

December 11, 2019

**RESCIND BOARD REPORT 08-0723-PO3  
BEHAVIORAL INTERVENTIONS, PHYSICAL RESTRAINTS AND ISOLATED TIME OUTS FOR  
STUDENTS WITH DISABILITIES  
AND  
ADOPT INTERIM PHYSICAL RESTRAINTS AND TIME OUTS POLICY**

**THE CHIEF EXECUTIVE OFFICER RECOMMENDS:**

That the Board rescind Board Report 08-0723-PO3 and adopt interim policy as set forth below and will determine any permanent change after the public comment period.

**PURPOSE:** The purpose of this new policy is to comply with emergency action taken by the Illinois State Board of Education ("ISBE") to ban the use of seclusion and certain physical restraints in Illinois schools

and to improve data collection on all instances of time out and physical restraint. ISBE filed emergency

causing serious physical harm to himself, herself, or others and less restrictive and intrusive interventions have been tried and proven ineffective in stopping the imminent danger.

2) Prone or supine physical restraint is used in a manner that does not restrict

3) Prone or supine physical restraint is used in a manner that does not restrict

a student's airway, or interfere with a student's primary mode of communication.

4) Prone or supine physical restraints are used only by personnel with required credentials who have completed required training under this Policy.

5) Prone or supine restraints are used only if these interventions are the

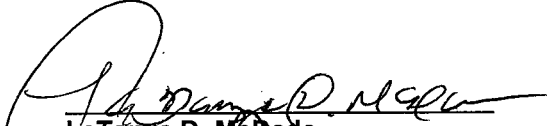
by trained school staff (iii) a student poses a physical risk to himself, herself, staff or others

and/or (iv) use of the restraint is not known to be medically contraindicated. Only trained security personnel or other staff who have been appropriately trained in the safe application of Physical Restraints may employ a Physical Restraint with a student.

- D. Effective November 20, 2019, all school staff are required to document any use of physical restraint using the form titled "Physical Restraint and Time Out Form" attached and

**Legal References:** 105 ILCS 5/34-18.20; 105 ILCS 5/2-3.130; 105 ILCS 5/14-8.05; 105 ILCS 10-20.33;  
Emergency Rule 23 Illinois Administrative Code 1.280, 1.285

**Approved for Consideration:**

  
Tanva N. Nanda

**Approved:**

  
Janice K. Jackson



# Illinois State Board of Education

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## PHYSICAL RESTRAINT AND TIME OUT FORM

**Instructions:** Per 23 IAC 4.095(6/4), a written record of each event involving a time out or physical restraint must be maintained by the

**Student's permanent record.** Public school districts, private schools, and charter schools must...

4. Describe the physical restraint used (check all that apply for incident)

- 1-person child hold in seated position
- 1-person child hold in standing position
- team hold in seated position
- team hold in standing position
- other \_\_\_\_\_

5. Attach behavior log of student behavior during time out and restraint and any other interaction between the student and staff

6. Were there any injuries to student or staff or others?  Yes  No

Describe: \_\_\_\_\_

7. Date and time evaluated by nurse: \_\_\_\_\_ Nurse Signature: \_\_\_\_\_

Nurse Comments:

8. Was there property damage:  Yes  No

If yes, describe: \_\_\_\_\_

9. Evaluation by Certified or Trained Staff Member

If an episode of time out exceeds 30 minutes or a physical restraint exceeds 15 minutes or if repeated episodes occur during any three hour time period, a certified staff person knowledgeable about the use of time out or trained in the use of physical restraint must evaluate

