

## 110-300-0335

### Physical restraint: as stated by the WAC

(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;
- (c) Developmentally appropriate; and

(d) Only performed by early learning providers trained in a restraint technique pursuant to WAC [110-300-0106](#)(9).

(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 him or herself 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. If an early learning provider observes another staff using inappropriate restraint techniques, the staff must intervene.

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

(a) Report the use of physical restraint to the child's parent or guardian as soon as possible, but no later than the release of the child at the end of the day, and to the department within twenty-four hours, pursuant to WAC [110-300-0475](#);

(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, 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.

[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.]

Parent signature: \_\_\_\_\_ Date: \_\_\_\_\_