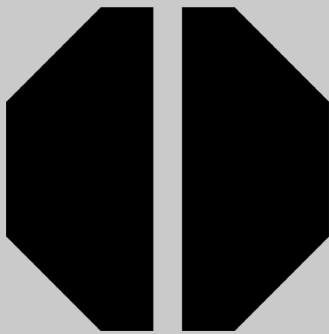


ONTARIO KIHCI OKIMAW

KOSHKOSHLIWI KISKELIHTAMOWI APACIHTAWIN



ROWAN'S LAW

PIWAPISK MASILAHIKAN: KA NIYANOSHAPI PIPONESICIK NESTA AWASITE

Ontario 



Rowan Stringer

ROWAN'S LAW

Oma piwapisko masinahikan ekoma paski alima Rowan's Law koshkoshiliwi kiskelihtamowi apacihtawila. Rowan's Law ekwali ka ohci islihkatek Rowan Stringer ka ishilihkasospan kiskilohamawatokamikohk ka ki tohat Ottawa kihci ihtawilihk ka ki nipispan e sikwanilihk ka ki koshkoshihkipan (eki pakipalik wintihp ka ki mishwakaliwit eki ihtikopane otanahk maka eka eshwa e ohci kikekopale. Awa Rowan itelimakanawn listwa eki koshkoshihk nkotwaso kishikawa mekwac e tohat. Ki koshkoshilikopan maka mola ohci kiskentam wintihp e ntawentakwalilik pitam kici kikelik. Mola nesta onikihikwa nesta ka kiskilohamakot nesta ka kiskilohamakot metawelihk.

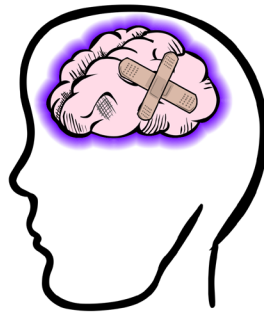
Anihi apacihtawila mola itencikatewa e pakitilikatek ntokololi mamilokemowin milo pimatisiwilihk pamihiwewilihk itehke. Mamilohkemowin milo pimatisiwi pamihiwewin ohci koshkoshiliwi itaspilewila ohci ekoshi ayamihik ntokolon nesta piko ka ntokoloni atosket.

Ka kipihtiawahki miswakaniwila kistentakwan ke ohci kishishawisicik ililiwak e iskani pimatisicik. Atiht miswakaniwila wehtan kici wapahcikateki nesta ntohkohtaliwahki shakoch ka mishwakaliwit awena pihci oshtikwanilikh maka wila? Mintiphik miswakaniwila tapiskoch ka otamistikwaleshihk awena mola ta lokwan walawitimihk nesta mola moshak ta payahtelakwan. Ata ispi eka ka wapahcikatek miswakaliwit awena ka ki koshkoshihk kiyapich ta moshihtaw ka ki ihtit nesta nta ntawentakwan kwayask nakatawentakosit ke ohci milopalit.

Oma apacihtawin ki ka wicihikon ke ohci kiskilohamasoyan ka koshkoshinaliwahk maka kina tipilawe nesta kotakiyak kici kishisawesiyet nesta nakatawentakosiyek ispi ka kashkihoian e metaweyan, ka kiskilohamasoyan, e onikihikomawiyen, ka kiskilomawacik ka metawecik, ka okimawiyen nesta piko ka kiskilohamakeyan.



KEWAN ANIMA KOSHKOSHLIWIN?



Koshkoshiliwin e kwalima mintipihk ka miswakaninaliwahk. Mola ta wapahcikatew shapwapahcikalihk, nanahkaw e ohtapiskahikate shapwapahcikan nesta piko ka maskawak shapwapahcikan ke ohci lokwahk kekwan ka shapwapahcikatek. Ta ki ahcipaniliw awela ka itentahk, itamahcihot nesta piko ka ayihihtotahk.

