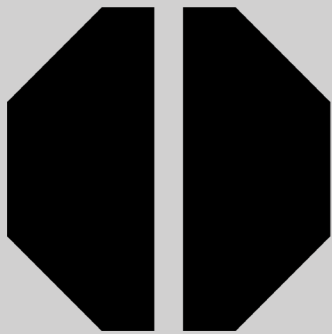


GIMAA GAMIG MAAMPII ONTARIO

GIIWASHKWESHINOWIN NISIDWENJIGAADEG NIKAAZIWIN



ROWAN'S LAW

WAASAMO BIIWAABIKONSING-MAZINIGAANS:
15 BIBOON MIINWAA WOSHME EPIITZIJIG

Ontario 



Rowan Stringer

ROWAN'S LAW

Maanda waasamo biiwaabig mazinigan aawan bezhig newen maziniginan owi Rowan's Law giiwashkweshinowin gikendamowin nikaaziwinan. Rowan's Law agii zhinkaade owa onji Rowan Stringer, aanke gikino amaadiiwiigwaam bikwaakod e'daminad abi njibaad Ottawa, agaa nibod minookamig 2013 owi onji ishayaawin ezhi gikenjigaadeg ekwa niizhing aandaapinewin (baagishing wiinindib agaa onji zhiwebak aanke wiisgishinang agaa zhiwebak jibwaa noojimomigag owi ntam wiisgishinowin). Rowan agii nenjigaaza agii debnang nisiwi giiwashkweshinowin biinji ningodwaasogon epiichi bikwaakod daminad. Agii gikendaan agwa yaang giiwashkweshinowin dash gaawii agii gikendiziin wiinindib dowendaagwog awii noojimomigag. Gaawii age gitziiman, gikinomaagejig maage daminang ekinomaagejig.

Ninda nikaazowinan gaawii nendaagosinon awii miigweng mshkikii giikmigewin enowendaagwog mino ayaawin naagdowenjigaadeg. Giikmigewin owi mino ayaawin onji giiwashkweshinowin inamjiwinan, nanaandowaabam mashkikiinini maage mashkikiikwe.

Nanagaasijigaadeg wiisgishinowinan gichi piitendaagwod awii aabaji gagwaashkweziwaad bemaadizijig kina ani bimaadiziwaad. Aanin wiisgishinowinan wenpandon awii waamjigaadeg miinwaa awii naawitong dash wiigwa aaniish owi wiisgishinowin biinji ondib? Wiinindib wiisgishinowinan, dibishko gonaa giiwashkweshinowinan, gaawii naagosinon zaagjiwiing miinwaa gaawii pane gikendaagosinon. Aaniwi gwaa bwaa waabmdaman owi wiisgishinowin, owa bemaadizid eyaang giiwashkweshinowin yaa-aabi mozhiton endodaagemgag miinwaa dowendaagwod weweni gnowenjigewin awii mino yaad.

Maanda nikaazowin aga naadmaagwon woshme awii gikendaman newen giiwashkweshinowin awii naadmaagiin miinwaa aanin bemaadizijig awii gagwaashkweziwaad miinwaa awii waankiiwaad – giishpin agwa aawiyin ojepizid, e'skonwid, e'gitziinged, daminang ekinomaaged, ogimaa maage ekinomaaged.



WEGNESH OWI GIIWASHKWESHINOWIN?



Owi giiwashkweshinowin aawan wiinindib wiisgishinowin. Gaawii adaa waamjigaadesno zhaabwaatesjiganing, bezhig dinookaan zhaabwaate shimiwewin e-aabajichigaadeg mamaandaawaabik maage Waasamoo-manidoo-biiwaabik mazinaatesjigan. Gnimaa adaa madokdaagwan owi nikiiyaa bemaadizid enendang, ezhiyaad miinwaa endodang.

Wegwen agwa wepijigan zhiwe ondib, dengwe maage okwegan adaa miigwemigad giiwashkweshinowin. Owi giiwashkweshinowin gnimaa adaa onji zhiwebad wepajigan zhiwe wiiyawin giishpin gagetin owi wepajigan zhichigemigag owi wiinindib awii bimaajibideg biinji oshtigwaaning. Dibishko gonaa gagetin wepadaagowin gdo dibaang bakwaakwad nakaazang maage gagetin amigishinang michisag.

