



Administrative Directive 4.50.060-AD

Student Restraint and Seclusion

Portland Public Schools is dedicated to the development and application of best practices within the district's educational and behavioral programs. In accordance with state law, physical restraint and seclusion may only be used in very limited circumstances. This Administrative Directive defines the circumstances that must exist and the requirements that must be met prior to, during, and after the use of restraint and/or seclusion with district students.

I. Definitions

A. Chemical restraint means a drug or medication that is used on a student to control behavior or restrict freedom of movement and that is not:

1. Prescribed by a licensed physician or other qualified health professional acting under the professional's scope of practice for standard treatment of the student's medical or psychiatric condition; and
2. Administered as prescribed by a licensed physician or other qualified health professional acting under the professional's scope of practice.

B. Mechanical restraint means a device used to restrict the movement of a student or the movement or normal function of a portion of the body of a student. Mechanical restraint" does not include:

1. A protective or stabilizing device ordered by a licensed physician; or
2. A vehicle safety restraint when used as intended during the transport of a student in a moving vehicle.

C. Physical Restraint means the restriction of a student's actions or movements by holding the student or using pressure or other means.

1. Restraint does not include:



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- a. Holding a student's hand or arm to escort the student safely and without the use of force from one area to another;
- b. Assisting a student to complete a task if the student does not resist the physical contact; or
- c. Providing reasonable intervention with the minimal exertion of force necessary if the intervention does not include a restraint prohibited under ORS 339.288 and the intervention is necessary to:
 - (i) Break up a physical fight;
 - (ii) Interrupt a student's impulsive behavior that threatens the student's immediate safety, including running in front of a vehicle or climbing on unsafe structures or objects; or
 - (iii) Effectively protect oneself or another from an assault, injury or sexual contact with the minimum physical contact necessary for protection.

D. Prone restraint means a restraint in which a student is held face down on the floor.

E. Supine restraint means a restraint in which a student is held face up on the floor.

F. Seclusion means the involuntary confinement of a student alone in a room from which the student is physically prevented from leaving.

1. Seclusion does not include the removal of a student for a short period of time to provide the student with an opportunity to regain self-control if the student is in a setting from which the student is not physically prevented from leaving.



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G. Serious bodily injury means any significant impairment of the physical condition of a person, as determined by qualified medical personnel, whether self-inflicted or inflicted by someone else.

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7. Any restraint that places, or creates a risk of placing, pressure on a student's mouth, unless the restraint is necessary for the purpose of extracting a body part from a bite.

8 Any restraint that impedes, or creates a risk of impeding, breathing.

9. Any restraint that involves the intentional placement of the hands, feet, elbow, knee or any object on a student's neck, throat, genitals or other intimate parts.

10. Any restraint that causes pressure to be placed, or creates a risk of causing pressure to be placed, on the stomach or back by a knee, foot or elbow bone.

11. Any action designed for the primary purpose of inflicting pain.

B. Physical Restraint or seclusion may not be used for discipline, punishment, retaliation or convenience of personnel, contractors or volunteers of [the] a public education program

IV. Requirements for Using Physical Restraint or Seclusion

A. When physical restraint or seclusion may be used:

Physical Restraint may be used on a student in a public education program only under the following circumstances:

1. The student's behavior imposes a reasonable risk



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- A. By the end of the school day when the incident occurred:
 - 1. A staff person who observed or implemented the physical restraint or seclusion must complete a written or electronic report of the incident that meets state and federal requirements; and
 - 2. A staff person must provide the student's parents or guardian with verbal or electronic notice of the incident. If the parent does not have a phone or access to electronic communication, the school must use its usual methods of communicating with the parent to provide this notice.

- B. Within one school day of the incident:
 - 1. A copy of the incident report must be provided to the parents or guardian; and
 - 2. Parents must be given notice of the date, time, and location of the debriefing.

- C. Within two school days of the use of physical restraint or seclusion:
 - 1. Appropriate staff, including the staff involved in the restraint or seclusion, must complete a documented debriefing.
 - 2. A copy of the debriefing report must be distributed to the parent or guardian and building administrator or designee.

- D. Notification to Department of Human Services (DHS): If serious bodily injury or death of a student occurs in relation to the use of physical restraint or seclusion, the building principal or designee must provide written notification of the incident to DHS within 24 hours of the incident but only if such notice complies with the provisions of the Family Education Rights and Privacy Act.

