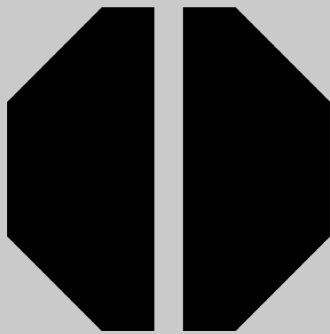


GIMAA GAMIG MAAMPII ONTARIO

GIIWASHKWESHINOWIN NISIDWENJIGAADEG NIKAAZIWIN



ROWAN'S LAW

WAASAMO BIIWAABIKONSING-MAZINIGAANS: 11 APIINISH 14 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 ntaam 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.

Maanda nikaazowin gaawii nendaagosinon awii miigweng mshkikii giikmigewin owi gdo mino ayaawin naagdowenjigaadeg. Giikmigewin owi mino ayaawin onji giiwashkweshinowin inamjiwinan, nanaandowaabam mashkikiinini maage mashkikiikwe.

Nanagaasijigaadeg wiisgishinowinan aga naadmaagwon awii gagwaashkweziyin kina gdo bimaadiziwin. Aanin wiisgishinowinan wenpandon awii waamjigaadeg miinwaa awii naawitong, dash wiigwa aaniish owi wiisgishinowin biinji ondib? Wiinindib wiisgishinowinan, dibishko gonaa giiwashkweshinowinan, gaawii naagosinon zaagijiwiing miinwaa gaawii pane gikendaagosinon. Aanowi agwa gwayaa bkaan gaawii ada waaabmdaziin gdo giiwashkweshinowin gdo mozhiton endodaagemgag miinwaa dowendaagwod weweni gnowenjigewin awii mino yaawin.

Maanda nikaazowin aga naadmaagwon woshme awii gikendaman newen giiwashkweshinowin, awii aabaji gagwaashkweziyin miinwaa awii waankiiyin.



WEGNESH OWI GIIWASHKWESHINOWIN?



Owi giwashkweshinowin aawan wiinindib wiisgishinowin. Gaawii adaa waamjigaadesno zhaabwaatesjiganing, maage bkaan dnowaa mashkikii zhichigewinan dibishko gonaa bezhig dinookaan zhaabwaate shimiwewin e-aabajichigaadeg mamaandaawaabik maage Waasamoo-manidoo-biiwaabik mazinaatesjigan. Yaaman owi giwashkweshinowin ganimaa gdaa madokdaagwan owi nikiiyaa enendaman, ezhayaawin miinwaa endodaman.

Wegwen agwa wepijigan zhiwe gdibaang, g'dengwe maage gdo okwegan adaa miigwemigad giwashkweshinowin. Owi giwashkweshinowin ganimaa adaa onji zhiwebad wepajigan zhiwe gwiiyawin giishpin gagetin owi wepajigan zhichigemigag gdo wiinindib awii bimaajibideg biinjiwiing gdo oshtigwaanang. Dibishko gonaa gagetin wepadaagowin gdo dibaang bakwaakwad nakaazang maage gagetin amigishinang michisag.

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



NANAGAASIJIGAADEG OWI GIIWASHKWESHINOWIN

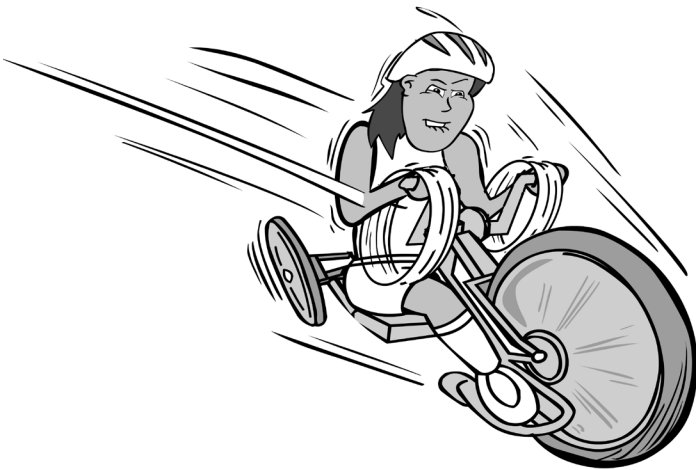
Ntam, giin gdaa ndagikendaan newen yaawong giwashkweshinowinan.