Owi giiwashkweshinowin aawan neniizaanag wiisgishinowin. Aanowi agwa madokdaagewinan ajina tenon, owi giiwashkweshinowin adaa ani aawan gichi gnesh inamanjiwinan, maage gagige madookdaagewinan, dibishko gonaa makwendamowin maage maanendamowaapine.



NANAGAASIJIGAADEG OWI GIIWASHKWESHINOWIN

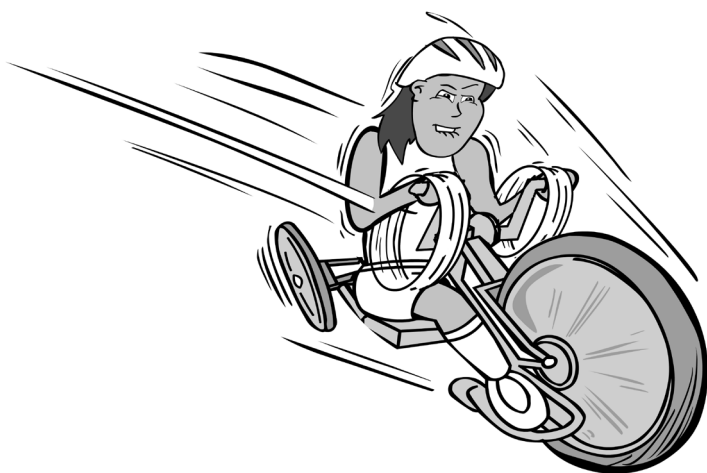
Ntam, giin gdaa ndagikendaan newen yaawong giwashkweshinowinan.

Miinwaa age:

- Gagwekendan giin/gdo jepizijig nikaaziwaad aabijichiganan e'nishingh, e'digosingh ondibekaajiganan miinwaa mokizinin.
- Gda gagwekwendaan giin/gdo ojepizijig e'naagzowaabamajig biiskamiwaad nakaaziwin weweni awii minaakamowaad;
- Gda gagwekwendaan giin/gdo ojepizijig minaadendamowaad newen naaknigewinan owi daminowin;



- Waawiindamaagen owi gdo daminowin wiiindiwin/ gikino amaadiiwaagwaam ado Giiwashkweshinowin Naagojigan Doodamowin miinwaa gagwekwenjigaadeg ojepizijig gewiinwaa naagodowaad; miinwaa
- Gagaandinigaadeg owi waankiiwendaagwog miinwaa mino wendaagwog gaataawiing kina gwaya awii dibaajimad go go wiisgishinowinan. Gagwekwendan kina gwaya nsastang newen iniwewiin bwaa dibaajimang.

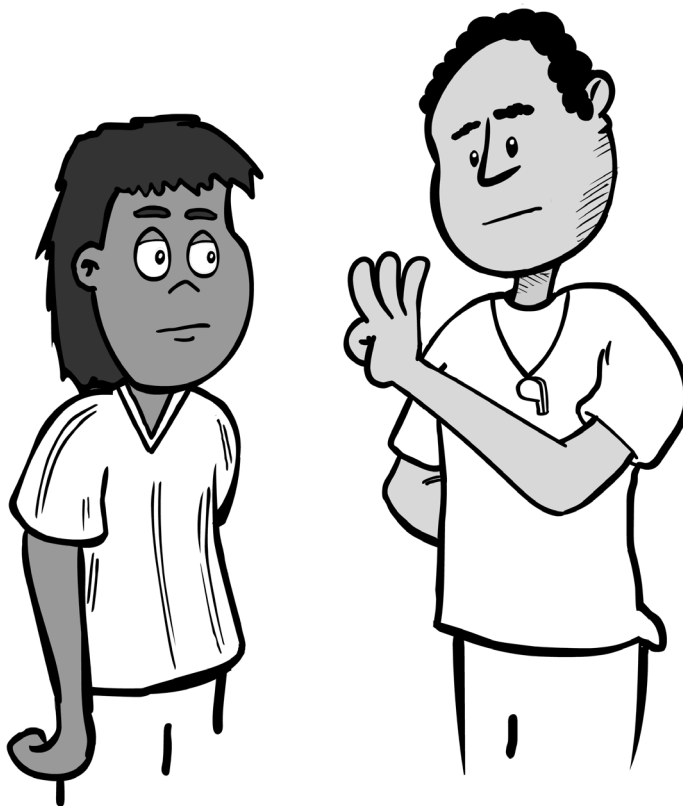


NISIDWAABMJIGAADEG OWI GIIWASHKWESHINOWIN

▶ HIT. STOP. SIT.