Oshtikwalik ka ohcishihk, ohkwakalihk nesta okwayahk ta ki ohci koshkoshin. Koshkoshiliwin nesta ta ki ohcipaliw e otamishihk awena wiyawihk kishashpin e otamishihk wiyawihk maka e koshkohanilik wintiph pichi oshtikwalihk. Matika tapishkoch e tawihikot tohana oshtikwlihk nesta piko kelikohk e otamishihk mohcihtahk.

Ka koshkoshinaliwahk mishtahi ta ohci miswakaninaliwan Maka ata tahtwa nakiskaw ka, koshkoshiliwin ta ki ihkin kici ohci nanosami ahkosinaliwahk nesta wawish wila kilowesh ta ohci ashkosinaliwan tapiskoch kanohkewin minipaliwin nesta piko kohpatentawin.



KE OHCI KIPICIHTALIWAHK EKA KICHI KOSHKOTIHK MIYAW

Nishtam kiskilohamaso anima e koshkohtihk miyaw

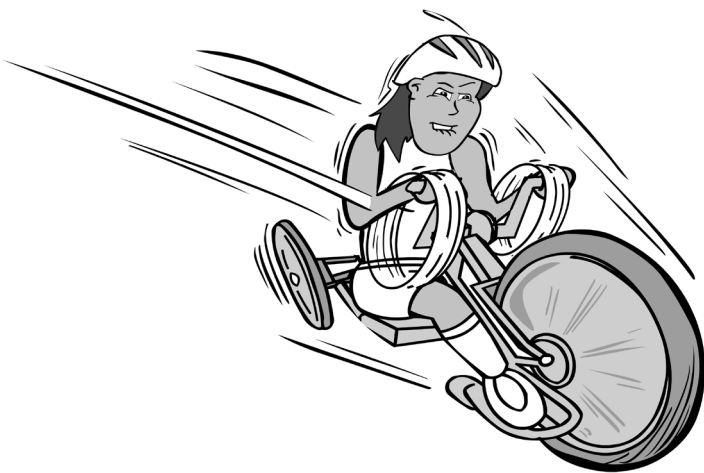
Nesta ki ka ihtoten:

- Kistinach kina/kawichay wachik kayapachitachik ahpachita wina chimino nakwaki, ahshichi ahsto tina nesta maskisena;
- Kishtilach kila nesta aniki ka metawecik ka nanakacihacik kici kishkahkik apacihtawila kwayask ka nahishkahkik.
- Kishtinach kila nesta aniki ka metawecik kici kistentahkik itashiwewila anta metawewilihk;



Otilamaso anta ki metawewilihk mamawicihitowilihk nesta kiskilohamatowikamikohk miyaw koshkoshiliwi itashiwatikosiwila nesta kistilach aniki ka metawecik peyakwan kici ihtotahkik.

- Kahkaciwita ka kanawentakwahk nesta ka milwashik misew awela ohci ke ochi wihtahk ispi ka ahkoshihk awela. Ihtota kistinach misiwe kici nisitotahk ka ohci nanisanelihkwahk eka ka ayaminaliwahk.

