**PROACT-SCIPr-UK® Physical Intervention Assessment Record (K)**

**Participant Name: .............................................................................. Date: ...............................**

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| **Touch Support** – PWP 4 | **√** | **Comments** |
| Approach the individual from slightly behind (about a 45 degree angle). Keep within the peripheral vision of the individual. |  |  |
| Place nearest leg forwards Protective Stance position. |  |  |
| Maintain an appropriate distance between yourself and the individual to allow for some movement. (Keep a stable base of support - both feet flat on the floor!). |  |  |
| Take your outside arm across your body. |  |  |
| Grasp the middle of the individual’s forearm palms down thumb underneath. |  |  |
| Place inside hand, ensure open palm, fingers and thumb together to support individual on the back of the nearest shoulder blade. |  |  |
| Walk with individual if required. |  |  |
| Ensure good body alignment. |  |  |
| To change direction across your path move inside hand to back of opposite shoulder to guide individual. Return to nearest shoulder once you have changed direction. Alternatively if you need to guide the individual in the other direction stay on the nearest shoulder and quicken your pace. |  |  |
| To gradient out move hand from nearest shoulder first, step away releasing forearm last. |  |  |
| Health & Safety. |  |  |
| **Pass / Refer** |  |  |

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| **Protective Stance Stage Two** – KS 1 | **√** | **Comments** |
| Stage One reduce the target area  From the Stance position take one step back to create space between you and the individual. |  |  |
| Turn the front leg sideways to present the side of your body |  |  |
| Keep your back straight |  |  |
| Stage Two blocking punches  Place your arms in a horizontal position; make a fist to tense muscles (palms facing outwards, fingers tucked in, thumb on top) the ‘front’ arm to protect the head area and the other arm to protect the trunk. |  |  |
| Protect from punches, thrown objects etc. by raising the arm to deflect the blow and then immediately returning to a vertical position (down by your side). |  |  |
| Broaden base of support and lower the centre of gravity. |  |  |
| If you need mobility raise the centre of gravity and step and slide out as required (be aware of your exits). |  |  |
| Health & safety. |  |  |
| **Pass / Refer** |  |  |

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| **Back Hairpull Stabilisation / Release with Assistance** – PS 2  (Restrictive Component) | **√** | **Comments** |
| **Stage One - Stabilise / Attempted Release -** Stabilise by placing both of your hands one on top of the other ‘palms down’ onto the individual’s hand. |  |  |
| Check the location of the individual’s thumb and adjust your base of support by moving the front foot opposite to the thumb slightly forward and to the side diagonal. |  |  |
| Move one foot slightly forward, transferring weight onto front foot lower centre of gravity this may gain a release. |  |  |
| If release occurs move away. |  |  |
| If this does not cause a release move to the side. |  |  |
| Ensure Protective Stance with your nearest foot against the individual’s but slightly in front with hip-to-hip contact. |  |  |
| Ensure good body alignment, and close body contact. |  |  |
| If the individual brings their other arm towards you, block by grasping the individual’s forearm in a palms down position. |  |  |
| Straighten your arm to keep a safe distance between you. |  |  |
| If necessary move with the individual. |  |  |
| Call for assistance. |  |  |
| **Stage Two - Release with Assistance -** The Assistant approaches the individual from the side slightly behind (about a 45 degree angle) and assumes the Touch Support position. |  |  |
| Let the Lead Person know by touching their hand. |  |  |
| Lead Person can then stabilise with both hands. |  |  |
| The Assistant covers the individual’s eyes by taking their hand off the individual’s shoulder blade and bringing their hand over the Individual’s head to cover the eyes keeping hand open and fingers and thumb together. If this is ineffective use other distraction techniques. |  |  |
| Health and Safety / Aftercare. |  |  |
| **Pass / Refer** |  |  |

**Instructor Name:…………………………………… Signature: …………………………………...**