

## V. Students

### C. Disciplinary Policies

#### 1. Code of Conduct

##### d. Use of Physical Restraint

#### **Intent**

The intent of these procedures is to ensure that every student attending Narragansett Schools is free from unreasonable and unnecessary physical restraint and that such an intervention is used only in emergency situations after other less intrusive alternatives have failed or been deemed inappropriate. These procedures promote the use of positive, preventive behavioral supports that significantly limit the need for physical intervention, restrict the use of physical force, and ensure that physical restraint is administered in the least intrusive manner possible. These procedures delineate appropriate practice in those instances where physical restraint is absolutely necessary to protect a student or students, staff and/or other school members from imminent, serious physical harm.

The Narragansett School System has established the procedures described in this document for the purpose of:

- a) Promoting student safety and preventing student violence, self-injurious behavior and suicide, including de-escalation of potentially dangerous behavior that may occur with an individual student or among groups of students;
- b) Establishing effective crisis intervention practices and, when necessary to ensure safety, appropriate physical intervention procedures;
- c) Keeping all school members informed regarding these procedures as well as preventive interventions, de-escalation, types of restraints and related safety considerations, administering physical restraint in accordance with behavioral intervention plans and/or known medical or psychological limitations;
- d) Identifying staff who are authorized to serve as a school-wide resource to assist other staff in proper administration of these practices, and provide these staff with advanced training beyond the basic information provided to all staff.
- e) Reporting crisis intervention/physical restraint incidences to parents, the Narragansett School System administration, and the Rhode Island Department of Education.
- f) Complying with established Regulations of the Rhode Island Board of Regents.

#### **Emergency Situations**

The Narragansett School System is committed to maintaining a safe school environment. While the procedures contained herein direct the use of crisis intervention/physical restraint, they do not prohibit any Narragansett School System teacher, employee or agent from using reasonable force to protect students, other persons or themselves from imminent, serious physical harm.

## V.C.1. Code of Conduct (continued)

**Keeping All School Members Informed**

Each school year, Narragansett School policies and procedures described in this document are reviewed and provided to all school staff and parents, either through meetings or in school handbooks

Within the first month of school, staff training is conducted. Staff who are employed after the school year begins are provided this training as part of their initial orientation within the first month of their employment. The training includes the distribution and explanation of the policy. For teachers likely to administer physical restraint in accordance with Individual Student Behavior Intervention Plans and known medical or psychological limitations, training will occur as needed. In addition to the basic training provided all staff regarding these procedures, advanced training is required for staff considered by the Narragansett School System to be qualified to administer physical restraint/crisis intervention procedures with students.

**Methods for Promoting Safety and Preventing Violence**

Social and Emotional Learning for all Students Social and emotional learning and positive behavioral supports for students are addressed as appropriate and as part of ongoing school improvement and professional development plans.

Behavioral Intervention to Support Students Facing or Posing Behavioral Challenges To support productive relationships and learning and to enhance connection to school for students who face or pose emotional or behavioral challenges, the following procedures are established in the Narragansett School System:

- Functional Behavioral Assessments
- Behavioral Intervention Strategies or Plans including Teacher Support Teams, Planning Centers, Prevention Counselors, Social Workers, and Psychologists
- Specific building-based programs within Elementary, Middle, and High Schools

Crisis Intervention: De-escalation Procedures Despite the use of positive behavioral supports and interventions, there may be instances when the behavior of one or more students escalates beyond the students' immediate control, creating danger of violence or self-injury. Safety precautions considered, the first course of action should be the application of specific intervention strategies designed to diffuse the situation by addressing students' emotional needs and de-escalating the immediate behavior. The intent of de-escalation is to restore the students' capacity to control the immediate impulse/behavior and move toward safer or more constructive resolution of the immediate problem situation.

