

## PHYSICAL RESTRAINT AND SECLUSION

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### PREAMBLE

The Board of Education is committed to providing a safe, respectful and positive learning environment for all students and staff. It is expected that school personnel implement effective supports and interventions to prevent and de-escalate potentially unsafe situations. Such supports and interventions are best developed in collaboration with parents and/or guardians. The Board expectation is that every effort is made to structure learning environments and provide learning supports that make physical restraint and seclusion unnecessary. The Board also recognizes that there may be times when restraint or seclusion is deemed necessary to protect safety.

### POLICY

**THE BOARD RECOGNIZES THAT PHYSICAL RESTRAINT OR SECLUSION IS USED ONLY IN EXCEPTIONAL CIRCUMSTANCES WHERE THE BEHAVIOUR OF A STUDENT POSES IMMINENT DANGER OF SERIOUS PHYSICAL HARM TO SELF OR OTHERS AND WHERE LESS RESTRICTIVE INTERVENTIONS HAVE BEEN INEFFECTIVE IN ENDING IMMINENT DANGER OF SERIOUS PHYSICAL HARM.**

### PARAMETERS

Physical Restraint involves restricting a student's freedom of movement or mobility. It shall only be used:

1. to ensure the safe evacuation of students and/or school personnel from a location if a student is interfering or blocking access to the available exit;
2. if a student is in the process of actively pursuing others in a manner that constitutes an imminent risk of harm to other students and/or school personnel, and a safe barrier or perimeter cannot be established between the student and others who are at risk; or
3. if a student is engaged in self-injurious behaviour that constitutes an imminent risk of harm to self.

Seclusion is the involuntary confinement of a student alone in a room, enclosure or space in which the student is physically prevented from leaving. It shall only be used to safely secure a location, when a student has escalated to a point that constitutes an imminent risk of harm to self or others that serves as a barrier or perimeter to ensure the safety of others who have

been evacuated from the area. An adult will be within close proximity and visual and auditory range at all times.

The term seclusion does not apply where a student has personally requested to be in an alternative learning environment designed to support self-regulation.

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Date Adopted: 2020-06  
Date(s) Revised: 2025-05

Cross References: [AP #402 Physical Restraint and Seclusion](#)