Miinwaa age:

- Gagwekwendan owi enkaaziwin weweni nishing;
- Gagwekwendan gdo daminowin nikaasiwin wewen minakaman;
- Minaadendan newen naaknigewinan owi gdo daminowin;



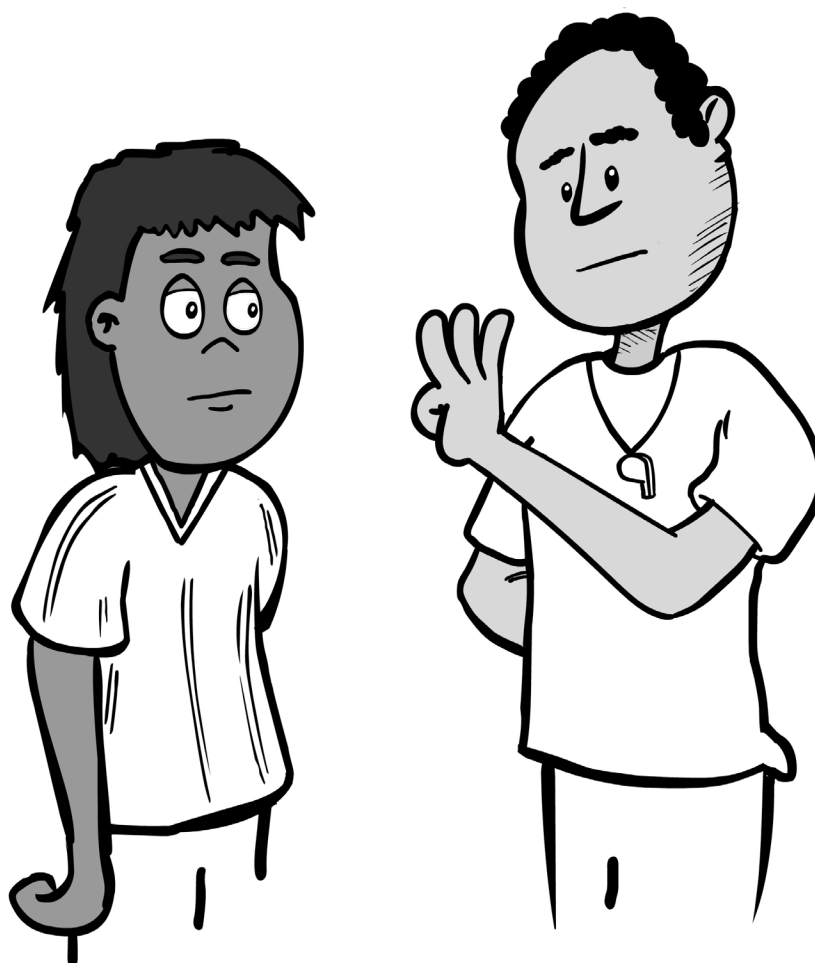
- Naagidon gdo daminowin wiiindiwin/gikino amaadiwiigwaam ado Giiwashkweshinowin Naagojigan Doodamowin; miinwaa
- Wiindamo gechi piitizid e'penimandwad, dibishko gonaa egitiziimid, daminowin ekinomaaged maage ekinomaaged, gego wiisgishinowinan. Nisastan gechi piitendaagwog aabdeg dibaajimang awii bwaa temgag woshme wiisgishinowinan.