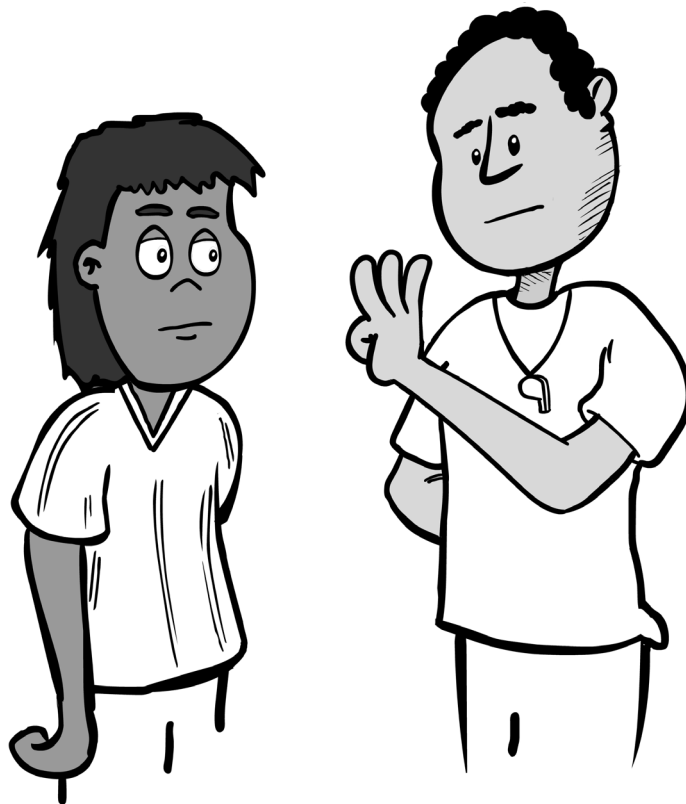


E NISITAWILIKATE MIYAWI KOSHKOSHILIWIN

► HIT. STOP. SIT.

Misiwe awela taki wicihtaw e nisitawilitatek ka koshkoshilikwe awena kishapin ka kiskentahk kekwalIW ke latawapahtahk nesta piko ke nanatawi ntotahk.

Awena ka koshkoshihk taki lokwaliliw peyahk nesta piko awasite ke ohci wapamiht nesta piko ka ihtikwe ka lipitesilateki ota chapashish. Ta moskipaniniliw newach nesta piko mihcheto pisimohkan wawish wila micheto kishikawa wiskata. Peyak piko ka lokwahk nesta piko ka ihtikwe e kwali tepilahk ke ohci kiskelihcicatek e koshkoshihk awela. Mechet awelihkanak ka koshkoshihkihik aspin mola kiskisiwahk.



Osam tahtwa ka lokwahki nesta itaspilewila ka koshkoshihk awena:

MIYAWIHK:

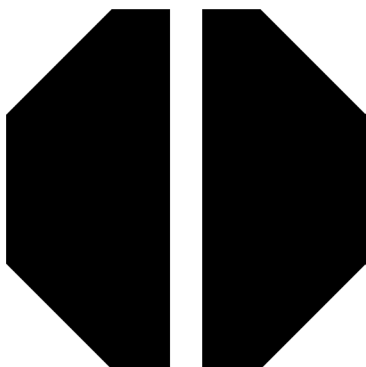
- Tewishtikwanew
- Sihtamacihtaw oshtikwan
- kishkwepaliw
- Wi pakomomahcihow nesta piko pakomow
- Pikishelam
- Ta nesitamihikow e washktelik nesta pika e lohtakwanilik kekwalaw.
- Ta ciwehtwakew
- Ta wi pahkisin
- Ta ayeskosiw nesta piko ta lishikalew
- Ta nestosiw
- "Mola piko ta milomahcihow"

MOSHOHOWILIK:

- Ta watakamisiw (ta wetisiw kici kishiwasit nesta piko kici kishiwentahk).
- Ta kohpatelimiw
- Ta pikiskatam
- Ta nilikelimiw nesta piko ta mikoshkatentam

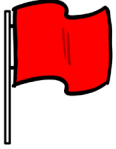
MITONENCIKALIK (METONENTAMOWIN):

- Mola kwayask ta mitonentam
- Ta pehkacipaniliw e mitolentahk
- Ta waloshkowentam
- Mola ta ki kwayaskwentam
- Mola ta ki kanohkew



NIPAWILIK ITEHKE:

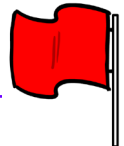
- Kilowesh ta nipaw
nesta piko mola ta nipaw
- Ta alimisiw kici liskihkwamit



KEKWALA KA WIHTAMAKOLALIWAHKI:

“Kekwala ka wihtamakolaliwahki” maskoch ka wihtamakon mishi ka pashinewale. Ispi kekwan ka wihtamakoyan sesikoch kewan ka ihkichk ishi kanawapahta makat 911 tepwata.

