



Seclusion and Restraint

According to the Utah LRBI Technical Assistance manual there are times when school personnel may have to use one of the more restrictive behavior interventions: seclusionary time out and physical restraint. Both of these interventions are considered emergency procedures and should only be used when a student presents an immediate danger to himself/herself or others.

Both of these interventions are considered to be emergency safety interventions and, if used at all, must be implemented carefully by those trained to do so. They both have limits to the time they can be used.



Immediate danger means the danger of physical violence/aggression towards oneself or others that is likely to cause serious physical harm.

Both of these interventions should never be used for disciplinary reasons and are limited to not more than 30 minutes.

According to a document provided by the US Department of Education, "Restraint or seclusion should not be used as routine school safety measures; that is, they should not be implemented except in situations where a child's behavior poses imminent danger of serious physical harm to self or others and not as a routine strategy implemented to address instructional problems or inappropriate behavior (e.g., disrespect, noncompliance, insubordination, out of seat), as a means of coercion or retaliation, or as a convenience."

What does physical restraint mean?

The law defines physical restraint as a personal restriction that immobilizes or reduces the ability of an individual to move the individual's arms, legs, body or head freely. Physical restraint must be ended immediately when the student is no longer an immediate danger or if a student is in severe distress. Additionally a school employee may not use physical restraint for more than 30 minutes.

What is seclusionary timeout?

It's important to know seclusionary time out is different than sending a child to a thinking spot in the classroom or a visit to the principal's office.

There are three things that define seclusion:

- First: The student is placed in an enclosed area by school personnel.
- Second: The student is purposefully isolated from adults and peers.
- Third: The student is prevented from leaving, or reasonably believes he or she is prevented from leaving the enclosed area.

If all three of these things are done, then it is considered seclusionary time out.

When using seclusionary time out, a public school employee must use the minimum time necessary to ensure safety. This intervention must never be used for more than 30 minutes

The LRBI Technical Assistance manual outlines requirements:

- The school personnel must use district or charter school approved release criteria.
- The door must be unlocked.
- And personnel must keep student in sight.

For more information about this subject, your rights and your student's rights, please contact the Utah Parent Center to speak with a consultant at 1.800.468.1160.



Resources for this information sheet:

[Restraint And Seclusion: Resource Document from US Department of Education](#)

[Considerations for Seclusion and Restraint Use in School-wide Positive Behavior Supports](#)

[Least Restrictive Behavioral Interventions Technical Assistance Manual](#)

[Utah Administrative Codes R277-609-5: Physical Restraint and Seclusionary Time Out](#)

[Utah HB 92 Physical Restraint in Schools](#)