## V.C.1. Code of Conduct (continued)

In the event of student behavior representing a crisis, the following de-escalation strategies should be employed:

Verbal Intervention Techniques:**DO**

Lower voice  
 Use calm tone  
 Remain calm  
 Isolate situation  
 Allow student to state case  
 Affirmation  
 Be consistent  
 Give clear direction  
 Restate short-term goals  
 Listen  
 Enforce limits

**DON'T**

Raise voice  
 Use excited or anxious tone  
 Overreact  
 No Power struggles  
 Give vague instructions quickly  
 Don't mock or ridicule  
 Threaten  
 Set demands  
 Fake attention  
 Make false promises

Crisis Intervention: Physical Restraint Procedure

It is the policy of the Narragansett School System that physical restraint/crisis intervention is used only in the following circumstances:

- Non-physical interventions were not or would not be effective;
- The student's behavior poses a threat of imminent, serious physical harm to self and/or others; and where applicable;
- In circumstances where a behavioral intervention plan is already developed for the student, the plan has been fully implemented appropriately as specified, and the child has failed to respond to those reinforcement techniques.

The Narragansett School System limits the use of such force to the amount and duration necessary and reasonable to protect a student or another member of the school community from assault or imminent, serious physical harm.

In the event that physical restraint becomes necessary, every attempt should be made to use Nonviolent Crisis Intervention and Team Intervention

- 1) Every attempt should be made to alert additional school personnel for observation or assistance.
- 2) Only the safest physical restraint methods are to be used.
- 3) Every effort should be made to isolate the restraint situation, to avoid prolonging or escalating the situation.
- 4) If the duration of a physical restraint is prolonged, or student becomes deliberately and dangerously assaultive, the students' parent(s) or guardian(s) must be notified to remove him/her from school as soon as possible to avoid further danger. Any contact with police should follow the Narragansett School System Discipline Policies.
- 5) If the student exhibits suicidal or homicidal indicators, the schools' Crisis Intervention Team must be contacted for further intervention in accordance with District policy.
- 6) The student should be released slowly from the restraint, in stages, or ensure that she/he has regained self-control and no longer presents an apparent danger.

## V.C.1. Code of Conduct (continued)

Restraint Safety Procedures

The following safety procedures are in effect, consistent with Rhode Island Physical Restraint Regulations effective September 1, 2002:

- 1) Whenever possible, only trained personnel authorized by the Narragansett School System may administer physical restraint/crisis intervention with students. Whenever possible, the administration of a physical restraint/crisis intervention shall be witnessed by at least one adult who does not participate in the restraint. This training requirement does not preclude any teacher, employee or agent of the Narragansett School System from using reasonable force necessary to protect students, other persons, or themselves from imminent, serious physical harm.
- 2) Restraint is administered in such a way so as to prevent or minimize physical harm. If, at any time during a physical restraint/crisis intervention, the student demonstrates significant physical distress, the student is released from the restraint immediately and school staff are directed to take steps to seek medical assistance.
- 3) Program staff must review and consider any known medical or psychological limitations and/or behavioral intervention plans regarding the use of physical restraint/crisis intervention on an individual student.
- 4) Restraint is administered in such a way that the student is never at any time prevented from breathing or speaking. During the administration of a restraint, a staff member will continuously monitor the physical status of the student, including skin color and respiration. A restraint ceases immediately upon determination by the staff member administering the restraint that the student is no longer at risk of causing imminent physical harm to him or herself or others.
- 5) After the release of a student from a restraint, the following procedures are implemented:
  - Appropriate staff will review the incident with the student, as appropriate, to address the behavior that precipitated the restraint;
  - The building administrator will review the incident with the staff person(s) who administered the restraint to discuss whether proper restraint procedures were followed and consider whether any follow-up is appropriate for the student and for students who witnessed the incident.
  - The building administrator will review the incident with the student and consider whether any follow-up is appropriate for the student and for the students who witnessed the incident.
  - School personnel will meet with the parent to determine whether the student requires a behavioral intervention plan as part of his or her education program, or, if one already exists, whether that plan needs to be modified or adjusted.