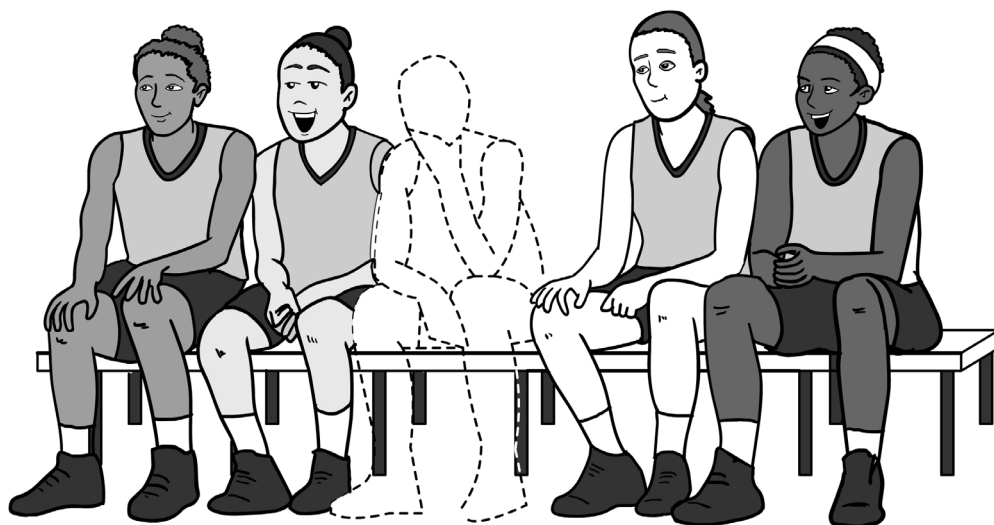
- Ka moshihtayan ki kwayaw nesta piko ka kakitisiyan
- Lishow kekwan ka wapahtaman
- Ka nilamisiyan nesta ka kakinakpaliyan kispitolihk nesta piko kiskatihk
- Ka kihci tewishtikwaleyan nesta pika awasite ka ati kihci tewishtikwaleyan.
- Ke ocipitikawiyen nesta piko kehtatawin ka ocipitikawiyen kiyawihk
- Aspin eka ka kiskisiyan (e pahkishiniyan aspin)
- E pakomoyan mola pika peyakwa
- E kakitwa ihtiyen, eka e wi minwentaman nesta piko e wi mashihkeyan
- Awasite e ati waloskawentaman



KEWAN KE ATI IHTOTAMAN MINA?

Kishaspin ka miyawakentamowane ka koshkoshik awela, lkatesi anta ohci nesta piko ana awena ka nanakacihat wipac anta ohci ka ishi ayihtotamek kekwan. Kiyapic anta ka ihtayan nesta piko an awena ka koshkoshinikwe ta ohci nanisanelihtakosiw awasite mistahi kinowesh kici ohci ahkosit. Tepwash olikihikomaw nesta piko okananawasow (aniki ohci ka metawecik nohtaw niyananewishap ka itahto pipolesicik) nesta piko sesikoc kekwaniliw ka atoskatahkik. Kawila nakash awena kici peyakot ka koshkoshilikwe ka itelimiht.

Piko awena ka ki ikateniht anta metawewilihk ka ki koshkoshik ka itelimiht ta wapamepan ntokolona nesta piko ntokoloskwewi ot atoskewa kihci wipac. Ana awena mola ta kiwe ihtotamopan kewaniliw eka ka nanakacihitaniwanilik kiskilohamasowilihk e kakweci ihttocikatelik metawewilihk nesta piko ka wi kakweci paskinatoniwanilik patima wapamikot ntokolona nesta pakitashowatikot ciki mila metawet.



E ATI MILOPANILALIWAHK

Mihcet awenihkanak ka koshkoshihkihk ati milopaliwak peyak pinish new tawashtew. Atiht awelihkanak nomanak nawac. Pahpitosh ihsin ka koshkoshinaliwahk. Kawila kotak awena ta kalawapahcikateliw ilikohk ka ati milopalit.

