Procedure for Use of a Restraint Training Program Not Listed in the Directory

A school may use a restraint training program NOT listed if it is approved by the Secretary. The school administrator must submit the Restraint Training Program Application (see page two) demonstrating how the program meets the purposes of Rule 4500.

Once received, the Restraint Training Program Application will be distributed to the Rule 4500 Advisory Council. This Council was established to advise the Secretary on actions required by the Rule. The Advisory Council will provide recommendations to the Secretary who will decide whether the program meets the purposes of Rule 4500.

School administrators will be notified of the Secretary's decision within four weeks of submitting the Restraint Training Program Application.

Vermont State Board Rule 4500

Restraint Training Program Application

Please fill in the right hand boxes describing how your training program aligns with Rule 4500 sections.

**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 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. |  |