NISIDWAABMJIGAADeg OWI GIIWASHKWESHINOWIN

▶ HIT. STOP. SIT.

Giishpin yaaman giwashkweshinowin ganimaa gdaa yaan bezhig maage woshme newen e'waabmjigaadeg maage inamjiwinan maampii niisawiing ezhibiigaadegin. Ganimaa gaawii wewiib adaa naagsinon maage niibna diba'igan, ganimaa age niibna giizhik baamaapii. Bezhig waamjigewin maage inamjiwin debsemigad awii monendamang giwashkweshinowin. Aanin bemaadizijig e'yaamijig giwashkweshinowin **gaawii** wanimikawisiwoq.



Gagwej e'waamjigaadeg miinwaa inamjiwinan owi giiwashkweshinowin:

WIIYAW:

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

INAMJIWIN:

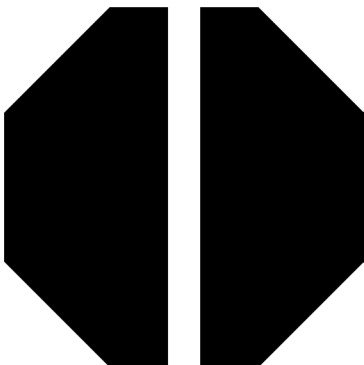
- Nishkaajizhayaa (wewiib maanaadendam
maage nishkaadizi)
- Maanendamowaapine
- Maanaadendamowin
- Goshko-ayaa maage migoshkaadendam

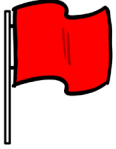
INENDAMOWIN:

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

NIBEWIN-ENOWENDAAGWOG:

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

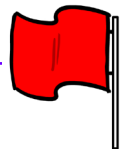




MISKO GIKINWAAJIGANAN:

“Misko Gikinwaajiganan” ganimaa 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 dewekwe
- Ojibinigo maage daapabinigo
- Gaawiin mikawisii (nikaamdaginaamaa)
- Zhaashiishigagowe
- Woshme nashkwe zhayaa, nishkaaji zhayaa maage miigaaji zhayaa
- Woshme agwa giiwanaadendam

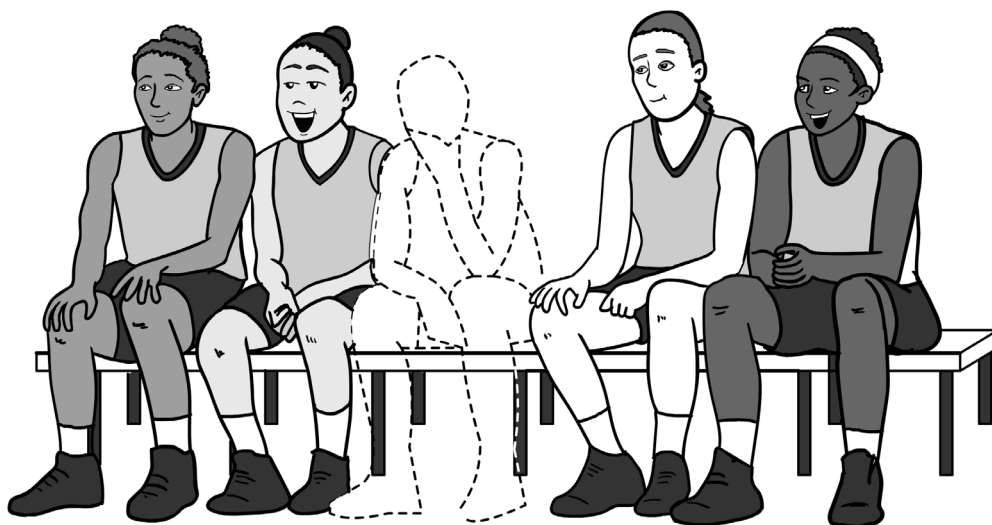


WEGNESH AGE ZHICHIGEWIN MIINWAA?