Kina agwa gwaya adaa naadmaage awii nisidwaabmijigaadeg gnimaa aawang giiwashkweshinowin giishpin gikendamowaad awaa dowaabmidamwaad miinwaa awaa nondamowaad.

Owa bemaadizid eyaang giiwashkweshinowin gnimaa adaa yaan bezhig maage woshme newen e'waabmijigaadeg maage inamjiwinan maampii niisawiing ezhibiigaadeg. Gnimaa gaawii wewiib adaa naagsinon maage niibna diba'igan, gnimaa age niibna giizhik baamaapii. Bezhibig waamjigewin maage inamjiwin debsemigad awii monendamang giiwashkweshinowin. Aanin bemaadizijig e'yaamijig giiwashkweshinowin gaawii wanimikawisiwog.



Gagwej e'waamjigaadeg miinwaa inamjiwinan owi giiwashkweshinowin:

WIIYAW:

- Dewikwe
- Maagode'emanji'ondib
- Giiwashkweyaabandam
- Maazhidewe maage zhashagagwe
- Biigizawinam
- Gaagiiskaagwon e'waasewaag
maage medweweg
- Midiwesin biinji otawaganan
- Nabane izhisesii
- Ayekozi maage nondese
mashkawiziiwin
- Noondengoshi
- "Gaawii gagwek zhayaasii"

INAMJIWIN:

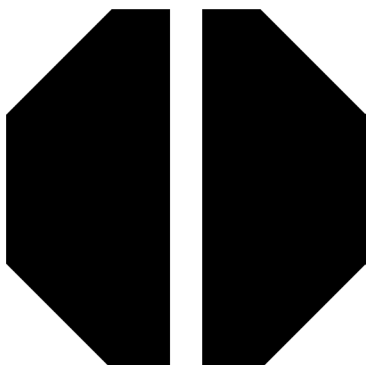
- Nishkaajizhayaa (wewiib maanaadendam
maage nishkaadizi)
- Maanendamowaapine
- Maanaadendamowin
- Goshko-ayaa maage migoshkaadendam

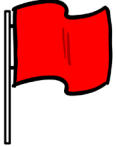
INENDAMOWIN:

- Gaawii gagwek nendizii
- Bejiimigad inendamowin
- Giiwanaadendam
- Znagizi naagzowaamjiged
- Znagizi awii makwendang gego

NIBEWIN-ENOWENDAAGWOG:

- Woshme maage bangii nibaad
gagweji minik.
- Zinagizi awii nibaad

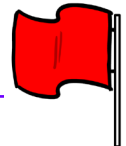




MISKO GIKINWAAJIGANAN:

“Misko Gikinwaajiganan” gnimaa adaa aawan yaaman wiisagaapinewin. Ganawaabmidan mishko gikinwaajiganan aawang niizaanendaagwog miinwaa giigidan 911.

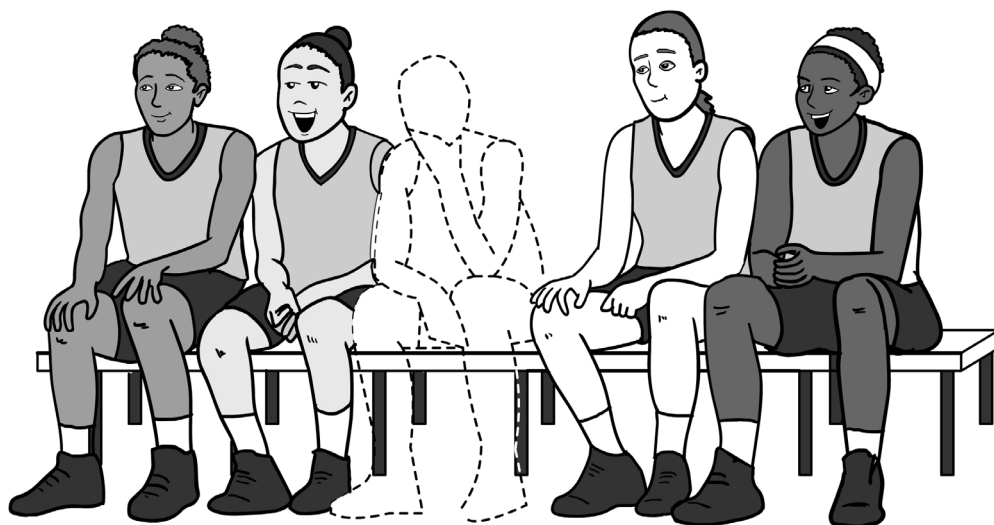
- Gaagijigwewe maage wiisigigwewe
- Niizhowaabi
- Niinimiziwin maage giikimanike maage giikiminokaade
- Wiisgi maage woshme wiisgi diwekwe
- Ojibinigo maage daapabinigo
- Gaawiin mikawisii (nikaamdaginaamaa)
- Zhaashiishigagowe
- Woshme nashkwe zhayaa, nishkaaji zhayaa maage miigaaji zhayaa
- Woshme agwa giiwanaadendam



