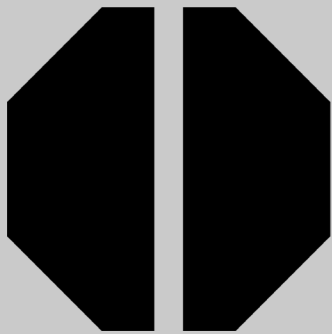


ONTARIO KIHCI OKIMAW

KOSHKOSHILIWI KISKELIHTAMOWI APACIHTAWIN



ROWAN'S LAW

PIWAPISK MASILAHIKAN: PAYAKOSHAP PINISH NEWSHAP KA ITAHTOPIPONESICK

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 ishilihtasospan 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.

Oma apacihtawin mola itencikatew nkoloni mamilohkemowin ki milo pimatisiwi pamihiwewin ohci. Mamilohkemowin milo pimatisiwi pamihiwewin ohci koshkoshiliwi itaspilewila ohci ekoshi ayamihik ntokolon nesta piko ka ntokoloni atosket.

Ka kipihtiawihk mishwakaniwila ka wicikhon kici kishishawisiyan iskali pimatisiyan. Atihk ka mishwakaninaliwahk wehtan kici wapahcicateki nesta kici ntokohtaliwahki shakoc tanehkich ka mishwakaninaliwahk mistikwalihk. Mintiphik miswakaniwila tapiskoch ka otamistikwaleshihk awena mola ta lokwan walawitimihk nesta mola moshak ta payahelakwan. Ata kotakiyak awelihkanak eka ka wapahtakihk ka koshkoshiliwat ka moshiktan maka ka ntawentakosin kici mamihikawiyen kici ati milo pimatisiyan.

Oma apacitawin ka wicikhon kici kiskilohamasoyan ka koshkoshinaliwahk ke ki ohci kishisawisiyan nesta kanawentakosiyen.



KEWAN ANIMA KOSHKOSHILIWIN?



Koshkoshiliwin e kwalima mintipihk ka miswakaninaliwahk. Mola ta ki wapahcikatew shapwapahcikewilihk nesta piko kotakiya ntohkoloni apacihtawila tapiskoc miyaw. Shapwapahcikan nanahkkow ka ohtapiskahikatek nesta piko ka kwashkwehtihk shapwapahcikan ka mashkawak. Ka koshkohitihk miya taki acipaniw kit itentamowin ka itamahcihoyan nesta ka ihtotaman kekwan.

Ka otamishtikwaneshiliwane ka otamishinan kit ihkwakalihk nesta piko ka otamikwayeshinan ta ohci koshkopaliw miyaw. Ta ohci koshkopaliw miya maskoc nesta ka otamihtihk miyaw kishaspin ka koshkwepihtihk mintip pihci kishtikwalihk. 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.

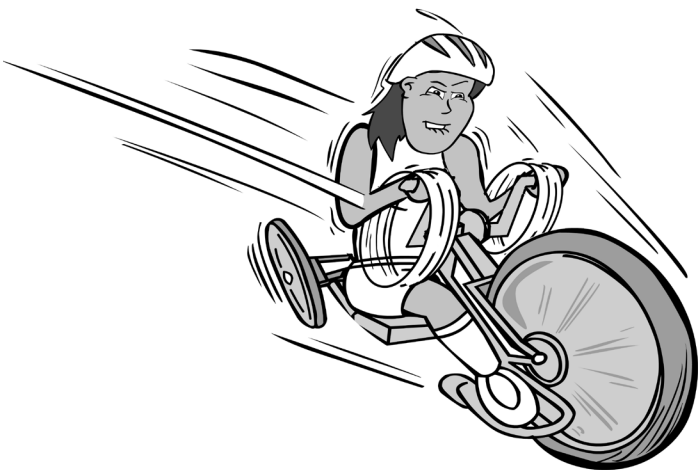


KE OHCI KIPICIHTALIWAHK EKA KICHI KOSHKOTIHK MIYAW

Fishtam kiskilohamaso anima e koshkohtihk miyaw.

