

## Annex A

### Physical Interventions Training

#### A Guide for Safe Participation

CPI training programmes include content involving elements of participation which may include repeated physical activity. Those responsible for releasing staff to attend such programmes should ensure all participants are fit to attend and are aware of the following as part of a formal pre-training risk assessment.

#### Physical Health and Ability

- Participants nominated to attend a programme involving physical activity must be fit to attend on the basis that they can undertake a full range of physical activities typically associated with their role.
- Where there is a concern about any staff member's participation in the programme, further advice should be sought from an occupational health advisor.
- All participants who attend the programme will be required to sign a declaration agreeing that they will take full responsibility for their own safety and the safety of other course participants and the course Instructors.
- Where staff declare during the programme that they have a physical or other limiting conditions which may impair their safe participation in the programme, the course Instructor will provide specific advice and guidance on what the staff should or should not participate in, which may include non-participation.

#### Clothing and Jewellery

- Staff should attend the programme in safe and comfortable footwear and clothing in which they can freely move about and which typically reflects the clothing required in their workplace
- Some items of jewellery, e.g. rings, necklaces, earrings, can increase the risk of injury and damage to clothing/property and therefore, should not be worn whilst practising physical interventions on this course.

#### Instructor instructions

- Participants must listen to the Trainer instructions carefully and follow them closely – it is expected that all practice of the physical interventions will be passive.

#### Assessment

- A formative assessment of competence for physical skills can only be undertaken for staff who are able to demonstrate an understanding of the principles which underpin the skills as well as the safe application of such skills within the training environment.

It is uncommon for injuries to occur during the CPI training events. However, to minimise any likelihood of injury it is expected that Instructors will **always** make course participants aware of the above safety requirements and of participants' own individual responsibility to abide by them.