**Crisis Aggression Limitation Management (CALM)**

The only training in physical intervention allowed by Aberdeenshire Council Education & Children’s Services is Crisis and Aggression Limitation Management (CALM) training. Only those who hold a current accredited training qualification in CALM can carry out these techniques.

Where a risk assessment has identified that staff training in physical intervention is required, Head Teachers should consider the experience of the staff member and the appropriateness of allowing that individual to undertake this type of physical task. Staff will not be required to participate in CALM Physical Intervention training without their consent. **To book training including CALM Theory training, please contact the inclusion, Equity and Wellbeing Team via** [calm@aberdeenshire.gov.uk](mailto:calm@aberdeenshire.gov.uk)

Schools bear the costs of CALM training including annual re-accreditation.

Staff must complete CALM Theory training – face to face or online - as a pre-requisite for entry to the two-day CALM Physical Intervention training in CALM techniques. CALM Theory training must also be completed prior to training in Escape techniques (procedures designed to help staff avert restraint by escaping from a situation of risk) and / or Small Holds procedures (specific physical procedures designed and risk assessed for use with younger children).

Staff trained in any CALM Physical Intervention must attend Re-accreditation training annually. They are not allowed to use CALM techniques after a year has elapsed from the date on their latest certificate. Individual members of staff and Aberdeenshire Council are vulnerable to legal action if staff use CALM techniques without valid and up to date re-accreditation.

Staff are required to practise techniques regularly - approximately every four weeks - and keep a log of this practice, noting dates and techniques practiced. Protected time must be provided for this.

The GIRFEC Child Planning process should result in a clear shared understanding of appropriate strategies and supports to support individual children / young people and provide a mechanism for reviewing and evaluating them over time.

Where a risk assessment has identified that CALM Physical Restrictive Intervention may be required, the appropriate interventions for the child/young person must be informed by an assessment of any particular risks associated with the individual’s personal vulnerabilities, their health and the immediate environment where the intervention is likely to be applied.

A risk assessment must always be undertaken with regards to any proposed use of CALM Restrictive Physical Intervention and should identify the benefits and risks associated with different intervention techniques. It should also address the risk of not intervening, as well as the risks posed to the child / young person beingsupported and the staff from the use of the interventions. Where there is multi-disciplinary or multi agency involvement, their views should be sought with regard to this risk assessment.

The proposed use of CALM Restrictive Physical Intervention should be included in the child / young person’s behaviour support plan.

The use of CALM Restrictive Physical Intervention techniques must never

* compromise respiration
* place pressure on the neck, back abdomen, hips, joints or chest of the pupil
* cause the free fall of the child/pupil to the ground or chair
* involve sitting, kneeling or straddling a child / young person
* use applied or implied pain to gain control of the child / young person
* use any form hyperflexion (moving a muscle beyond its normal limit) or hyperextension (moving a joint beyond its normal limit or against the usual movement of that joint) of the pupil’s joints
* involve a staff member placing a child / young person in hyperflexion i.e. bending position
* make use of clothing or other items to restrict the free movement of a pupil
* involve the excessive compression of soft tissue against hard surfaces

Any complaint from the child / young person that they are having difficulties with breathing should be treated as an immediate medical emergency and CALM Restrictive Physical Intervention discontinued.

CALM Restrictive Physical Intervention should be relaxed and released at the earliest opportunity. The child or young person should be told what will happen next to avoid unnecessary anxiety. If the member of staff is going to release the grip and stay quietly with the child or young person, this should be explained.

**Recording and Reporting the Use of CALM Physical Interventions**

If a CALM Restrictive Physical Intervention technique has been used by a member of staff, a full record of the incident should be completed using the Restrictive Physical Intervention Report Form (Appendix D) and retained securely within the school’s CALM Folder until the CALM Annual Report has been submitted to the authority. Thereafter the Restrictive Physical Intervention Incident form should be retained securely within the pupil’s Pupil Progress Records (PPR).

All incidents involving Level 3 techniques must be recorded within the Restrictive Physical Intervention Form. Level 2 techniques should also be recorded if they lead to using a higher-level technique. CALM Small Holds techniques must also be recorded using the Restrictive Physical Intervention Report Form.

Level 2 techniques **do not** require to be recorded on the Restrictive Physical Intervention Form where this has not led to a Level 3, Level 4 or Supplementary technique being used. CALM Escapes techniques are Protective Physical Interventions and are not required to be recorded on the Restrictive Physical Intervention Form nor have to be reported via CAIRS. It is however good practice for schools to have their own recording system for Protective Physical Interventions to enable them to monitor the need for the use of such techniques to support the development of a Child’s Plan, Behaviour Support Plan, Risk Assessment, etc. where appropriate.

Any incident involving CALM Restrictive Physical Intervention must be recorded and reported as detailed in the Relationships, Learning and Behaviour Policy. This includes any injuries sustained by the child/young person or member of staff while using a CALM physical intervention technique.

Aberdeenshire Council employees who have management responsibilities to record accidents and incidents in the workplace must do so using the Corporate Accident and Incident Reporting System. Please follow this link– [CAIRS](https://abshire.cherwellondemand.com/CherwellPortal/askhrv2?Locale=en-GB&_=2da35307)

In addition, any injury sustained by the child/young person or member of staff while using a CALM physical intervention technique must be reported to [calm@aberdeenshire.gov.uk](mailto:calm@aberdeenshire.gov.uk) using the [CALM Injury Form](https://asn-aberdeenshire.org/wp-content/uploads/2024/05/Appendix-D-Restrictive-Physical-Intervention-Report-Form.docx) (Appendix H).

A copy of the Restrictive Physical Intervention form and the CALM Injury form (where appropriate), should be retained securely within the school’s CALM Folder until the CALM Annual Report has been submitted to the authority. Thereafter both forms should be retained securely within the pupil’s Pupil Progress Records (PPR).

Aberdeenshire Council has a contractual obligation to inform CALM Training Ltd of any injuries resulting from a CALM physical intervention technique. This information will be forwarded to CALM Training Ltd by the Inclusion, Equity and Wellbeing Team on receipt of the completed CALM Injury Form.

Schools are required to complete an Annual Report on the use of CALM. Aberdeenshire Council has a contractual obligation to submit an Annual Report to CALM Training Ltd based on the information provided by schools.

The use of CALM Protective Physical Interventions e.g. Escapes techniques **are not required to be reported**, however it is good practice for a setting to record the use of such techniques to enable them to monitor their use within the school and to support planning for the meeting of individual pupil needs.