Giishin nendaman yaaman giiwashkweshinowin wewiib bontaan megwaa e'nankiiwin. Windamo egitiziinixed, daminowin ekinomaaged maage ekinomaaged maage gwaya gechi piitizid epenimandwad. Giishpin bwaa wiiji-yaawad gitiziim maage nyaagdowenimig, gagwejim gwaya awii ginoonaad awii abi naanigowin. Gaawii njike gdaa nigangosii.

Waabam mashkikiinini maage mashkikiikwe wewiib agwa ezhi gshkitowin. Gaawii gdaa biskaabiisii daminowin apiinish debinaman mashkikii bagidinigewin ne-aab awii daminowin giishpin gegwa nendaman MINO ZHAYAAWIN.

Giishpin gwijikiwen, waaji skoniwimad maage waadokwad wiindamaag ado inamijiwinan, maage waabmdaman ganimaa yaamiwaad giiwashkweshinowin, wiindamo gechi piitizid e'penimandwad awii naadimaaged.



ESHKAM MINO AYAANG

Maawach bemaadizijig eyaamijig
giwashkweshinowin ani mino
ayaawog nigo apiinish niiwin anami'e-
giizhigad Aanin bemaadizijig woshme
gnesh n'jitaawog. Ensa bezhig
giwashkweshinowin bkaan aawan.
Gegwa aawechigaadanige bekaanizid
bemaadizid aabziishinowin, maage owi
bkaan giwashkweshinowin zhaazhigwa
agaa debinamiba.

Ganimaa agwa owi giwashkweshinowin
gnesh adaa tenon madookdaagewinan.
Bemaadizijig ganimaa 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 aanjiseq
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
ganimaa adaa maajitamigad neniizaanag
baagishiwin wiinindib, owi ezhinikaadeg
ekwa niizhing aandaapinewin, ageni
zhiwebikiba maajimiziwin maage nibowin.

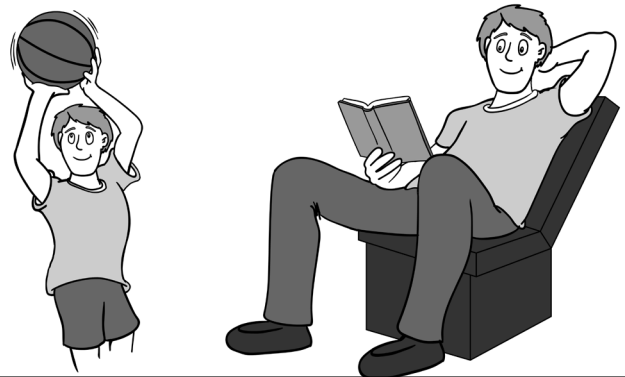
Owi epiichi noojimoyin, gnimaa
aabeg gdaa naazhinaanon aanin

dinakimigiziwinan oshkintom miinwaa
aanji maajitaan nengaach. Owi ntam
niish giizhigad shkwaa wiisgishinon,
gdaa naazhinaan minik eyaayin zhiwe
giigido biiwaabikons, mazinabiigan
biiwaabik, mazinaatesijigaans,
mazinaatesijigan maage bkaan
dnowaa mazinaatesijiganon.

Noojimang owi giwashkweshinowin
dowendaagwod zhiibendamowin. Adaa
znagad agwa baabiichigeng giishpin
dash wewiib biskaabiwin nankiiwinan
woshme inamjiwinan adaa maanaadidon
miinwaa woshme gnesh gdaa njitaa
awii mino yaawin.

Giishpin yaaman giwashkweshinowin,
wiindamo gitziimag, kina daminowin
waajii-ejig/waadokaazijig, gikino
amaadiwiigwaaman, e'waamdowejig
daminowin miinwaa e'kinomaagejig.