Nesta ki ka ihtoten:

- Kishtinac ihtota kici milwashiki kit apacihtawila.
- Kishtinac ihtota ki metawewi apacihtawila kwayask ka tepishkikateki.
- Kishtenta olashowewila ki metawewilihk.

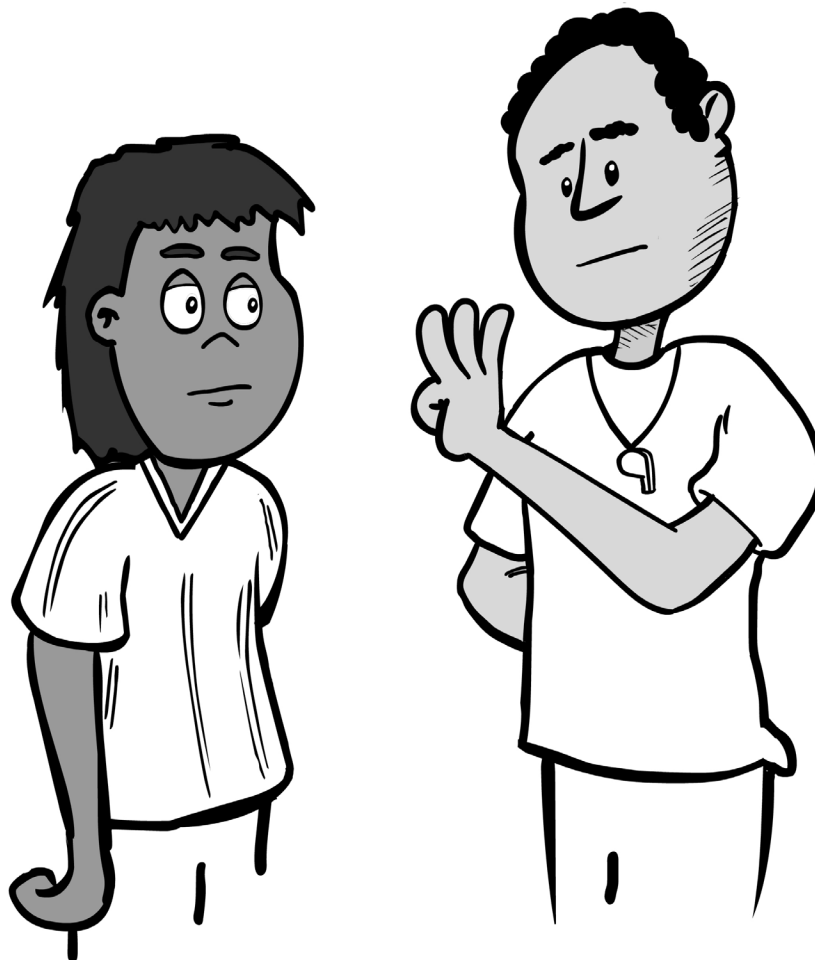


- Losoneha ki metawewiihk kit atoskewiwilihk nesta piko kiskilomahawatowikamikohk olashowewila ke ihtocikatek miya koskopaliwin ohci nesta.
- Wihtamo kisheyahow ka tapweyelimat tapishkoc onikihikomaw nesta ka nanakacihat ka metwenchi nesta piko ka kiskilomaket. Nisitohta ka ispichi kistentakwahk kici ayamitocikatek ka nanisanelihtakwahk eka awasite ke ohci mishwakalinaliwahk.

E NISITAWILIKATE MIYAWI KOSHKOSHIWIN

▶ HIT. STOP. SIT.

