

Physical Interventions Policy

Positive behaviour support and the last-resort use of physical intervention

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Approved by	Directors of Pure Joy Adventures Limited
Policy owner	Registered Manager / Designated Safeguarding Lead
Applies to	All staff, volunteers, activity leaders and contractors
Training framework	PRICE — Protecting Rights in a Caring Environment

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1. Introduction

This policy should be read in conjunction with:

- Use of Reasonable Force: Advice for headteachers, staff and governing bodies (DfE, July 2013)
- PURE JOY ADVENTURES Relationships and Behaviour Policy
- PURE JOY ADVENTURES Health and Safety Policy
- PURE JOY ADVENTURES Safeguarding and Child Protection Policy
- PURE JOY ADVENTURES Adults at Risk Policy

At PURE JOY ADVENTURES, staff, participants and families build warm, trusting relationships. Positive, caring touch — such as guiding a participant by the hand during an activity or offering a reassuring arm around the shoulder — is a normal and valued part of our short break provision.

We continuously strive to create a calm, communicative and joy-filled environment that minimises the risk of incidents arising during short breaks, adventure activities and overnight respite stays. For the great majority of our participants, physical intervention will never be required. We do, however, recognise that a small number of participants may, on rare occasions, require physical intervention as an absolute last resort. The law permits the use of restrictive physical intervention to:

- Prevent injury to the participant themselves or others
- Protect people from danger
- Prevent serious damage to property

Physical intervention may only be considered once all other strategies have been exhausted. It must always be used in the participant's best interests, with regard to their dignity and safety. The unique nature of our Short Break Respite Scheme — involving adventure activities in varied environments, transport, residential settings and community outings — means that risk assessment and individual planning are especially important. This policy provides clear guidance on who is permitted to use physical interventions, and when and why they would be expected to do so.

Whilst some physical injury potential can be reduced, there always remains some risk when two or more people engage and force is used to protect, release or support. Incidental bruising or scratching is not necessarily a failure of professional technique, but a regrettable side effect of ensuring a participant remains safe.

2. Environmental Access and Resources on Short Breaks

During short breaks and adventure activities, PURE JOY ADVENTURES will, where possible, designate a calm, low-stimulus space — such as a quiet room, vehicle, or sheltered outdoor area — that a participant who becomes dysregulated can access with appropriate support. This space will be:

- Minimally resourced to reduce sensory distraction
- Flexible in purpose and always well supervised
- Used proactively as part of an agreed de-escalation strategy, not as a consequence

PURE JOY ADVENTURES does not operate a seclusion or isolation policy. No participant will be placed in a confined space away from others as a form of management. Should a de-escalation space ever need to be used in an extreme emergency (where all strategies within the Positive Behaviour Support Plan have been exhausted), staff must report immediately to the Registered Manager and record the incident in full using the Physical Restrictive Intervention procedure.

Activity leaders and support workers must conduct a brief environmental risk assessment at the start of each short break, identifying any features of the setting (e.g. water hazards, unfamiliar terrain, communal spaces with other public) that may need to be factored into an individual's support plan.

3. PRICE Model — Protecting Rights in a Caring Environment

PURE JOY ADVENTURES has adopted the PRICE model as its framework for managing distressed behaviour and, where necessary, physical intervention. PRICE leads the way in ensuring that organisations and individuals have the skills needed to keep themselves and those in their care safe.

PRICE Training is committed to restraint reduction. It believes the use of coercive and restrictive practice can be minimised and that the misuse of restraint can be prevented. Rooted in Positive Behaviour Support and trauma-informed practice, PRICE operates within a human rights and person-centred framework that promotes dignity, choice and inclusion.

PRICE training equips our staff to make sense of behaviour, respond positively, and reduce the use of restraint. Where staff do need to physically intervene, they are trained to use a range of breakaways and holding techniques that can quickly and safely return stability.

The key is to pre-empt distressed behaviours by recognising triggers and early behavioural signs (physical, emotional, communicative) before difficulties escalate — which is particularly important in the dynamic environments of our adventure activities and respite settings. Under normal circumstances, physical restraint will only be used when all other options have been exhausted.

