



## Five Questions to Ask When Dealing with Physical Restraint/Seclusion

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### 1. Was It a Restraint?

- Does the school use CDE or CDHS Rules?
- Types of Restraint

**\*Allowed for emergencies:**

**Physical  
Seclusion**

**\*Not Allowed:**

**Chemical  
Mechanical**



### 2. Was It an Emergency?

- Serious, probable, imminent threat of bodily harm to self or others
- With present ability to effect such injury

### 3. Was the Staff Properly Trained?

- Parents are allowed to ask for documentation showing staff have been trained
- Retraining must occur every two years



### 4. When & How Must the School Notify Me?

- Verbal notification to parent/guardian no later than the end of the school day that the restraint was used.
- Written report to parents within 5 calendar days



### 5. How Can I Complain About Restraints?

- IEP Meeting/Student Meeting
- Disability Law Colorado Investigation
- OCR Investigation
- Police Investigation
- School District Internal Investigation
- CDE Grievance Process
- Press Coverage
- Civil Lawsuits

#### Links to Restraint Rules:

- **CDE & CDHS**
  - <https://disabilitylawco.org/resource/physical-restraint-and-seclusion-0>