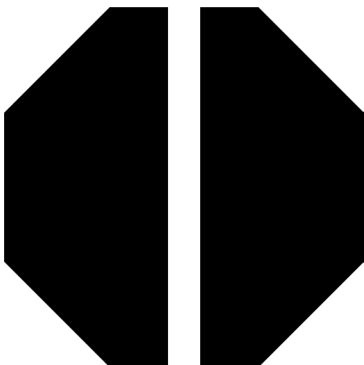
Kishaspin ka koshkosiliwanek ka ki ihtin peyak nesta pika awasite anihi ke lokwahki nesta piko itaspinewila ka nipitesinateki ota chapashish. Ta moskipaniniliw newach nesta piko mihcheto pisimohkan wawish wila micheto kishikawa wiskata. Peyak piko ka lokwahk nesta piko ka ihtikwe e kwali tepilahk ke ohci kiskelihcikatek e koshkoshihk awela. Mihcet awenihkanak ka koskoshihkihk wiyawihk **mola** anihtaw okiskisiwin.



Tahtwa ka lokwahki nest itaspinewila miya e koshkohtihk.

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"



MOSHOHOWILIHK:

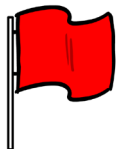
- Ta watakamisiw (ta wetisiw kici kishiwasit nesta piko kici kishiwentahk).
- Ta kohpatelimiw
- Ta pikiskatam
- Ta nilikelimiw nesta piko ta mikoshkatentam

MITONENCIKALIK (METONENTAMOWIN):

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

NIPAWILIHK ITEHKE:

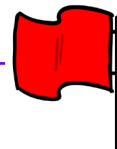
- Kilowesh ta nipaw
nesta piko mola ta nipaw
- Ta alimisiw kici liskihkwamit



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 ocipitikawiyon nesta piko kehtatawin ka ocipitikawiyon kiyawihk
- Aspin eka ka kiskisiyan (e pahkishiniyan aspin)
- E pakomoyan mola pika peyakwa
- E kakitwa ihtiyon, eka e wi minwentaman nesta piko e wi mashihkeyan
- Awasite e ati waloskawentaman

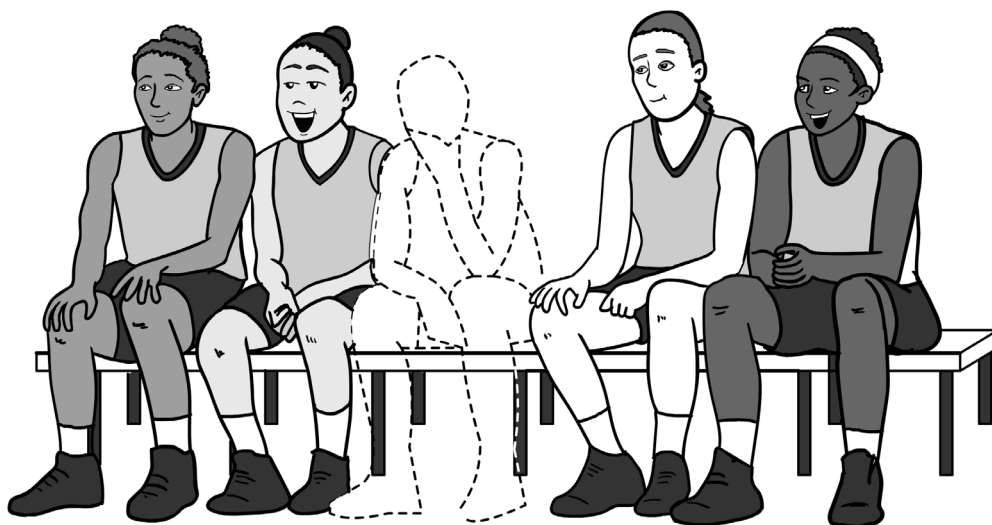


KEWAN KE ATI IHTOTAMAN MINA?

Kishaspin ka ki koshkoshinawane ponilihta anima ka ihtotaman. Wihtamow onikihikomaw okiskilohamakew nesta piko ka tapwelimat ka kisheyahawit ka itamahcihowane. Kishaspin eka ka ihtakwe ki nikihih nesta piko ka kanawelimisk ihtota kotak awena kici tepwatat kici peci nacipahisk. Mola ka nakatikawihtay kici peyakoyan.

