

441—115.6(237) Restraints.

115.6(1) *Nonsecure facilities.* Physical restraints and a control room are permitted in nonsecure facilities.

115.6(2) *Secure facilities.* Secure facilities may use physical restraints, a control room, locked cottages, and mechanical restraints.

115.6(3) *Written policies.* A facility which uses restraints shall have a written policy on their use. This policy shall include:

- a. A statement specifically identifying each form of restraint in use at the facility.
- b. Criteria for use of each form of restraint.
- c. Identification of staff authorized to approve and use each form of restraint.
- d. Requirement for documentation in the child's individual case file.
- e. Procedures for application or administration of each form of restraint.
- f. Maximum time limit for use of restraints.

115.6(4) *Use of restraint.*

- a. A facility shall not use, apply, or administer restraint in any manner which causes physical injury.
- b. A facility shall not use restraint as a disciplinary or punitive measure, for staff convenience, or as a substitute for programming.
- c. A secure facility which uses restraint permitted by licensing standards, other than physical restraint, shall ensure that all direct service staff are adequately trained in the following areas:
 - (1) The appropriate use and application or administration of each permitted form of restraint.
 - (2) The facility's policies and procedures related to restraint.
 - (3) Crisis management techniques.
- d. A secure facility shall continually review any use of a restraint on a child, other than physical restraint. The facility shall release the child from restraint immediately when the situation precipitating restraint no longer exists.

This rule is intended to implement Iowa Code section 237.4.

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