

## **PHYSICAL RESTRAINT**

The Lisbon School Department, pending the results of a review and revision of Maine Department of Education Reg. 33, prohibits the use of any physical restraint that restricts the free movement of the diaphragm or chest or restricts the airway so as to interrupt normal breathing or speech of students. Any restraint resulting in airway stress, physical marks, or signs or symptoms of pain, must be reported immediately to the school nurse. The nurse must assess the student promptly, either in person or remotely, according to standard nursing assessment practices, and make the determination as to what, if any, further action shall be taken. Restraint should not be used beyond the point necessary to prevent the student from harming him or herself or others, and should be applied in a caring manner if at all possible.

For a student who cannot be safely restrained in this fashion, school officials should attempt to ensure that other students are removed from the threat of harm and that the student does not have access to items that could be dangerous.

When the student is unable to be brought under control, school officials should contact the student's parents for assistance, and should contact the police if necessary to maintain a safe environment.

This policy can be modified in the case of students with identified disabilities through a determination by the student's Individual Educational Plan Team.

Lisbon School Department will maintain a list of all personnel with restraint training, and the list will include the date and type of training and the name and qualifications of the trainer.

Legal References: 20-A M.R.S.A. § 4009.

Adopted: April 14, 2003

Revised: April 10, 2006

Reviewed: June 11, 2007

Revised: December 13, 2010