> Yes <input type="radio"/> No	
Staff Member 2 Providing Action:	Trained in Action Techniques: <input type="radio"/> Yes <input type="radio"/> No	
Behavior Causing Action:	<input type="radio"/> Imminent Risk of Bodily Harm to Self <input type="radio"/> Imminent Risk of Bodily Harm to Others <input type="radio"/> Imminent Risk of Bodily Harm to Self and Others	
Describe activity the student was engaged in prior to physically acting out (such as – math, working with a group, returning from lunch, etc):		
De-escalation techniques used: <input type="radio"/> Provided choices <input type="radio"/> Verbal re-direction <input type="radio"/> Reduced demands <input type="radio"/> Empathetic Listening <input type="radio"/> Conflict resolution <input type="radio"/> Set Limits <input type="radio"/> Student Specific Strategy – describe: <input type="radio"/> Calming Techniques (honor personal space, supportive voice tone, etc.) Other – describe behavior during action:		
Describe the type of Non-violent Physical Crisis Intervention that was used: <input type="radio"/> Children's Control Position <input type="radio"/> CPI Team Control Position <input type="radio"/> CPI Transport Position		
Student Injured by Action:	<input type="radio"/> Yes <input type="radio"/> No	
Student Treatment Provided:	<input type="radio"/> None <input type="radio"/> Nurse Assessment – No Treatment <input type="radio"/> Nurse First Aid <input type="radio"/> Nurse First Aid & Medical Referral <input type="radio"/> Immediate Referral to EMS	
Staff Injured by Action:	<input type="radio"/> Yes <input type="radio"/> No	
Staff Treatment Provided:	<input type="radio"/> None <input type="radio"/> Nurse Assessment – No Treatment <input type="radio"/> Nurse First Aid <input type="radio"/> Nurse First Aid & Medical Referral <input type="radio"/> Immediate Referral to EMS <input type="radio"/> Refused Treatment	
Is the use of restraint part of the student's crisis plan as described in the behavior support plan? <input type="radio"/> Yes <input type="radio"/> No		
Support Plan Changes:	<input type="radio"/> None <input type="radio"/> IEP <input type="radio"/> Behavior Support Plan <input type="radio"/> Crisis Intervention Plan <input type="radio"/> Accomodation Plan <input type="radio"/> To Be Determined <input type="radio"/> Other	
Parent/Guardian Notified:	<input type="radio"/> Yes <input type="radio"/> No	
Date of Parent/Guardian Notification:	Time of Parent/Guardian Notification:	
Method of Parent/Guardian Notification: <input type="radio"/> Phone <input type="radio"/> Voicemail <input type="radio"/> Email <input type="radio"/> In Person <input type="radio"/> Home/School Communication Book <input type="radio"/> None		
Additional information:		

Please note: The use of prone restraints is prohibited by the New Castle County Vocational-Technical School District

Signature of Person Completing the Form: _____ Date: _____

(This form is to be used to report each and every incident of physical restraint – please return the completed form to the Director of School Operations/Personnel within 3 days of the restraint)