WEGNESH AGE ZHICHIGEWIN MIINWAA?

Giishpin nendaman giiwashkweshinowin, animaajaan maage maajiish owa e'kowaabimad owi dinakmigiziwin wewiib agwa. Aabaji taawin dinakmigiziwin giin maage owa gnimaa giiwashkweshinowin agaa debnang awii niizaanzi awii debinang woshme znagendaagwog, gnesht etemigag inamjiwinan. Ganoozh owa e'gitziinged/ nyaagdowenimaad (gewe e'jipizid gaawii mashi 18 epiitsisig) maage niizaanag awaa ganonind. Gegwa njike naganaake owa gnimaa giiwashkweshinowin agaa debnang.

Gwaya bemaadizid agaa bamigaazad owi dinakmigiziwin gnimaa giiwashkweshinowin agaa debnang adaa waabmaan mshkikii ninwon maage mshkikiikwe wewiib agwa ezhi gshkitoong. Owa bemaadizid gaawii adaa biskaabiisii owi bwaa nigaazijigaadeg wiidokaazang owi nagajitowin, gagwejiwin maage maanenjigewin baamaapii debinang mashkikiinini bagidinigewin.



ESHKAM MINO AYAANG

Maawach bemaadizijig eyaamijig
giiwashkweshinowin ani mino ayaawog
nigo apiinish niiwin anami'e-giizhigad Aanin
bemaadizijig woshme gnesht n'jitaawog.
Ensa bezhig giiwashkweshinowin bkaan
aawan – gegwa aawechigaadanige bezhig
bemaadizid aabziishinowin owa bekaanizid
bemaadizid.

Gnimaa agwa owi giiwashkweshinowin
gnesh adaa tenon madookdaagewinan.
Bemaadizijig gnimaa adaa yaanaa-aa
inamjiwinan, dibishko gonaa dekwewin,
gaagijigwewin maage maanaa zaabiwin,
age temgag niibna giizis, maage niibna
nisa biboon. Aanin age adaa yaanaa-
aan gaagige aanjisege ado wiinindib eni
zhiwebak znagiziwin dibishko gonaa
minjimendamowin, nashkwewendamowin
maage maanendamowaapinewin.
Wewiikaa agwa ezhiwebag, owa
bemaadizid e'debinag niibna wiinindib
wiisgishnowinan jibwaa mino yaad naasiwe
newen wiisgishnowinan gnimaa adaa
maajitamigad neniizaanag baagishiwin
wiinindib, owi ezhinikaadeg ekwa niizhing
aandaapinewin, ageni zhiwebikiba
maajimiziiwin maage nibowin.

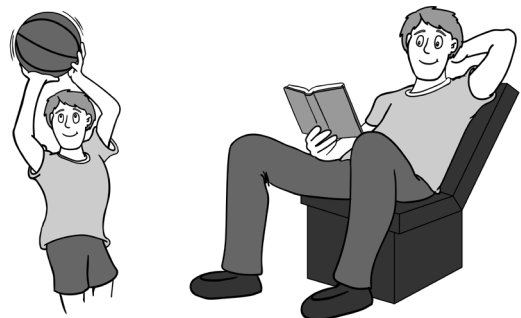
Apii owa bemaadizid aabiziishingh onji
owi giiwaashkwendibshinong, gnimaa
aabdeg ada nigaasidonaa-aa aanin
dinakimigiziwinan oshkintam miinwaa

aanji maajitaan nengaach. Newen ntam
niish giizhigag shkwaa wiisgishinongh,
owa bemaadizid adaa naazhinon minik
enkaazad mazinaatesijiginon, dibishko
gonaa giigido biiwaabikons, mazinabiigan
biiwaabik, mazinaatesijigaans maage
mazinaatesijigan.

