SESMA Martial Arts UK

Developing Confidence & Self Esteem since 1989

Physical Intervention Policy

Background

At SESMA Martial Arts we believe that students need to be safe, to know how to behave, and to know that the adults around them can manage them safely and confidently. Only for a very small minority of students will the use of physical intervention be needed. On such occasions, acceptable forms of intervention are used.

Most students behave well and conform to the expectations of our MA school. We have responsibility to operate an effective behaviour policy that encompasses preventative strategies for tackling inappropriate behaviour in relation to the whole MA school, each class, and individual students.

All staff need to feel that they can manage inappropriate behaviour, and understand what challenging behaviours might be communicating. This policy is written in conjunction with the SESMA Martial Arts behaviour policy, safeguarding policy and physical touch policy.

De-escalation and Physical Intervention

SESMA Martial Arts is committed to using a broad spectrum of strategies to manage behaviour; these include policy, guidance, environment management, staff deployment, personal behaviour, diversion, diffusion and de-escalation. Physical intervention is only a small part of this framework.

- Use of space
- Safe environments
- Comfortable environments
- Diversions
- Calm Stances and Postures
- Non threatening Facial Expressions
- Low Tone, Volume and Pace in Communication
- Careful use of words – mantras as recommended by Norfolk Steps
- Physical Reassurance and Prompts
- Effective Guides and Escorts

- Releases and holds with minimum drama and effort

Planning for the use of physical intervention at SESMA Martial Arts

Staff will use the minimum force needed to restore safety and appropriate behaviour.

The principles relating to the intervention are as follows :-

- Physical Intervention is an act of care and control, not punishment. It is never used to force compliance with staff instructions
- Staff will only use it when there are good grounds for believing that immediate action is necessary and that it is in the pupil's and/or other student's best interests for staff to intervene physically
- Staff will take steps in advance to avoid the need for Physical Intervention through dialogue and diversion. The student will be warned, at their level of understanding, that Physical Intervention will be used unless they cease the unacceptable behaviour
- only the minimum force necessary will be used
- staff will be able to show that the intervention used was a reasonable response to the incident
- every effort will be made to secure the presence of other staff, and these staff may act as assistants and/or witnesses
- as soon as it is safe, the Physical Intervention will be relaxed to allow the student to regain self-control
- escalation will be avoided at all costs, especially if it would make the overall situation more destructive and unmanageable
- the age, understanding, and competence of the individual student will always be considered

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