

Physical Intervention and Restrictive Intervention Policy

Linked to: Managing Behaviour Using Therapeutic Thinking & PRICE Restraint Policy

Review: September 2027

1. Purpose

Dedham Therapy Farm CIC is committed to creating a safe, supportive and therapeutic environment for all Farm Assistants, staff, volunteers and animals.

The farm adopts a preventative and therapeutic approach to behaviour support. Restrictive interventions, including physical intervention and PRICE restraint, will only be used as a last resort when preventative and de-escalation strategies have not been successful and there is a significant and immediate risk of harm.

This policy should be read alongside the:

- Managing Behaviour Using Therapeutic Thinking & PRICE Restraint Policy
- Safeguarding Policy
- SEND Policy
- Risk Assessment Policy
- Health and Safety Policy
- Anti-Bullying Policy

2. Legislative and Guidance Framework

This policy has been developed with reference to:

- Equality Act 2010
- Human Rights Act 1998
- Health and Safety at Work Act 1974
- Keeping Children Safe in Education (KCSIE)
- Behaviour in Schools Guidance
- Suspension and Permanent Exclusion Guidance
- SEND Code of Practice
- DfE Guidance: Restrictive Interventions, Including Use of Reasonable Force
- Searching, Screening and Confiscation Guidance

3. Definitions

For the purposes of this policy, a **Farm Assistant** is a child or young person attending Dedham Therapy Farm CIC sessions, programmes or interventions.

Physical Intervention - Any physical contact intended to influence, guide or restrict a person's movement.

Restrictive Intervention - Any intervention that restricts an individual's liberty of movement, freedom of action or access to their body.

Guiding Away - A low-level physical intervention used to support a Farm Assistant to move safely to a safer location.

Restraint - Holding or restricting a Farm Assistant against their wishes in order to prevent harm.

PRICE Restraint - Approved restraint techniques taught through PRICE training that are designed to reduce the risk of injury whilst maintaining safety.

Seclusion - Dedham Therapy Farm CIC does not use seclusion as a behaviour management strategy.

4. Principles

All physical intervention must be:

- Necessary.
- Reasonable.
- Proportionate.
- In the best interests of safety.
- Individualised.
- Used for the shortest duration possible.
- The least restrictive option available.
- Respectful of the dignity and rights of the Farm Assistant.

The farm will always seek to reduce the need for restrictive intervention through therapeutic practice and relationship-based approaches and deescalation.

5. Prevention and Early Intervention

Staff must always attempt preventative and therapeutic approaches before considering restrictive intervention.

This includes:

- Therapeutic Thinking approaches.
- Positive relationships and trust building.
- Individual risk assessments.
- Behaviour support plans.
- Understanding Special Educational Needs and/or Disabilities (SEND).
- Reasonable adjustments.
- Communication support.
- Sensory regulation strategies.
- Diversion and distraction.
- Restorative approaches.

- Verbal de-escalation.
- Support from additional staff.

Restrictive intervention should never replace proactive behaviour support.

6. When Restrictive Intervention May Be Used

Restrictive intervention may only be used where a Farm Assistant presents a significant and immediate risk of harm.

Examples include:

- Risk of injury to themselves.
- Risk of injury to others.
- Risk of serious harm to animals.
- Risk of significant property damage.
- Dangerous use of equipment.
- Dangerous absconding where immediate safety is compromised.
- Behaviour that may constitute a criminal offence.
- Behaviour creating an immediate safeguarding risk.

7. When Restrictive Intervention Must Not Be Used

Restrictive intervention must never be used:

- As punishment.
- To secure compliance.
- As a consequence for refusing to engage.
- Solely because of verbal aggression.
- Solely because a Farm Assistant is upset or dysregulated.
- To force participation in activities.
- To humiliate, intimidate or control.

8. Approved Interventions

The farm follows the least restrictive approach:

Stage 1 – Therapeutic Thinking

- Verbal de-escalation.
- Therapeutic scripts.
- Diversion and distraction.
- Reasonable adjustments.
- Regulation support.