Noojimang owi giiwashkweshinowin
aawan nankiiwin nendowendaagwog
zhiibendamowin. Wewiib biskaabiing
nankiiwin woshme inamjiwinan adaa
maanaadadon miinwaa woshme gnesht
adaa njitaamigad awii noojimang.

Wegwen agwa eyaang giiwashkweshinowin
adaa wiindamowaan gwaya bekaanziinjin.
Gwanda adaa digoshinog gitziiman, kina
jepizing waajii-ejig/waadokaazijig, gikino
amaadiiwiigwaaman, e'waamdoweijig
daminowin miinwaa e'kinomaagejig.

Miinwaa mikwendan, neyaab
gikinomaadiwin ntam aawan jibwaa
maajitaang bwaa nigaasijigaadeg
daminowin.



BISKAABIING OWI GIKINOMAADIWIN MIINWAA DAMINOWIN

Jepizjig miinwaa e'kinomaagaazijig mashkikiinini maaage mashkikiikwe agaa waawiiindang giiwashkweshinowin aabdeg ada anizhaa daminowing nyaagdowendamajig neyaab biskaabiing daminowin naagjigewin miinwaa/maage, zhiwe miisemigag, owi gikino amaadiiwiigwaam neyaab biskaabiing gikinomaagewin naaknigewgin.

Jepzjig miinwaa e'kinomaagaazijig adaa wiiji nakiimaa-aan ado mino ayaawin nyaagdowendamajig miinwaa daminowin nyaagdowendamajig/ gikino amaadiiwiigwaam awii maajitaawaad ado njike naaknigewin neyaab awii daminowaad miinwaa age neyaab awii biskaabiiwaad gikino amaadiiwiigwaming.

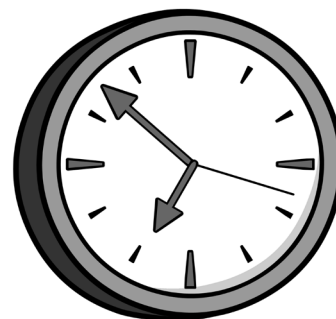
Neyaab awii Biskaabiiwaad-Gikino Amaadiiwiigwaming Naaknigewin (Gikendamowin miinwaa Wiyaaw Nakiitowaad)

E'kinomaagaazijig odi shki miinwaa aanke gikinomaadiwin adaa dowendaagoziwog awii naagidowaad ado gikino amaadiiwiigwaam biskaabiiwaad-gikino amaadiiwiigwaming naaknigewin, owi e'aasgaabiwitamowaad owa

e'kinomaagaazad awii biskaabiid awii gikendamowin miinwaa wi yaw nakiitod. Giigidan gikino amaadiiwiigwam woshme gego awii gikendaman.

Neyaab awii Biskaabiiwaad-Gikino Amaadiiwiigwaming Naagjigewin

Owa e'jepisid gaawii adaa maajitaasii begidingaadesinag wiijiyyed zhiwe gagwjiwin, gaagwejitoongh maage maanrnjiged apiinish debinong noojimowin onji owa mashkikiinini maage noojimowin enankiid. Jibwaa gagwedwed noojimowin bagidinigan, owa jepizid adaa agii giizhitonon kina zhichigewinan owi ne-aab biskaabiid gikino maage gamig, giizhitood zhichigewinan bezhig apiinish nisiwe owi biskaabiid daminowin miinwaa inamjiwinanan tesinag, awaa-aaj gwaa gawejiwin.



Owi gikinawaabanijigan niisaawiing etemgag zhibiigaadenon zhichigewinan miinwaa e'nankiing newen gagweji mikigaadeg zhiwe biskaabiiwaad-daminowin naagjigewinan miinwaa neyaab biskaabiing gikinomaagewin naaknigewgin.

