

# Vermont State Board Rule 4500 Restraint Training Program Application

**Program Name:**  
**Submitted By:**  
**Date:**

## Vermont Rule on Restraint and Seclusion

## Restraint Training Program Alignment

### Definition of Physical Restraint:

**Physical Restraint** means the use of physical force to prevent an imminent and substantial risk of bodily harm to the student or others. Physical restraint does not include:

- a. Momentary periods of physical restriction by direct person-to-person contact, accomplished with limited force and designed either
  - i. to prevent a student from completing an act that would result in potential physical harm to himself/herself or another person; or
  - ii. to remove a disruptive student who is unwilling to leave the area voluntarily;
- b. The minimum contact necessary to physically escort a student from one place to another;
- c. Hand-over-hand assistance with feeding or task completion; or
- d. Techniques prescribed by a qualified medical professional for reason of safety or for therapeutic or medical treatment.

*Physical restraint is not used for compliance, as a teaching strategy, nor as a therapeutic intervention.*

Prone and supine physical restraints are more restrictive than other forms of physical restraint and may be used only when the student's size and severity of behavior require such a restraint because a less restrictive restraint has failed or would be ineffective to prevent harm to the student or others.

a. Appropriate procedures for preventing the need for physical restraint, including the de-escalation of dangerous behavior, relationship-building, and the use of alternatives to physical restraint;

b. Identification of dangerous behaviors that may indicate the need for physical

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| restraint and methods for evaluating the risk of harm to determine if physical restraint is warranted;   |  |
| c. Simulated experience in administering and in receiving a variety of physical restraint techniques, across a range of increasingly restrictive interventions;            |  |
| d. Instruction regarding the effects of physical restraint on the person restrained, including monitoring physical signs of distress and how to obtain medical assistance; |  |
| e. Instruction regarding investigation of injuries and complaints.   |  |