

<b>Administrative Procedure</b>		<b>Nicola Similkameen School District</b>
<b>Section:</b>	<b>Inclusive Education</b>	
<b>Title:</b>	<b>Inclusive Education – Compression or Weighted Vests and Blankets</b>	

## Background

The Board of Education is committed to inclusive, equitable learning environments that support the diverse sensory, physical, and self-regulation needs of students. Some students experience challenges with sensory processing, body awareness, attention, or emotional regulation that may impact their ability to access learning and participate fully in school activities.

Weighted vests, weighted blankets, and similar deep-pressure sensory tools may be used as supportive regulation strategies for specific students when recommended by a qualified Occupational Therapist (OT). These tools are intended to support student regulation, engagement, safety, and well-being, and must be used purposefully, individually, and as part of a broader student support plan that prioritizes student dignity, autonomy, and safety.

This Administrative Procedure establishes clear expectations for the safe and appropriate use of weighted sensory tools under Occupational Therapist guidance.

## Guiding Principles:

1. *Student-Centered and Strength-Based:* Weighted sensory tools are used to support individual student needs and strengths, not to manage behaviour or enforce compliance. Their use is grounded in respect for student dignity, voice, and well-being.
2. *Professional Direction and Oversight:* Weighted vests, weighted blankets, and related sensory tools may only be implemented under the direction and guidance of a qualified Occupational Therapist.
3. *Purposeful and Time-Limited Use:* These tools are used intentionally for specific regulation purposes and are not intended for continuous or unrestricted use throughout the school day.
4. *Safety and Autonomy:* Students must be able to remove the weighted item independently. Weighted tools are never forced, withheld, or used in a manner that restricts movement or choice.
5. *Integrated Within Student Support Planning:* Use of weighted sensory tools is documented within a student's Competency Based Individual Education Plan (CBIEP), Student Support Plan, or other appropriate planning documents, and is reviewed regularly as part of ongoing monitoring.

## Procedures:

1. Weighted vests or blankets and compression vests are only to be used under the direction and guidance of an Occupational Therapist.
2. Before using or considering one of these tools with a student, the Occupational Therapist contracted by Nicola-Similkameen School District must complete the Compression Vest and Weighted Vest/Blanket Protocol.

3. The Compression Vest and Weighted Vest/Blanket Protocol will be signed and kept on file in the student's student service file.
4. No weighted vests or blankets and compression vest can be used until the protocol is in place.

**Forms:**

- [Compression Vest & Weighted Vest or Blanket Protocol](#)

Reference: [Compression Vest & Weighted Vest or Blanket Protocol](#) Mission Public Schools

**Date of Original Superintendent Approval:** March 11, 2026