Stage 2 – Guiding Away

Where verbal intervention has not been successful, staff may use approved guiding away techniques to support movement to a safer area.

Stage 3 – PRICE Restraint

PRICE restraint may only be used where:

- There is an immediate risk of harm.
- Less restrictive interventions have failed or are not safe to attempt.
- The intervention is necessary to maintain safety.

9. Prohibited Practices

The following must never be used:

- Any intervention intended to cause pain.
- Choke holds.
- Neck restraints.
- Restriction of breathing.
- Restrictive interventions involving the head or neck.
- Deliberate pressure on joints.
- Use of force as punishment.
- Degrading or humiliating practices.

Any use of these practices would be treated as a safeguarding concern and investigated immediately.

10. Training Requirements

Only staff who have completed PRICE training may undertake restrictive interventions.

Training must include:

- Therapeutic Thinking.
- De-escalation.
- Guiding Away techniques.
- PRICE restraint techniques.
- Recording and reporting requirements.
- Post-incident support.

Staff must attend refresher training bi annually at a minimum but preferably annually.

In exceptional emergencies, untrained staff may use reasonable force only where failure to act would likely result in serious harm/death.

11. Medical and Individual Considerations

Before using any restrictive intervention staff must consider:

- Existing medical conditions.
- SEND.
- Communication needs.
- Sensory needs.
- Emotional regulation needs.
- Trauma history where known.
- Physical disabilities.
- Recent injuries.

Known risks must be recorded within the Farm Assistant's individual risk assessment.

12. Recording and Reporting

Every restrictive intervention must be recorded using the Farm Assistant Restrictive Intervention Log.

Records must include:

- Date and time.
- Staff involved.
- Farm Assistant involved.
- Cause and triggers.
- De-escalation strategies attempted.
- Type of intervention used.
- Duration.
- Outcome.
- Any injuries sustained.
- Follow-up actions.

The incident must also be:

- Recorded using the Farm Assistant restrictive intervention log template
- Recorded within progress notes.
- Shared with the Lead OT.
- Shared with the Designated Safeguarding Lead team.
- Logged on the Farm Assistant information spreadsheet.

13. Communication with Parents and Carers

Parents/carers must be informed following any restrictive intervention as soon as reasonably practicable.

Where appropriate, information may also be shared with:

- Schools.

- Local Authorities.
- Social Care.
- Other involved professionals.

Information sharing will follow safeguarding and data protection procedures.

14. Post-Incident Support

Following any restrictive intervention, staff must consider the support needs of:

- The Farm Assistant.
- Other Farm Assistants affected.
- Staff.
- Volunteers.
- Animals involved in the incident.

Support may include:

- First aid.
- Time to regulate.
- Emotional support.
- Restorative conversations.
- Communication with parents/carers.
- Communication with schools and professionals.
- Review of behaviour plans.
- Review of individual risk assessments.

A restorative conversation should be held when the Farm Assistant is regulated and ready to engage.

The conversation should support the Farm Assistant to understand:

- What happened.
- Who was affected.
- What needs to be repaired.
- What support may help in future.

15. Monitoring and Governance

The Lead OT and Designated Safeguarding Lead team will regularly review restrictive intervention records to:

- Identify patterns and trends.
- Review effectiveness of support strategies.
- Monitor the frequency of interventions.
- Identify training needs.
- Review risk assessments.
- Ensure interventions remain lawful, necessary and proportionate.

16. Linked Policies

- [Managing Behaviour Policy](#)
- [Safeguarding Policy](#)
- [SEND Policy](#)
- [Risk Assessment Policy](#)
- [Health and Safety Policy](#)
- [Attendance Policy](#)
- [Anti-Bullying Policy](#)
- [Complaints Policy](#)

Policy Statement

Dedham Therapy Farm CIC is committed to reducing the need for restrictive intervention through therapeutic practice, positive relationships, individualised support and preventative strategies. Restrictive interventions will only be used where necessary, proportionate and in the interests of maintaining safety for Farm Assistants, staff, volunteers and animals.