



Physical Restraint

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603 CMR 46.00 was put forth by the State Board of Education to govern the use of physical restraint on students in publicly funded elementary and secondary school programs. The purpose of 603 CMR 46.00 is to ensure that every student participating in a Massachusetts public education program is free from unreasonable use of physical restraint.

Hill View Montessori uses the QBS Safety-Care Behavioral Safety program to train selected staff members in the appropriate use of physical restraint. The QBS Safety-Care program provides the skills and competencies necessary to effectively prevent, minimize, and manage behavioral challenges with dignity, safety, and the possibility of change. Using up-to-date and effective strategies from Applied Behavior Analysis (ABA), the Safety-Care program provides trained HVM staff with strategies for preventing and managing behavioral challenges in conjunction with teaching replacement behaviors. These strategies are appropriate for students experiencing developmental, neurologic, psychiatric, and other impairments.

HVM staff members who are QBS Safety-Care trained are the only ones able to administer physical restraint.

Physical restraint is the use of bodily force to limit a student's freedom of movement. It is only administered by a trained staff member and is used to keep a child from hurting themselves or others. It is only used when all other attempts to deescalate a student's behavior have not worked. A person administering physical restraint uses only the amount of force necessary to protect the student or others from physical injury or harm.

In accordance with 603 CMR 46.00, restraint is defined as follows:

- **Physical escort:** *Touching or holding a student without the use of force for the purpose of directing the student.*
- **Physical restraint:** *The use of bodily force to temporarily limit a student's freedom of movement.*
- **Extended restraint:** A physical restraint in which the duration is more than 20 minutes. Extended restraints increase the risk of injury and therefore require additional written documentation.
- **Restraint-Other:** *Limiting the physical freedom of an individual student by mechanical means or seclusion in a limited space or location, or temporarily controlling the behavior of a student by chemical means. The use of chemical or mechanical restraint is prohibited unless explicitly authorized by a physician and approved in writing by the parent or guardian. The use of seclusion restraint is prohibited in a public education program.*

Following the release of a student from a physical restraint, HVM implements follow-up procedures which include:

- review of the incident with the student to address the behavior that precipitated the restraint;
- review of the incident with the staff who administered the restraint; and,
- consideration of the appropriate follow-up for students who witnessed the incident.

The Dean of Students or their designee verbally informs the parent or guardian of the physical restraint as soon as possible.