Taki ihsin kici nanosamaspinaliwahk ispi ka koskoshinaliwahk. Awelihkanak ta ki moshihowak nanahkaw itamahcihowila ta piskoc tewishtikwanewin, tewisiwin mikwayahk nesta wapiwilihk ahkosiwin atiht misiwa nesta piko wawish wila mihcet pipona. Atiht kilowesh ta ahcipaniliw wintihpiwahk ke ohci moskipanilh kewana tapiskoc eka eki kalohkecik kekwalilw nest eka eki kwayaskwentahihk nesta piko kohpatelimowin. Eka sohki ka ihkih ana awena mihcet mistahi ka mishwakalilit wintiphik eka ka kiket ta ki ohci nanisanisiw e pakipanilik wintihpihk naskawi koshkopaliwin ka ishilihkatek ke ki ohci mistahi mishakaliwit nesta piko nipit.

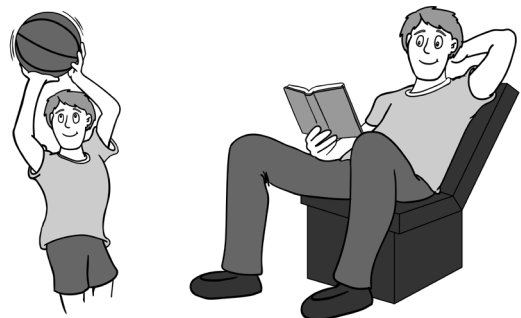
Ayati minopanit ahwayna kaki yakoshik hostikwanik, katipi namopan ahtet kayayetotak pitama nesta kaki yatitotam paykach. Ahnihe hoshkach nisho kishikawa kaheskaw ahkoshik, ahna

ahwayna katipinamopan ayapachitat kakanawapachikatayki, tapiskoch katai konikatay kahochi yamihetonaniwak, kacha kastaypanik, katakonikatay kacha kastaypanik nesta piko tipi.

Shashipinewisiwin ntawelihtakwan ke ohci milwacihitahliwahk koshkoshiliwin. Newac ka locihtaliwahk ihtotamowila mila awasite ta ohci ahkosinaliwan nesta kilowesh ta ispaliw kici milopimatisinaliwahk.

Awena ka ki koshkoshihk ta wihtamawepan kotakiya awelihkana. Ekwiliki olikihikomawak misiwe metawewina nesta mamawi wici metawemitowila kiskilohamatowikamikwa ka kiskilohamakecik metawewila nesta ka kiskilohamakecit.

Maka kiskisi. Ka kiwaliwahk kiskilomahatowikamikohk mawac milwashin ispic ka kiwaliwahk ka nakashiwatek metawewin.



KA KIWALIWAHK KISKILOHAMAWATOKAMIKOHK NESTA METAWEWILHK

Ka metawecik and ka kiskilomasocik ka ki miskakoci ntolola nesta piko ka ntokololiskwewi atoskelici e ki koshkoshihkik ta losonehamwak metawewi mamawicichitowi ka ki waliwahk metawewilhk itashowewin nesta piko ispi ka ishi apatisimakahk alimeliw kiskilomawatowikamikohk ka kiwaliwahk kiskilohamawatowikamihohk olapatamowilhk.

Ka metawecik nesta ka kiskilomasocik ta wici apatisimepalik milo pimatisiwilhk okashkihowa nesta metawewi mamawi wicichitowilhk nesta kiskilohamawatowikamikohk kici oshihtacik tipan pehpeyahk otolapahtamowiliwawa ke ohci kiwecik metawewilhk nesta kiskilohamatowikamikohk.

