



Restricted Practices Policy

Policy Statement

At *Emma's Explorers Out-of-School Service*, we are committed to upholding the rights, dignity, and well-being of every child in our care. We aim to create a supportive and nurturing environment that fosters independence, positive behaviour, and emotional regulation.

Restrictive practices—including any form of physical intervention or restraint—**will not be used** unless it is the *only practicable means* of ensuring the immediate safety and welfare of the child concerned or others around them. This is in accordance with best practice guidance available on **The Hub** (Care Inspectorate).

Principles

- Restrictive practices are not used as discipline or behaviour management.
- They are only considered in **exceptional circumstances** where all other de-escalation techniques have been exhausted.
- The safety and dignity of the child are paramount at all times.
- We follow the principles of the **UN Convention on the Rights of the Child (UNCRC)** and Scottish Government guidance on **Promoting Positive Behaviour**.

When Restrictive Practice May Be Used

- To prevent a child from causing significant harm to themselves or others.
- When there is an immediate and serious risk that cannot be managed safely in another way.
- As a **last resort** and only when **reasonable, proportionate, and necessary**.

Procedures

If restraint is required:

- It will be carried out by **trained staff** only.
- The intervention will be for the **shortest duration necessary** to secure safety.
- The incident will be **fully recorded** including:
 - The circumstances leading up to the intervention.
 - The nature and duration of the restraint.
 - Any injury or distress caused.
- Parents/carers will be **informed as soon as possible**.
- The situation will be **reviewed** to prevent recurrence and to adjust support plans as needed.

Staff Training and Oversight

- All staff will receive training in **positive behaviour support** and de-escalation strategies.
- Any staff involved in restrictive interventions will also receive **appropriate physical intervention training**, if required.
- Regular reviews and reflective practice sessions will be held to monitor behaviour support strategies and ensure alternatives to restraint are prioritised.

Monitoring and Policy Review

This policy will be reviewed annually, or in response to any incident involving restraint. All updates will reflect current **Care Inspectorate guidance** and relevant legal frameworks.