



The Children's Ark, Church Road,  
Pendeen,  
TR19 7SE  
Tel: (01736) 787167  
[office@childrens-ark.org.uk](mailto:office@childrens-ark.org.uk)  
Charity ref: 1147389

Ofsted: EY457353

## **Physical Restraint and Contact Policy**

**This Policy also includes Before and After School Provision**

### **Statement of Intent**

The committee and staff of the Children's Ark fully recognise the contribution the nursery makes to safeguarding and promoting the welfare of children. We recognise that all staff, including volunteers, have a full and active part to play in promoting the welfare of our children.

All staff and committee believe that our nursery should provide a caring, positive, safe and stimulating environment which promotes the social, physical and emotional development of the individual child. The nursery recognises the importance of working within the EYFS.

### **Physical Restraint**

In exceptional circumstances, where there is immediate risk of injury, a member of staff may need to take any necessary action that is consistent with the concept of 'reasonable force'.

- Before intervening physically, staff should wherever practicable, ask the pupil who is behaving dangerously to stop/to move to a safer place, and give them the choice of

moving of their own accord. Eg 'Do you want to walk to the little room or shall I carry you?' 'Do you want to get off the shed roof by yourself or shall I lift you down?'

- The staff member should continue to attempt to communicate with the pupil throughout the incident and should make it clear that physical contact or restraint will stop as soon as the child shows signs of being able to regulate their own behaviour.
- In such cases only the minimum force necessary will be used whilst maintaining a calm and measured approach.
- Staff members should not put themselves at risk of injury. In these circumstances, other staff should remove the other children who may be at risk and seek assistance from a colleague.

## **Types of Incidents**

There are a wide variety of situations in which reasonable force might be appropriate, or necessary, to control or restrain a pupil. They will fall into three broad categories:

- Where action is necessary in self-defense or because there is an imminent risk of injury;
- Where there is a developing risk of injury, or significant damage to property;
- Where a pupil is behaving in a way that is seriously and persistently compromising the well-being and learning of the other children.
- Examples of situations that fall within one of the first two categories are:

- A child attacks a member of staff or another pupil;
  - Children are fighting;
  - A child is engaged in, or is on the verge of committing, damage or vandalism to property;
  - A child is causing, or at risk of causing, injury or damage by accident, by rough play, or by misuse of dangerous materials or objects;
  - A child is running in a corridor or on a stairway in a way in which he or she might cause an accident likely to injure him or herself or others;
  - A child tries to leave the Ark.
- Examples of situations that fall into the third category may include:
    - A pupil is behaving in a way that is seriously prevents other children from learning.

### **Application of Force**

Physical intervention can take several forms. It might involve staff:

- physically interposing between pupils;
- blocking a child's path;
- holding or carrying a child;
- leading a child by the hand or arm; (using a 'C' grip on the lower arm)

In exceptional circumstances, where there is an immediate risk of injury, a member of staff may need to take any necessary action that is consistent with the concept of 'reasonable force': for example to prevent a young child running off a pavement onto a busy road, or to prevent a pupil hitting someone, or throwing something that might cause injury.

Wherever possible, another member of staff should be available as witness.

Staff should never act in a way that might reasonably be expected to cause injury, for example by:

- Holding a pupil by the neck or collar, or in a way that may restrict their ability to breathe
- Slapping punching or kicking the child
- Twisting or forcing limbs against a joint
- Tripping up a child
- Holding or pulling a child by the hair or ear
- Holding a child face down on the ground

### **The Range of Interventions: How May Children be Restrained?**

In the unlikely event of a staff member needing to use restrictive physical intervention, the following points should be noted:

- Restrictive physical intervention must be consistent with the concept of reasonable force i.e. only *just* enough restraint to prevent injury to the child or others.
- The circumstances must warrant the use of force;
- The degree of force employed must be in proportion to the circumstances of the incident and the *minimum* to achieve the desired result.
- Avoid causing pain or injury;
- Avoid holding or putting pressure on joints;
- In general hold long bones;
- Do not hold a child face down on the ground or in any position that might increase the risk of suffocation.

## **Recording Incidents**

Any member of staff involved in an incident requiring physical intervention must inform the Manager and write a detailed report of the incident to help prevent any misunderstanding or misrepresentation of the situation. The parent should be shown the relevant page of the incident book and signed.

## **Planning for Incidents**

If the nursery is aware that a child is likely to behave in a way that may require physical control or restraint, it will plan how best to respond in the situation.

The nursery will endeavor to:

- Manage the child and situation by preventing or diffusing the situation
- Involve the parents to ensure that they are clear about the specific action the nursery may need to take and show them this policy. Ask them to sign it in relation to their child.
- Brief staff to ensure that they know exactly what action should be taken and where appropriate provide training or guidance
- Ensure that additional support can be summoned if appropriate.

## **Physical Contact**

Physical contact may be misconstrued by a child, parent or observer. Touching pupils, including well-intentioned gestures, can if repeated regularly lead to serious questions being raised.

## **Where Physical Contact may be Acceptable**

**Physical contact should be led by the needs of the child.**

There are occasions when physical contact with a child may be necessary, for example to demonstrate exercises or when providing first aid.

Young children and children with special educational needs may need staff to provide physical prompts to help.

There may be occasions where a distressed child needs comfort and reassurance, which may include physical comforting such as a caring parent would give.

Staff should use their discretion in such cases to ensure that what is normal and natural does not become unnecessary and unjustified contact, particularly with the same child over a period of time.

Staff should use their own professional judgement when they feel a child needs this kind of emotional support and should reflect the child's needs, age and level of maturity.

Where a member of staff has a particular concern about the need to provide this type of care and reassurance, they should seek the advice and guidance of the Manager.

This policy was adopted at a staff meeting of The Children's Ark:

Signed..... Print Name.....

Dated.....

And at The Children's Ark committee meeting:

Signed by chairperson..... Print Name.....

Dated.....

Date of review.....