Onaaksijigan: Gagwech zhichigewinan owi Bemigii Biskaabiingh Odaminowin Naagjigewinan

Eshchigengh	Nankiiwin	Dibaatan	Nenda gashkitowin owi eshchigengh
1	E'nankiing owi ensa giizhigag bimaadizingh miinwaa nwebingh (ntam 24 apiinish 48 dibagiiswaan)	E'nankiingh endaangh gaawii maanaaji dodaagesino inamjiwinan woshme dash bangii maage ajina Naazhinon mazinaatesingh ginowaabmjigaadeg	Bemigii aanji maajitaangh newen gagwech e'nankiingh
2	Nengaach miidash miinwaa bangii woshme gagwejiingh	Bimasengh maage bekaa ebid biimskowebchigan biimskowebshkowin, nengaaj ntam miidash giikinamon epiichitaayin Gnimaadaa maajitaam nyaagong mashkoziwin gagwejiingh (giishpin miigsemigag)	Gizhiibideg ode
3	Onjike daminowin myaawong zhichigewin, bwaa niizaanag ondib bitaakisingh	Onjike nakiitowin wi yaw (ngoji bkaan bekaaanzijig ayaawaad), dibishko gonaa bimibitoongh maage wenpanag gagwejitowinan Gaawii daanghshkodaading maage ondib bitaakisingh zhichigewinan	Giikinin owi epiichi gigetin newen gagwejiwin miinwaa maajitaan nondaa niizaanziwin daminowin myaa bimaajiingh.
4	Gaawii daanghshkodaadsiim gagwejiingh, gagwejitoongh, gajitowinan	Apii nojimowin bagidinigowin onji mashkikiinini maage noojimowin enakiid Gichi wiikwiingh gagwejiingh miinwaa woshme zenegag gagwejitowinan, e'digosingh dinakimigiziwin gewe bkaan waaji-ejig Bwaa bsikadingh	Maajitaan miinwaa owi gagwech gichi wiikwiingh gagwejiingh, maamowi nakiimigag wi yaw miinwaa zhichigewin e'nowendaagwgo naanaagidowendamongh
5	Bagidinigaademigad kina gagwejitowin	Bagidinigaademigad kina gagwejitowin -daanshkodaadingh zhiwe dowendaagwog	Biskaabiingh zhichigewinan newen neniizaanag awii ndagojinong maage daangshodaadingh, aabiziitoongh mashkowendamowin miinwaa dibizhan gashkitowin nagajiiwinan.
6	Biskaabiingh odaminowin	Bagidinigaademigad odaminowin maage maanenjiingh	

Mashkikiinini bagidinigewin aabdeg dowendaagwod jibwaa biskaabiid ojepizid owi bwaa nigaazijigaadeg nagajitowin, gagwejiwin maage maanenjiingewin.

Gagwejim gdo daminowin wiijii-ewin miinwaa gikino amaadiiwiigwaam newen zhichigewinan age naagdowin.

Ensa bezhig zhichigewin adaa onjitaamigad gnigen gwa niishtanan shi niwin dibagiisiwaan awii giizhitoongh. Owa jepizid giizhiitaa awii ani azhaad owi aanke zhichigewin apii gashkitowaad dinakimigiziwinan. Biskaabiingh aanin dinakimigiziwinan gnimaa inamjiwinon adaa ombishkaanoon. Maanda aawon gagwech ezhiwebak miinwaa gaawii gwa gego. Dash, giishpin epiichi zhichigengh bezhig apiinish niswi ado inamjiwinon woshme ombishkaanoon woshme bangii miinwaa ojinaa, owa jepizid adaa boontaa miinwaa gagjitoon aanke zhichigewin waabongh zhiwe naasaab zhichigewin. "Ojina" idamomigad inamjiwinon adaa maajaamigadoon biinji nigo dibagiisiwaan.

Shkaa noojimowin bagidinigewin, owa jepizid ado giawaashkwendibshinong inamjiwinon gaawii adaa biskaabiisnon. Giishpin biskaabiimigag, owa jepizid adaa biskaabii zhichigewin niswi miinwaa waabmaad owa mashkikiinini maage noojimowin enankiid awii aanji nda-gikenimind.

Giishpin inamjiwinan gaawii naawisesinag maage aanji woshme maanaaji zhayaamigadoon, owa jepizid adaa biskaabii ado mashkikiininon maage noojimowin enankiid.



MIKOWAATAAGOZIWIN:

Makwendan:

1. Nisidwaabmdan e'waamjigaadeg miinwaa inamjiwinan owi

giwashkweshinowin miinwaa mamindizan maage owa ojepizid zhiwe daminowin/wiiyaw nakiitowin, aanwi agwa MINA zhayaawin maage kidwaad MINA zhayaawaad.

2. Giin/owa ojepizid zhaan awii ndakenmigowin owa mashkikiinini maage mashkikiikwe.

3. Aasbaagwitan negaaj biskaabiiwingikino amaadiiwiigwaam miinwaa daminowin.



Maada nikaaziwin digosin gikendamowin onjibaamigag onji:

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