

## Use of the Chill Out/Cool down room

This room is for the use of students whose aggressive behaviour is not safe to be managed through physical intervention or whose behaviour would be escalated by physical intervention. It could be used when staff are no longer able to safely manage physical intervention due to fatigue, injury or if the number of staff required would leave other students unsupervised and vulnerable.

- Two adults should accompany the child to the Cool Down Room.
- The child should be given the chance to have the door left ajar – if they agree not to come out of the room. The door does not have a lock but a retaining bolt which stops it being kicked toward staff. The door can always be opened inwards.
- The door should only be shut if the child is angry and attempting to leave or is hitting out at the adults.
- At least one adult should be outside at the door of the room when a child is inside.
- When the door is closed the adult should monitor and assess the situation every few minutes through the vision panel to see if the child is ready for the door to be opened.
- The adults should help to calm the child in ways appropriate to the child.
- The room must not be used for children to work in.
- The room must not be used as a punishment.
- Adults have no need to physically restrain a child whilst in the room unless they are self-harming
- All directed use of the room must be recorded and reported to Parents/Carers on the day of use.
- Students are able to request use of the room if they feel it will help them de-escalate their raised levels of aggression

**The aim is that children spend the minimum time needed in the Chill Out/Cool Down Room to regain control of their behaviour.**