**Restraint Prohibitions**

Physical restraint is prohibited in the following circumstances, consistent with Rhode Island Physical Restraint Regulations effective September 1, 2002.

- a) As a means of punishment;
- b) As an intervention which is designed to subject, used to subject, or likely to subject the student to verbal abuse, ridicule or humiliation, physical pain, or which can be expected to cause excessive emotional trauma;

V.C.1. Code of Conduct (continued)

- c) As an intervention which denies adequate sleep, food, water, shelter, bedding or access to bathroom facilities;
- d) As a restrictive intervention which employs a device or material or objects that simultaneously immobilize all four extremities, including the procedure known as prone containment, except that prone containment may be used by trained personnel as a limited emergency intervention when a documented part of a previously agreed upon written behavioral intervention plan;
- e) As seclusion, unless under constant surveillance and observation when documented as part of a previously agreed upon written behavioral intervention plan;
- f) As any intervention that precludes adequate supervision of the student;
- g) As any intervention which deprives the student of one or more of his or her senses.

**Reporting Instances of the Use of Physical Restraint/Crisis Intervention**

On the day the restraint took place, the student’s parent(s) or guardian(s) are notified by the building principal of the restraint incident. Records of parent notification are maintained in the school and a record forwarded to the Director of Student Services.

As soon as possible, but not later than the next school day, the staff member who administers a physical restraint/crisis intervention submits a written report to the building principal and the Director of Student Services. That report is reviewed by the respective administrator(s). After that review, a parent may request and receive a copy of that report.

The Director of Student Services maintains an ongoing written record of all reported instances of physical restraint.

Each year, the Narragansett School System submits a report regarding all incidents of the use of physical restraint/crisis intervention to the Rhode Island Department of Education.

**Procedures for Investigating Complaints**

All complaints will be investigated by the building principal. If the results of the investigation are challenged, complaints will be forwarded to the Director of Student Services.

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Narragansett School System  
Narragansett, Rhode Island

# Narragansett School System

## Physical Restraint/Crisis Intervention Report

Date of Incident: \_\_\_\_\_

Person Completing Report: \_\_\_\_\_

Date of Report: \_\_\_\_\_

Title/Position: \_\_\_\_\_

Person(s) who administered restraint:	Title/Position:

Physical restraint began at: \_\_\_\_\_  
time

and ended at: \_\_\_\_\_ Duration: \_\_\_\_\_  
time minutes

Administrator informed following the restraint: \_\_\_\_\_

Title/Position: \_\_\_\_\_

Observers: \_\_\_\_\_

Location and activity in which restraint student, other students and staff in the vicinity were engaged when the restraint occurred:

Behavior prompting the restraint:

Description of de-escalation efforts and alternatives attempted:

Justification for initiating physical restraint/crisis intervention:

**Description of the physical restraint/crisis intervention implemented:**

- a) Hold(s) utilized and rationale for type of hold:
  
- b) Student's behavior/reactions during restraint:
  
- c) How restraint ended:
  
- d) Did an injury occur in the process of restraint? Yes \_\_\_\_\_ No \_\_\_\_\_  
If yes: Student and/or Staff injured:  
  
Nature of the injury:
  
- e) Medical care provided (include care provided, to whom, by whom):

**Follow-up Action**

- a) Further action(s) that the school has taken or will take:
  
- b) (if applicable) Development or modification of a behavior intervention plan as a result of the physical restraint (include reference to any such plans contained in separate documents):

Parent(s) or guardian(s) of the student referenced in this report were informed about the restraint incident on: \_\_\_\_\_.

Date

Method of notification:

- \_\_\_\_\_ Letter
- \_\_\_\_\_ Phone Conversation
- \_\_\_\_\_ Conference

Contact person: \_\_\_\_\_  
Name/position of staff member