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

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

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| **Protective Stance Stage One** – PWP 3 | **√** | **Comments** |
| 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 back straight. |  |  |
| Broaden base of support and lower the centre of gravity. |  |  |
| Step and slide out if necessary, keeping your eye on the individual. |  |  |
| Health & Safety |  |  |
| **Pass / Refer** |  |  |

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| **Front Arm Catch** – KS 3 (Restrictive Component) | **√** | **Comments** |
| From a Stance position, as the person approaches you grasp their forearms ‘palms down ‘ thumb underneath’ in a ‘binocular’ type position. |  |  |
| Absorb the individual’s forward momentum by going back into a Protective Stance whilst maintaining alignment. Keep knees bent and centre of gravity low. |  |  |
| Cross your own forearms this will in turn result in the individual’s forearms also crossed. Keep your arms straight and elbows locked. |  |  |
| Assess what next. |  |  |
| Either move away or move into another intervention, e.g. Touch Support. |  |  |
| Health & Safety / Aftercare. |  |  |
| **Pass / Refer** |  |  |

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| **Front Choke Windmill Release** – PS 4 | **√** | **Comments** |
| Raise one arm up straight, as close to your ear as possible, with an open palm. |  |  |
| Turn opposite foot in the direction you are going to move, keeping the heel in contact with the floor to maintain stability. |  |  |
| In a windmill action, turn 360° into the direction of the foot and step round, bringing your arm down as you turn to gain a release. |  |  |
| Ensure you face the individual, ending in a Protective Stance/ Stance position, facing the individual AT A DISTANCE. |  |  |
| Assess what next and move away. |  |  |
| Health and Safety / Aftercare. |  |  |
| **Pass / Refer** |  |  |

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