

# St. George School Physical Intervention Policy



ST.GEORGE  
BARCELONA



# Physical Intervention Policy

## 1. Policy Statement

The school is committed to creating a safe and inclusive environment where staff and students feel secure. Physical intervention will only be used as a last resort, in accordance with legal requirements and to ensure the safety and welfare of all members of the school community.

## 2. Legal Framework

This policy is based on:

- Relevant legislation, such as the Education Act and Children Act (jurisdiction-specific).
- The principles outlined in the UN Convention on the Rights of the Child.

## 3. Definition of Physical Intervention

Physical intervention refers to any method where a member of staff uses reasonable force to prevent harm or manage an immediate risk. Examples include:

- Guiding a student by the arm to a safe space.
- Restricting movement to prevent self-harm or harm to others.

## 4. Principles of Use

Physical intervention must:

- Be used as a last resort when other de-escalation strategies have failed.
- Be proportionate to the situation and risk involved.
- Be applied with the minimum force necessary and for the shortest possible time.
- Respect the dignity and rights of the individual.

## 5. When Physical Intervention May Be Used

Physical intervention may be used to:

- Prevent a student from causing harm to themselves, others, or property.
- Prevent a student from disrupting the learning environment in a way that poses a significant risk.
- Maintain order during an incident where there is a serious risk of harm.

## 6. De-Escalation Strategies

Staff should always use de-escalation techniques before considering physical intervention. These include:

- Active listening and calm verbal communication.
- Creating space and reducing sensory overload.
- Offering choices and time to reflect.
- Using distraction or redirection.

## 7. Training for Staff

- All staff must receive training in de-escalation and safe physical intervention techniques.
- Training should be updated regularly and include practical scenarios.

## 8. Recording and Reporting

- All incidents involving physical intervention must be recorded on the student's log within 24 hours.
- Records should include:
  - The context of the incident.
  - Steps taken before intervention.
  - Description of the intervention used.
  - The outcome of the incident.
  - Names of staff and students involved.
- Parents must be informed of the incident promptly.

## 9. Post-Incident Support

- Affected students and staff should have access to support after an incident.
- Opportunities for debriefing and reflection should be provided to review what happened and explore alternative strategies.

## 10. Monitoring and Review

- The school leadership team will regularly review incidents involving physical intervention to ensure compliance and identify patterns.
- The policy will be reviewed annually, incorporating feedback from staff, students, and parents.

## 11. Prohibited Actions

- Physical intervention must never involve:
  - Holding a student in a way that restricts breathing or causes pain.
  - Punitive or retaliatory force.
  - Actions that humiliate or degrade the student.

## 12. Roles and Responsibilities

- **All staff:** Follow the policy and attend training.
- **Designated Safeguarding Lead (DSL):** Monitor incidents and provide support.
- **School leadership:** Ensure the policy is implemented effectively.

## 13. Communication

- This policy will be shared with all staff, parents, and stakeholders.
- Age-appropriate information will be provided to students to help them understand the school's approach to safety.

## 14. Conclusion

The use of physical intervention must always prioritize the safety and dignity of all members of the school community. By adhering to this policy, the school ensures a consistent, fair, and legally compliant approach.