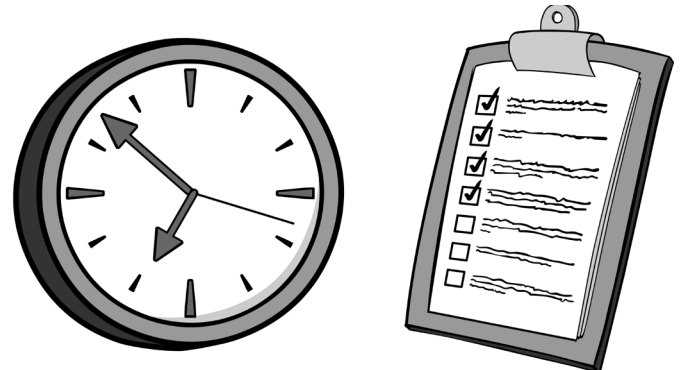
Anima Olapahtamowin E kiwaliwahk Kiskilohamawatowikamikohk (Kiskilohamawasowin nesta E Ayahcinaliwahk)

Ka kiskilohamsocik ka oshki kihcitacik nesta ka ishpalik kiskilohamawatokamikoliw nta ntawenlihtakosiwak kici losonehahkik kiskilohamawatokamikohk ot otolapahtamowiliwaw ka kiwaliwahk kiskilohamawatokamikohk ka wicihikot okiskilomawaso neshihkac ciki kiwet

okiskilohamasowilhk nesta ciki kiwet ihtotahk miyawu metawewila. Ayamihihkok kiskilohamawatokamikohk awasite wihtamakewin ohci.

Ka losonehikatek ka kiwaliwahk mina kiskilohamawatokamikohk

Ahwayna kayashichit kamaytawaniwak mola kaki ahti totam, ahtishi katotakipan, paypitosh kaya yetochikatay maytaway winik, patimah hotitikotay kaki masinahaminichi ntokonona nesta piko ntokononiskwawa. Pwahmashi tawapatak ntokonon chipakitinikot chikiway yahetotak katotakipan, ahno kamaytawayt tawaynitakoseew chikishitat misiway ahnihe katotakipan chiki kiway kiski noha masoet, kakishitapan payuk pinish nesto ahnihe katawayni takioseet chiki kiwaytotak maytawaywinik nesta ayka chiya-kosemachohoot, ahshech aysesawipalihoot.



Anima ka tapasilahikatek ota chapashish pakitalamomakan nepite takoskewila nesta ayihtotamowila tahtwa ka miskikateki kekat misiwe losonehamowila ispi ka kiwaliwahk metawewilhk nesta olapahtamowila kiskilohamawatokamikohk ka kewaliwahk kiskilohamawatokamikohk.

Katinipitaysinatayki: Mawach katochikatayk ayati ahpataki chiki-ahti-kiwayan maytawaywi kanososkikatayki

Katochikatayk	Kaheshinawinaniwak	Kawichikatayk	Kahitaynichikatayk kayheki ahnima katochikatayk
1	Kaheshinawinaniwak aypimatisinaniwak tatokishikaw nesta kaheshi ahlawaypilaliwak (oshkach 24 pinish 48 aykinikwaniskat)	Tato kishikaw kaheshinawinaniwak kikik ayka kati nakipanik kahetamachohoyan mina ahwasitay nesta nakiskaw Tipina kayapachitayan kakanawapachikatayki	Apishish ahtitota ahnihe katotamapan kaheshinawiyapan
2	Apishish aykomaka nakiskao chiki totaman sesawipaliwin	Chiki motayan nesta piko chiypachihat kayapit kamowaypis kat, paykach oshkat aykomaka chiyati lakinaman henikok katotaman Kaki yati kichitan apishish kanakapanik katotamapan (kikikay)	Chiyati nakipanik eenikok kapapakahak kitayhe
3	Payuk ahwayna maytawaywin-mwaychi piko kayahetochika tayki, ayka chi nisanaytakwak chi oota mistikwalayshik	Payuk ahwayna kayayetotak (walo kotakiya kayashichilichi oochi), tapiskoch kapataniwak nesta piko kawaytaki tochikay weenah. Mola wina kasamiskakoyan nesta piko mistikwan kahotamis kakaymakaki Kaheshinawinaniwak	Ahti Nakina henikok katotaman sesawipalihowina katochi katayki nesta ahti tota katapataki-kanisanaytakwaki mayta waywi-mowaychi kaheshiyachinaniwaki
4	Mola wina kasamiskakoyan totamowina, kaheshikakwaychi yan, kaheshikochitayan	Kaheshkao eeti kowiyany ayminopaniyan ahna ntokonon nesta piko ntokononiskwao Kahespaki sesawipalihowina nesta kamaskawaki kakochitayan, ahshichiyan kotakiyak katotakik Milo kakisamiskakowin	Kakiyatitotayn katotamapan henikok kisesaipalihewaywila, kamamowi- hetaylitaman nesta katochikatayki- kayashichi paliki kamamitolaychikatayki kaheshikashkohoyan
5	Ayka kahachowinikatayk kakikochitayan	Ayka kahachowinikatayk kakikochitayan – kayki samiskakowiyen kaheshitawaylitakwak	Chiki kiwaytotaman katotamapan kanisanaytakwaki chipa kishinan nesta piko kiyawayk chisamiskakowiyen, chiki kiway tapwayanitaman nesta chiki yapachitayan kikashkohowina
6	Chiki kiway mayta wayahn	Ayka chinakaynikatayk mayta waywin nesta piko kakakway chihetonaniwak	