Wipac wapam ntokolon nesta piko ka ntoloni iskwewi atosket. mola ka kiwahtay metawewilihk patima ntolonon ka itashiwet kici kiweyan ata kishasin ka itentamowane eka wayesh ka ihtiwane.

Kishaspin ki totem ka wici kiskilohamasomat nesta piko ka wici metawemat ka wihtamask e itamahcihot nesta piko ka lokosikwe maskoc ka koshkoshilikwe wihtamow ka kisheyahawit ka tapweyelimat ke ki wicihtwacik.



E ATI MILOPANILALIWAHK

Mihcet awenihkanak ka koshkoshihkihk ati milopaliwak peyak pinish new tawashtew. Atiht awelihkanak nomanak nawac. Pahpitosk ishilaqwan pehpayak koshkoshiliwin. Kawila peyakwan itenta kotak awena ka ki we milwacihot nesta piko otanahk mina ka ki koshkoshilowane.

Taki ihkin kici nanosamaspinaliwahk ispi ka koskoshinaliwahk. Awelihkanak ta ki moshihowak nanahkaw itamahcihowila ta piskoc tewishtikwanewin, tewisiwin mikwayahk nesta wapiwilihk ahkosiwin atihit misiwa nesta piko wawish wila mihcet pipona. Atihit kilowesh ta ahcipaniliw wintihpiwahk ke ohci moskipanihk kewana tapiskoc eka eki kalohkecik kekwalilw nest eka eki kwayaskwentahihk nesta piko kohpatelimowin. Eka sohki ka ihkihk 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.

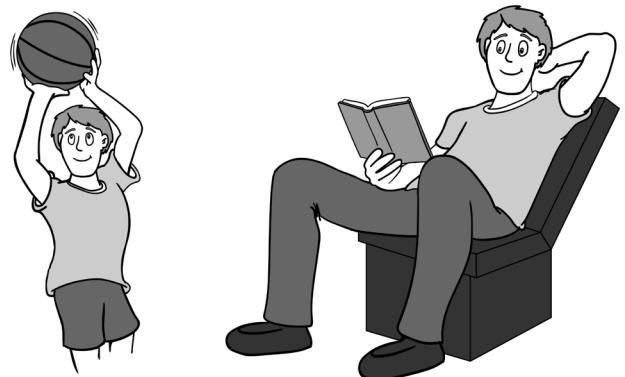
Maykwach Ayati kikayan, kaki tipilan ahtet katotaman nestam nesta kakiyati totayn lishikatch. Ahnihe oshkatch nishoo kishikawah kaheshkwa ahkoshilan, ahcho wila helikok

ayapachitayan kahochi yamiyan, kacha kastaypalik, katakolikatay kachkastaypalik, TV nesta piko kotakiya kakalawapachikatayki.

Shashipinawewisiwin keci kaliwahk ka koshkoshinaliwahk. Ka anima e pehonaliwahk shakoc kinipa ka kiwe ihtocikateki ka ihtocikatekwapan awasite ta ohci ahkosinaliwan maka lomakesh ta ispanliw e kiwe milo pimatisinaliwahk.

Kishapin ka koshkoshinan wihtamawik kilikihikwak misewe metawe atoskewila pepiskihc nesta kiskilohamatowikamikwa ka metawewi kiskilomakecik nesta okiskilohamakewak.

Maka kiskisi ka kiwaliwahk kiskilohamawatokamikohk mawac listam ispic wila metawilihk.

