Exceptions and privileges. Notwithstanding rule 103.2(256B,280), no employee subject to these rules is prohibited from:

1. Using reasonable and necessary force, not designed or intended to cause pain, in order to accomplish any of the following:
   - To quell a disturbance or prevent an act that threatens physical harm to any person.
   - To obtain possession of a weapon or other dangerous object within a pupil’s control.
   - For the purposes of self-defense or defense of others as provided for in Iowa Code section 704.3.
   - For the protection of property as provided for in Iowa Code section 704.4 or 704.5.
   - To remove a disruptive pupil from class or any area of school premises, or from school-sponsored activities off school premises.
   - To prevent a student from the self-infliction of harm.
   - To protect the safety of others.

2. Using incidental, minor, or reasonable physical contact to maintain order and control. An employee subject to these rules is not privileged to use unreasonable force to accomplish any of the purposes listed above.