

***Physical restraint of a child would only be used in an extreme situation where a child is in danger of seriously hurting him/herself or others and then only by a staff member trained in the appropriate use of a basket hold. Any time a restraint is required, the parent/guardian will receive written documentation in accordance with WAC 110-300-0335.***

**WAC 110-300-0335**

**Physical restraint.**

(1) An early learning provider must have written physical restraint protocols pursuant to WAC 110-300-0490, and implement such protocols only when appropriate and after complying with all requirements of WAC 110-300-0330 and 110-300-0331.

(2) Physical restraint must only be used if a child's safety or the safety of others is threatened and must be:

- (a) Limited to holding a child as gently as possible to accomplish restraint;
- (b) Limited to the minimum amount of time necessary to control the situation; and
- (c) Developmentally appropriate.

(3) No person may use bonds, ties, blankets, straps, car seats, high chairs, activity saucers, or heavy weights (including an adult sitting on a child) to physically restrain children.

(4) Licensees, center directors, assistant directors, program supervisors, lead teachers, or trained staff must remove themselves from a situation if they sense a loss of their own self-control and concern for the child when using a restraint technique if another early learning provider is present. An early learning provider must intervene when the provider observes another staff member or volunteer using inappropriate restraint techniques.

(5) If physical restraint is used, staff must:

- (a) Report the use of physical restraint, pursuant to WAC 110-300-0475 (2)(f);
- (b) Assess any incident of physical restraint to determine if the decision to use physical restraint and its application were appropriate;
- (c) Document the incident in the child's file, including the date, time, early learning program staff involved, duration, and what happened before, during, and after the child was restrained;
- (d) Develop a written plan with input from the child's primary care or mental health provider, and the parents or guardians, to address underlying issues and reduce need for further physical restraint if:
  - (i) Physical restraint has been used more than once; and
  - (ii) A plan is not already a part of the child's individual care plan.
- (e) Notify the department when a written plan has been developed.

[Statutory Authority: RCW 43.216.065, WSR 21-15-023, § 110-300-0335, filed 7/12/21, effective 8/12/21. Statutory Authority: RCW 43.216.055, 43.216.065, 43.216.250 and chapter 43.216 RCW. WSR 19-22-103, § 110-300-0335, filed 11/6/19, effective 12/7/19. WSR 18-15-001, recodified as § 110-300-0335, filed 7/5/18, effective 7/5/18. Statutory Authority: RCW 43.215.070, 43.215.201 and chapter 42.56 RCW. WSR 18-14-079, § 170-300-0335, filed 6/30/18, effective 8/1/19.]

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Parent Signature

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Date

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Parent Name Printed

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Child(ren)'s Name(s)