4. Principles

Physical intervention will only be used when it is in the best interests of the participant, maintains the dignity and safety of all concerned, and when other less intrusive PRICE strategies (such as de-escalation techniques) have been tried and found to be unsuccessful. It is never punitive. Key principles include:

- **Primary Prevention First:** Prevention strategies must form the greater part of our approach. Even at the most heightened states of arousal, non-restrictive strategies should be tried. Physical restraint is always a last resort.
- **Emergency Exception:** In exceptional circumstances — for example where a participant is in immediate danger of harm during an activity and there is no time to try other strategies — physical intervention may be the first course of action.
- **Part of a Wider Strategy:** Physical intervention must always sit within a broader plan including proactive approaches, primary and secondary strategies, restraint reduction strategies,

communication approaches, de-escalation and diffusion strategies, behavioural audits and risk assessments.

- **Positive Behaviour Support Plans:** Where dysregulated behaviour is a recurring feature, all of the above strategies must be recorded in an individual Positive Behaviour Support Plan (PBSP) agreed before the participant attends a short break.
- **Trained Staff Only:** Only staff who have completed full PRICE training may implement planned physical interventions. Techniques are limited to those taught by PRICE.
- **Consent:** Consent must be obtained from parents/carers and, where appropriate, from the participant's placing authority before planned physical interventions are included in a PBSP, unless the situation is an emergency.
- **Adventure Activity Contexts:** The particular risks associated with outdoor adventure activities, water-based activities, transport and residential settings must be explicitly considered when planning and reviewing any use of physical intervention.

5. Individualised Positive Behaviour Support Plans (Recovery-Based Model)

Plans to support the effective management and regulation of behaviour must be specific to the needs of each individual participant on our Short Break Respite Scheme. The framework for achieving this is Positive Behaviour Support (PBS) using a recovery-based approach.

- Recovery means working in partnership with participants, their families and placing authorities to improve outcomes. It promotes human rights-based approaches, personal independence, choice and social inclusion.
- Each participant can achieve a satisfying and fulfilling experience during their short break, in keeping with their own preferences, through empowerment and self-determination.
- Evidence shows that PBS-based approaches can improve quality of life and reduce behaviours that challenge, leading to a reduction in restrictive interventions.
- Person-centred planning is central: plans are developed with participants and families, not for them. The participant's voice is at the centre of their own plan.
- PBSPs must be in place and shared with all staff before a participant attends their first short break session.

6. Procedure

PBSPs identify when an individual's behaviour makes it necessary to consider the use of supportive physical interventions after all de-escalation techniques have been unsuccessful.

- PBSPs and Individual Risk Assessments will support the assessment and management of foreseeable risks for participants who present with challenging behaviours, including risks specific to adventure activity and respite settings. These documents outline the physical intervention techniques that may be used as part of a planned strategy.
- Individual behaviour logs will be maintained for each participant and will record triggers, strategies used, instances where physical interventions were used, and recovery and repair actions.

- Planned use of physical interventions must be consistent with the participant's EHCP or care plan and take their individual needs fully into account.
- PBSPs must be reviewed at each placement review, at least annually, and following any incident.
- Parents/carers and, wherever possible, the participant themselves will be consulted as part of the PBSP process and their views incorporated.
- A copy of each participant's PBSP will be held securely and made available to all staff and volunteers working with that participant during their short break.

7. Staff Training

- All staff involved in implementing planned physical interventions as part of a behaviour support strategy will be trained in the PRICE model by an accredited PRICE trainer.
- PRICE training will be refreshed in line with the training provider's recommended schedule, and in any case at least every two years.
- A rolling programme of PRICE training will be maintained so that all staff working with participants for whom physical intervention may be necessary are fully trained before they do so.
- Only staff who hold a current and valid PRICE certification may carry out planned physical interventions.
- New staff and volunteers must not be deployed unsupervised in settings where physical intervention may be required until their PRICE training is complete.
- Training records will be maintained by the Registered Manager and reviewed as part of supervision and appraisal.
- In addition to PRICE, all staff will receive induction training covering de-escalation, trauma-informed practice, and the specific behaviour support needs of participants on the scheme.

