

441—115.6(237) Restraints.

115.6(1) *Protective locked environment facilities.* Physical restraints and a control room are permitted in protective locked environment 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 that 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 or licensed professionals 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, as a preventive measure, 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.
- e. A 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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