Pakitashowacikewin ntokololin ka ohcipalik moshak ntawentakwan pwamashi kiwet metawewilhk ka metawet eka ka nakashiwatek kiskilohamawasowin kakwecihtawin, metawewin kiskilohamawasowin nesta piko ka kwe paskilatowin.

Natawi kiskenta kit metawewi mamawi atoskewilhk anihi kihciwe tahkoskewila ke losolehamowane.

Tato kahetotaman ntawaylitakwan wayesh 24 kilikwalishkawa kitashilawiyen chiki shitayan. Ahna kamatawayt kakiyati eetotayo ahnihe kanososkikatayki eespi aykash kitat chiki totak katochikatayliki. Aykiway totak ahtet katochi katayki kaki laki macho hosh kakoon. Aykwani ayki nesta hekin piko. Shakoch, ahnihe katochi katayki payuk pinish nesto, kaheta machohoot ayati nakipaniki ahwasetay nesta nakiskao, ahna kamaytawayt kaki kipichio nesta kaki kochitao mina ahti wapakay ahni mayno paykwan katochikatayk. "nakiskao" hetwaymakan ayka kamoshitayah wayash payako ayki nikwaniskat.

Kaheshkao eeti kowiyenay ayminopaniyan, ahnihe kaki yakoshi nan eetamacho howina mola mila kapaychi kiwaypaliwa. Eespi paychi kiwaypalikay, mila tota nisto kahetasilatayk nesta tawapam ntokonon nesta piko ntokononiskwayo chiki natawikiskaylimisk mina.

Eespi ayka wimilopalikay kahetamachohoyan nesta piko ayati ahchiko ahti yakosiyenay, ahna kamaytawayt kaki kiway tawapamayo ahnihe ntokonona nesta piko ntokono niskwawa.



KISKISOMIWEWIN

Kiskisi:

1. Nisitawila ka wihtamakemakahki nesta ka ihtotakolaliwahk ka

koshkoshinaliwahk nesta ikatesi anta ohci nesta piko ana ka metawet anta ohci metawelihk nesta kekwalihw ka ihtocikatelik ata kisaspin ka milomahcihowane nesta piko atoskam mila wayesh ihtiw ka itikowane.

2. Ka Nanatomik nesta piko ana ka metawet ta nanatomiko

ntokolola nesta piko ntokololiskwe atoskelici.

3. Neshikac ka kiwewaliwahk wicihiwewin

kiskilohamawatowikamikohk nesta metawewilihk.



Ohma ahpachitawin ahshichimakahn weetamakaywin kakahochipanick hota:

Parachute. *Canadian Guideline on Concussion in Sport, 2nd edition*. www.parachute.ca/guideline;

Patricios, J., et al. *Consensus statement on concussion in sport: the 6th International Conference on Concussion in Sport-Amsterdam, October 2022*. <https://doi.org/10.1136/bjsports-2023-106898>;

Zemek, R., Reed, N., Dawson, J., et al. *Living Guideline for Pediatric Concussion*. www.pedsconcussion.com