8. Reporting and Recording Physical Restrictive Interventions

- All incidents requiring the use of physical intervention must be clearly and systematically documented and reported to the Registered Manager on the same day.
- All incidents or accidents occurring as a result of dysregulated behaviour must be recorded in the individual PBSP (if in place) and on a Pure Joy Adventures incident/accident form.
- All physical interventions will be logged by the Registered Manager in the Physical Intervention Log and, where applicable, reported to the participant's placing authority.
- Parents/carers must be informed of any physical intervention as soon as practicable, and always on the same day. Communication must be compassionate, clear and honest.
- Following any emergency use of physical intervention, the PBSP must be reviewed and updated, agreed with the Registered Manager and parents/carers, identifying any changes needed to prevent recurrence.
- The participant must be de-briefed in a manner appropriate to their communication needs.
- Any injuries sustained — by the participant, a staff member or any other person — must be logged on an incident form and reported to the Registered Manager, who will advise on whether further action, referral or notification is required.

- All staff have a duty to ensure incidents are reported and recorded accurately, with all injuries clearly identified including the use of body maps where necessary.
- Where a child or vulnerable adult is involved, the Designated Safeguarding Lead must be notified promptly so that any necessary safeguarding action can be taken alongside the physical intervention recording process.
- Incident records must be retained securely in line with PURE JOY ADVENTURES's Data

Protection Policy.

9. Use of Physical Restrictive Interventions in Unforeseen / Emergency

Situations PURE JOY ADVENTURES recognises that staff may occasionally need to use restrictive physical intervention as an emergency response to an unforeseen situation — particularly given the dynamic nature of adventure activities and community outings.

- In such situations, staff must act in the best interests of the participant, which may mean using reasonable force to manage a crisis and prevent harm.
- The situation must be managed using the least restrictive intervention available at the time.
- Emergency use of physical intervention does not require a PBSP to have pre-authorised the specific technique used — however, staff must still act within their PRICE training and use only techniques they have been trained to deliver.
- All such incidents must be reported and recorded using the procedure set out in Section 8.
- The Registered Manager must review the incident and determine whether the PBSP needs to be updated to address the circumstances that led to the emergency.

10. Post-Incident Support

Good post-incident support is a crucial element of quality care. It helps staff maintain strong relationships with participants and their families, and reduces the likelihood of future incidents.

- Immediate priority: Ensure the physical and emotional safety and wellbeing of everyone involved. Manage any practicalities (e.g. injuries, first aid) and provide comfort and reassurance. Post-incident support is not the time for learning reviews — that comes later.
- Any participant involved in an incident should be supported sensitively to calm down as quickly as possible (offer a drink, a familiar comfort object, or a quiet space). This support should be provided by an adult with a good relationship with the participant and who was not involved in the incident.
- This may involve moving the participant away from where the incident occurred.
- Both the participant and the staff involved will be given emotional support and appropriate first aid for any injuries as soon as possible.
- If either the participant or a staff member requires further respite or medical attention, this will be arranged promptly.
- A staff wellbeing support system is in place. Any staff member involved in an incident will be offered a debrief and access to support.
- Sensitive support for reintegration will be provided for both staff and participant.

- Parents/carers must be informed as soon as possible, and the conversation must be handled with care, sensitivity and honesty.
- For participants on overnight respite stays, the on-call manager must be notified immediately.

11. De-briefing and Post-Incident Review

- At a suitable time after the use of restraint, the member of staff involved must be de-briefed by an appropriate manager. This allows for reflection, emotional support, and learning and development.
- Whenever restraint has been used, staff and the participant should have separate, appropriately supported opportunities to reflect on what happened and, wherever possible, a choice as to who helps them with this.
- For some participants, specific adaptations will be needed to support engagement in this process — such as simplified questions, visual aids, Makaton, AAC devices or other communication supports.
- Wherever possible, families and, where relevant, the placing authority should have the opportunity to participate in post-incident reviews.
- Reviews will include a facilitated discussion covering: triggers and antecedents; whether agreed PBSP strategies were followed; the de-escalation strategies used and their effectiveness; what could be done differently in future; and any environmental or staffing changes needed.
- A member of the leadership team who was not involved in the incident should lead the post-incident review to ensure objectivity.
- Consideration should be given to revising the PBSP and providing additional staff training as needed.

12. Reflective Practice to Improve Support

Following the PRICE principles, PURE JOY ADVENTURES is committed to reflective practice so that appropriate lessons are learned from every instance where restraint has been used.

