

Use of Physical Intervention

Restraint Definitions

Restraint is defined under state law and this policy as any method or device used to involuntarily limit freedom or movement, including but not limited to physical restraint, mechanical restraint, restraint using prescribed medication, and seclusion.

Physical restraint means the use of bodily, physical force to limit an individual's freedom of movement.

Mechanical restraint means a physical device used to restrict the movement of an individual or the movement of normal function of a portion of the student's body.

Restraint using prescribed medication (chemical restraint) means giving an individual medication, prescribed by their doctor, for the purpose of restraining the individual; or chemicals or drugs, including prescription medication given on an "as needed" basis to limit the physical freedom of a student. This type of restraint does not include prescription medication that is regularly administered to the student for medical reasons.

Seclusion means the placement of a student alone in a room from which egress is prevented.

Restraint does not include:

- a. the use of protective or adaptive devices for providing physical support, prevention of injury or voluntary or life-saving medical procedures;
- b. the holding of a student for less than five minutes by a staff person for the protection of the student or other persons;
- c. the use of time-out.

Time-out is the placement of a student alone in a room or in a specified area of a room for the purpose of allowing the student to think about inappropriate behavior prior to rejoining class or other school-related activity. Egress from time-out rooms or areas shall not be involuntarily prevented.

Basis for Use of Restraint

Staff may use restraint only in cases of emergency when other less restrictive alternatives have failed or the staff member determines that such alternatives would be inappropriate or ineffective under the circumstances.

An emergency is a serious, probable, imminent threat of bodily harm to self or others where there is the present ability to effect such bodily harm.

The purpose for using restraint shall be to prevent the continuation or renewal of the emergency. Restraint shall only be used for the period of time necessary to accomplish its purpose. In no event shall physical force be used beyond that which is necessary to limit the student's freedom of movement.

Duties Relating to the Use of Restraint

The staff member responsible for the restraint shall monitor any student held in a mechanical restraint at least every fifteen minutes to assure that the student is properly positioned, the student's blood circulation is not restricted, the student's airway is not obstructed, and the student's other physical needs are met.

No physical or mechanical restraint of a student shall place excess pressure on the student's chest or back or inhibit or impede the student's ability to breathe. A staff member shall observe the student at regular intervals to check on breathing ability.

A chemical restraint shall be given only on the order of a physician who has determined, either while present during the course of the emergency or after telephone consultation with a registered nurse, certified physician's assistant, or other authorized staff member who is present at the time and site of the emergency and who has participated in the evaluation of the student, that such form of restraint is the least restrictive, most appropriate alternative available.

For students in mechanical restraints, staff members shall provide relief periods, except when the individual is sleeping, of at least ten minutes as often as every two hours, so long as relief from the mechanical restraint is determined to be safe. During such relief periods, the staff member shall take reasonable steps to ensure proper positioning of the student and provide movement of limbs, as necessary. In addition, during such relief periods, a staff member shall provide assistance for use of appropriate toileting methods, as necessary. The student's dignity and safety shall be maintained during relief periods. Relief periods from seclusion shall be provided for reasonable access to toilet facilities.

A student in physical restraint shall be released from such restraint within fifteen minutes after the initiation of physical restraint, except when precluded for safety reasons.

Staff Training

Staff shall receive annual in-service training on the appropriate use of restraint. The training shall include the requirement that staff explain, where possible, the use of restraint to the individual who is to be restrained and to the individual's family if appropriate.

Documentation and Review

As soon after as is practical, staff shall make an appropriate notation of the use of restraint in the student's record and notify the building principal of the use of restraint. The principal shall review the use of restraint to determine whether it was in compliance with state law, Board policy, and this regulation.

An order for a chemical restraint, along with reasons for its issuance, shall be recorded in writing at the time of its issuance. A physician shall sign the order at the time of its issuance, if present at the time of the emergency. If authorized by telephone, the order shall be transcribed and signed at the time of its issuance by an individual with the authority to accept telephone medication orders.

Staff trained in the administration of medication shall make notations in the student's record as to the effect of the chemical restraint and the individual's response to the chemical restraint.

Staff members shall note in the record of the student being restrained by mechanical restraints the relief periods granted.

Note: Specific laws regarding seclusion of students with mental illness apply. If the school has been designated by the Superintendent or designee to provide treatment to a mentally ill student, seclusion may be used to eliminate a continuous and serious disruption of the treatment environment.

Note: Specific laws regarding the restraint of students with developmental disabilities apply. Advice of counsel may need to be sought when developing plans for students with such disabilities to ensure that development and implementation of plans is consistent with state and federal law.

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