

**WAC 110-302-0335 Physical restraint.** (1) ONB programs must have written physical restraint policies pursuant to WAC 110-302-0490, and staff must implement such protocols only when appropriate and after complying with all requirements of WAC 110-302-0330 and 110-302-0331.

(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;

(c) Developmentally appropriate; and

(d) Only performed by ONB providers trained in the ONB program's child restraint policy, pursuant to WAC 110-302-0490.

(3) ONB providers must not use bonds, ties, blankets, straps, car seats, or heavy weights to include an adult sitting on a child to physically restrain children.

(4) Licensees, directors, program directors, assistant directors, site 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 ONB provider is present. ONB providers must intervene when they observe 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 110-302-0475.

(b) Assess any incident of physical restraint to determine if the decision to use physical restraint and its application was appropriate;

(c) Document the incident in the child's file, including the date, time, 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 to reduce the 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 43.216.742. WSR 23-10-059, § 110-302-0335, filed 5/1/23, effective 6/1/23.]