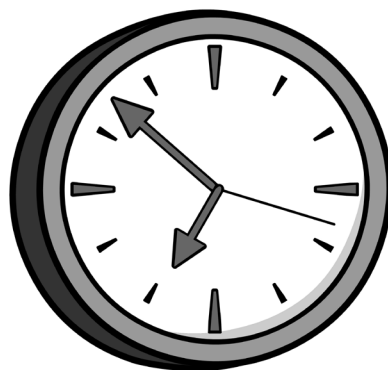


KA KIWALIWAHK KISKILOHAMAWATOWIKAMIKOHK NESTA METAWEWILHK

Kishaspin ka miskask ntokolon nesta piko ntololiskwewi atosket ka ki koshkopaniwane ki ntawentakosin kici losonehaman ki metawewi atoskewin ka ohci kiwaliwahk metawewilhk ka losonehikatek nesta piko ki kiskilohamawatowikamikohk onapahtamowin tanta eshi apatisimakahk. Anima ka kiwaliwahk metawewilhk ka losonehikatek nipitesinatewa ke ihtotaman ke ntawentakosiyen ke losonehaman pwamashi kiweyan metawewilhk. Mola ki ntawentakosin kic ashiciyan ka kiskilomasonaliwahk ka kakwecihtaliwahk metawewin nesta piko ka kwecihitowila patima ntokolon nesta piko ntololiskwe atosket ka itwekwe kici kiwewat metawewilhk.

Ka wicihatay ki milo pimatisiw okashkihow nesta metawewi atoskewilhk nesta kiskilohamawatowikamikohk kici oshihtacik onapahtamowiniliw kina ohci ke ohci kiweyan metawilhk nesta piko kiskilohamawatowikamikohk ke ohci kanawentakosiyen. Ayamihikok ki kiskilomahamawatowikamikohk awasite wihtamakewin ohci.

Ahnihi kiway-wikiskilohamasowin nesta kiway-maytawaywil kakitaskaliwaki tawaylitakwan chiya Pataki kakilao. Tawaylitakwala chiki chipa liki kakilao nesta ahnima oshkach katochikatay tawayli takwan chito chikatay kakilao.



Anima ka tapasilahikatek ota chapashish pakitalamomakan nepite takoskewila nesta ayihtotamowila tahtwa ka miskikateki kekat misiwe losonehamowila ispi ka kiwaliwahk metawewilikh 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, kaheshikawaychi yan, kaheshikochitayan	Kaheshkao eeti kowiyany ayminopaniyan ahna ntokonon nesta piko ntokononiskwao Kahespaki sesawipalihowina nesta kamaskawaki kakochitayan, ahshichiyen 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 tapwayanitanan 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 metawewilikh ka metawet eka ka nakashiwatek kiskilohamawasowin kakwecihtawin, metawewin kiskilohamawasowin nesta piko ka kwe paskilatowin.

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

Tato kahetotaman ntawaylitakwan wayesh 24 kilikwalishkawa kitashilawiyen chiki shitayan. Ayko maka kaki yati totayn ahnihe kayki totaman katochi katayki. Ahtet katochi katayki kaki laki macho hosh kakoon. Aykwani ayki nesta hekin piko. Shakoch, eespi ayka mino macho hoyanay payuko ayki nikwa neskate nesta piki ahti hosami macho hoyanay, ahnowaypi ahnima katotaman nesta kochita mina kotayki aykishikak.

Eespi ntokonon nesta piko ntokononiskwayo, eetwaytay ayminopaniyan, ahnihe kaki yakoshinan mola mila kapaychi kiwaypaliwa. Eespi paychi kiwaypalikay, mila tota nisto kahetasilatayk nesta tawapam ntokonon nesta piko ntokononiskwayo chiki natawikiskaylimisk mina.

Eespi ayka milo paniyanay nesta piko ahti ohsami eetiyanay, katawapamaow ntokonon nesta piko ntokononiskwayo.



KISKISOMIWEWIN

Kistentakwan kici nakatawentakosiyān ispi ka wi metaweyan metawewila. Ispi koshkopaliwin ka ihtakwahk kiskisi.

1. Nisitawila anihī ka lokwahki nesta itaspinewila koshkoshiwilihk maka kipiHCI

kekwan ka ihtotaman ata kishaspin ke itentamowane e milo pimatisiyan. Wihtamow ka kisheyahawit.

2. Nanatomikosi ntokolon nesta piko ka ntokokoni iskwewi astosket.

3. Nake neshihkac kiwe kiskilohamawatowikamikohk nesta metawelihk.



Ohma ahpachitawin ahshichimakahn weetamakaywin kakihochipanick 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