- The Registered Manager will maintain oversight of all physical intervention records, identify any patterns or trends, and consider how the use of restraint might be reduced in future.
- This will involve de-briefing, post-incident review, monitoring of incident data, and review of PBSPs and wider policies.
- Participants, families, placing authorities and, where appropriate, other professionals will be involved in planning, monitoring and reviewing how and when restrictive interventions are used.
- The Restraint Reduction Network's toolkits and standards (Restraint Reduction Network Training Standards 2020) will be used to inform and benchmark our practice.
- An anonymised summary of physical interventions will be reported to the Trustees of Pure Joy Adventures at least termly.

13. Good Practice

- Regular multi-disciplinary review meetings will be held to review individual PBSPs, risk assessments

and behaviour support strategies. Staff will have the opportunity to discuss the presenting needs of participants and update management strategies.

- PURE JOY ADVENTURES recognises the expertise parents and carers have in relation to their own child or family member, and will work closely with them throughout.
- All staff and volunteers will receive training in preventative and proactive strategies for managing challenging behaviour before working unsupervised on the scheme.
- PBSPs and relevant risk assessments will be shared with all staff working with individual participants prior to each short break.
- Staff will use all recording and reporting systems consistently and accurately.
- Staff will feel confident and competent to employ the strategies outlined in individual PBSPs.
- Activity leaders will conduct pre-activity briefings that include reference to any participant-specific behaviour support considerations relevant to that day's activities.
- Where a participant's needs change significantly, their PBSP and risk assessment will be reviewed before their next short break session.

Appendix A — Pure Joy Adventures: Positive Behaviour Support Plan

Template Participant Name: Date of Birth:

Date of Plan: Review Date:

Key Worker: Placing Authority:

All About Me — Communication & Sensory Profile

Communication Sensory Processing

Ways I communicate: Things I like:

I am learning to: Things I dislike or find overwhelming:

When I am anxious/frustrated/upset: Sensory strategies that help me:

When I am happy/excited:

All About Me — Social & Activity Profile Interacting with Others Participating in Short Break Activities

Relationships with staff: Activities I enjoy:

Relationships with peers: Activities I find difficult:

During activities I need: Transitions / changes to routine:

Specific supports I need:

Wellbeing and Support State How I look / what I do What helps me (proactive strategies)

Happiness / Calm (Baseline)

Discomfort / Early Signs of Distress

Heightened / Escalating Distress

Behaviour Support Strategy Matrix Specific behaviours when distressed — may be experiencing anxiety, anger, panic or high arousal:

Behaviour Setting / Proactive Reactive Restrictive Recovery & Repair Trigger(s) Strategies Strategies Strategies (if (What we do to (What we do if reactive avoid the behaviour starts) strategies behaviour) don't work)

Replacement Skill/s I am learning:

Supporting Documents Individual Risk Assessment In place: Yes / No Purpose: Review date:

Individual Health Care Plan In place: Yes / No Brief summary: Review date:

EHCP / Care Plan Reference In place: Yes / No Relevant section:

Parent / Carer signature: Date:

Activity Leader / Key Worker: Date:

Registered Manager: Date:

Appendix B — Risk Assessment Form

Activity / Short Break Session:

Location / Setting:

Date:

Review Date:

Revision Number:

1. HAZARDS — List anything that has the potential to cause harm (include activity-specific and participant-specific hazards):

2. WHO COULD ☐ ☐ Public / BE HARMED? ☐ Staff Participants ☐ Volunteers Visitors ☐ Other:

3. INITIAL RISK ASSESSMENT (before controls)

Likelihood Minor Moderate Major d Severity Severity Severity Likelihood: Severity: = Risk Level:

Probable MEDIUM HIGH HIGH

Possible LOW MEDIUM HIGH

Unlikely LOW LOW MEDIUM

4. CONTROL MEASURES REQUIRED:

5. RISK ASSESSMENT AFTER CONTROLS Likelihood: _____ Severity: _____ = Risk Level:

6. MONITORING AND REVIEW (confirm who will oversee the activity and key times for

supervision):

7. PREPARED BY: _____ Date: _____

Risk Level Key Action Required

RED — HIGH Do not proceed — risk must be reduced before the activity begins.

Proceed only if specific controls are in place and will not allow risk to AMBER — MEDIUM increase.

GREEN — LOW Risk controlled effectively. Proceed and monitor for changes.