



# BLOOM TOWNSHIP HIGH SCHOOL DISTRICT 206

## BLOOM & BLOOM TRAIL HIGH SCHOOLS

### Policy and Procedures for Physical Restraint of Students

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Bloom Township High School District 206 in accordance with 105ILCS5/10-20.33 and 105ILCS5/34-18.20 in order to provide a safe school environment adopts this policy regarding the Physical Restraint of Students.

1. Time-Out or Isolated Time-Out will not be used for any students.
2. Physical Restraint or Physical Management of Students will only occur if the following criteria have been met:
  - a. The student poses an imminent physical threat to himself/herself or others.
  - b. Other less restrictive measures have been tried and have proven to be ineffective in stopping the imminent danger of physical harm.
  - c. There is no medical contraindication to a physical restraint for the student or staff member.
  - d. The staff applying the restraint have been trained in its safe application (and under 23IAC1.285(i), 105 ILCS S/10-20.33, 105 ILCS 5/34-18.20.

Physical restraint will not be permitted if any of the four criteria are not met. ***Prone restraint is prohibited.***

"Physical restraint" or "restraint" means holding a student or otherwise restricting the student's movements and includes only the use of specific, planned techniques. [23 IAC 1.285(b), 105 ILCS 5/10-20.33, and 105 ILCS 5/34-18.20] Physical restraint or restraint does not include momentary periods of physical restriction by direct person-to-person contact without the aid of material or mechanical devices that are accomplished with limited force and that are designed to prevent a student from completing an act that would result in potential physical harm to himself, herself, or another person or damage to property. [105 ILCS 5/10-20.33 and 105 ILCS 5/34-18.20]

"Momentary periods of physical restriction" are considered physical escorts under the definition provided by the U.S. Department of Education.

Physical escort means a temporary touching or holding of the hand, wrist, arm, shoulder, or back for the purpose of inducing a student who is acting out to walk to a safe location. [ U.S. Dept. of Ed. Restraint and Seclusion: Resource Document, pg. 10]\* \*A physical escort that meets the U.S. Department of Education definition of physical escort is not considered a physical restraint.



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### Training for Staff

1. At least eight hours of developmentally appropriate training annually is required per 23 IAC 1.285(i)(1). Developmentally appropriate training is training that takes into consideration children's age, grade level, and disabilities. Training is required in the following areas:
  - a. Crisis de-escalation,
  - b. Restorative practices,
  - c. Identifying signs of distress during physical restraint and time out,
  - d. Trauma-informed practices,
  - e. Behavior management practices. [23 IAC 1.285(i)(1)]
2. Physical restraint shall be applied only by individuals who have received annual systematic training on less restrictive and intrusive strategies and techniques to reduce the use of isolated time out, time out, and physical restraint. These efforts should be based on best practices and how to safely use time out and physical restraint when alternative strategies and techniques have been tried and proven ineffective.
3. This training must include all the elements described in 23 IAC 1.285(i) and must result in the receipt of a certificate of completion or other written evidence of participation. An individual who applies physical restraint shall use only techniques in which he or she has received prior annual training, as indicated by written evidence of participation. [23 IAC 1.285(i)(3)]
4. All adults who are trained must be provided a copy of the district's policies on physical restraint. [23 IAC 1.285(i)(2)]
5. Training for appropriate use of physical restraint must be completed in person.

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### Physical Restraint

1. Physical management of a student is only permitted if the student poses an imminent physical threat of harm to himself or others.
2. Physical restraint shall not impair a student's ability to breathe or communicate normally, obstruct a student's airway, or interfere with a student's ability to speak. [23 IAC 1.285(d)(1)] A physical restraint consists of planned holds or techniques to prevent a student's movement (e.g., immobilization of the head, arms, legs, and/or torso), which is only allowable in the event he or she presents an imminent danger of serious physical harm to self or others. In the event that the student indicates the inability to breathe, the staff supervising the student recognizes the student may be in respiratory distress, or when the threat of imminent danger of serious physical harm ends, the physical restraint must end immediately. [23 IAC 1.285(d)(1)]
3. The requirements of 23 IAC 1.285(f)(3) shall apply whenever an episode of physical restraint exceeds 15 minutes or repeated episodes have occurred during any three-hour period.
  - a. A licensed educator or licensed clinical practitioner knowledgeable about the use of isolated time out or time out or trained in the use of physical restraint, as applicable, must evaluate the situation.
  - b. The evaluation must consider the appropriateness of continuing the procedure in use, including the student's potential need for medication, nourishment, or use of a restroom, and the need for alternate strategies (e.g., assessment by a

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mental health crisis team, assistance from police, or transportation by ambulance).

- c. The results of the evaluation must be committed to writing and copies of this documentation must be placed into the student's temporary student record and provided to the official designated under subsection (j)(3). [23 IAC 1.285(f)(3)].

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### Documentation

1. The Physical Restraint should be reported immediately, or as soon as possible, to the Assistant Principal for Student Services at Bloom or Bloom Trail or to the Principal of Bloom Alternative, depending on where the event occurred. If the Assistant Principal of Student Services of Bloom or Bloom Trail is unavailable, the incident should be reported to the Principal of Bloom or Bloom Trail, or for Bloom Alternative. the Director of Special Education and Student Services.
2. On the same day as the restraint took place, a reasonable attempt to notify the parents/guardians of the student who was restrained must be made and documented by the Assistant Principal of Student Services or the Alternative Principal (23IAC1.285(g)(2)).
3. Within one business day after an incident of physical restraint or time-out, the Assistant Principal of Student Services or his/her designee in his/her absence or the Principal of the Alternative School or his/her designee in his/her absence must send the required [ISBE Form 11-01](#) to the parents of the student. This form should be accompanied by the District 206 Policy on Physical Restraint and the cover letter informing parents of their right to request a meeting to discuss the incident, information regarding the parents/guardians' rights to file a complaint with the state Superintendent of Education, the complaint process, and other information to assist the parents/guardians in navigating the complaint process, including procedures for students who receive special education services. The [RTO Bill of Rights](#) should be included as well.
4. [ISBE Form 11-01](#) must be submitted to the ISBE Student Information System (SIS) within two business days of the incident of Physical Restraint.
5. [ISBE Form 11-01](#) must be kept in the student's temporary file.
6. Within two school days of a request from parents for a meeting to review the incident, a meeting must be held. This meeting must be separate and apart from an IEP meeting or a 504 meeting.

### Post-event Meeting

1. Meeting participants must include at least one school member who was involved in the physical restraint, at least one school member who was not involved in the physical restraint, a social worker, school psychologist, or counselor, and the student's parent(s) or guardian(s), and the student, if appropriate.
2. The meeting must address the following:
  - a. The events that occurred prior to the incident of physical restraint.
  - b. The incident of physical restraint.
  - c. The events that occurred or the actions that were taken following the incident of physical restraint, including whether the student returned to regular school activities, and if not, how the student spent the rest of the day.



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3. Regardless of the parents' or guardians' decision to attend a meeting, the staff involved in the physical restraint should hold a debriefing meeting to review how to prevent physical restraint in the future.

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### **Oversight Team**

1. Bloom Township High School District 206 will establish an oversight committee that will monitor and review at least annually:
  - a. The number of incidents of physical restraint;
  - b. The location and duration of each incident;
  - c. Identification of the staff members who were involved;
  - d. Any injuries or property damage that occurred;
  - e. The timeliness of parental or guardian notification; timeliness of agency notification, and administrative review.
2. The Oversight Team will ensure that ongoing training in de-escalation and safe physical management training is available to staff each year.