Miinwaa makwendan, ne-aab
bishkaabiwin gikino amaadiwin
ntam aawan jibwaa biskaabiwin
owi daminowin.

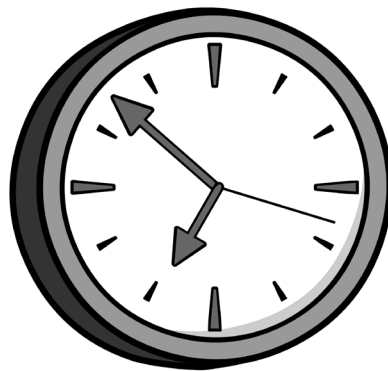


BISKAABIING OWI GIKINOMAADIWIN MIINWAA DAMINOWIN

Giishpin mashkikiinini maaage mashkikiikwe waawiiindang yaaman giiwashkweshinowin aabdeg aga naagidon gdo daminowin nyaagdowendamajig neyaab biskaabiing daminowin naagjigewin miinwaa/maage, gdo gikino amaadiiwiigwaam neyaab biskaabiing gikinomaagewin naaknigewgin, zhiwe miigsemigag. Owi biskaabiing daminowin naagjigewin aawan aabdeg owaa nagidowin jibwaa bishkaabiiwin daminowin. Gaawii maamdaa awii bishkaabiiwin awiii digoyaawin newen nagajitowin, gagwejiwin maage maanenjigewin baamaapii mashkikiinini maage mashkikiikwe kidad ahaaw awii bishkaabiiwin.

Gdaa wiiji-nakiimaa gdo mino yaawin gnowenjigewin negijitod miinwaa daminowin wiiji-ewin/gikino amaadiiwiigwaam awii maajitaawin naaknigewin awii waankiiwendaagwog bishkaabiiwin daminowin miinwaa gikino amaadiiwiigwaam. Giigidan gdo gikino amaadiiwiigwam woshme gego awii gikendaman.

Owi bishkaabiiyin gikinomaage gamig miinwaa bishkaabiiyin daminowin naagjigewinan adaa nikaazam maamowi. Maajitaamigadon naasaab apii miinwaa ntam eshichigengh aawon nasaab.



Owi gikinawaabanijigan niisaawiing etemgag zhibiigaadenon zhichigewinan miinwaa e'nankiing newen gagweji mikigaadeg zhiwe biskaabiwaad-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 dibagiswaan)	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 wiiyaw (ngoji bkaan bekaanzijig ayaawaad), dibishko gonaa bimibitoongh maage wenpanag gagwejitowinan Gaawii daanghshkodaading maage ondib bitaakisingh zhichigewinan	Giikinson owi epiichi gigetin newen gagwejiwin miinwaa maajitaan nondaj niizaanziwin daminowin myaa bimaajiingh.
4	Gaawii daanghshkodaadsiim gagwejiingh, gagwejitoongh, gajitowinan	Apii nojimowin bagidinigowin onji mashkikiinini maage noojimowin enakiid Gichi wiikwiingh gagwejiingh miinwaa woshme zenegak gagwejitowinan, e'digosingh dinakimigiziwin gewe bkaan waaji-ejig Bwaa bsikadingh	Maajitaan miinwaa owi gagwech gichi wiikwiingh gagwejiingh, maamowi nakiimigag wiiyaw 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 niiwin dibagiisiwaan awii giizhitoongh. Agii zhiitaa awii ani zhaayin aanke zhichigeyin apii gashkitoyin zhichigewinan. Aanin zhichigewinan gnimaa gdo inamjiwinan woshme adaa maanaajzhayaamigad. Maanda aawon gagwech ezhiwebak miinwaa gaawii gwa gego. Dash wiigwa, giishpin woshme maanaajzhayaayin woshme nigo dibagiisiwaan maage *woshme* maanaaji izhayaayin, kwe bontaan owi eshchigeyin miinwaa gajitoon miinwaa waabong.

Aprii debinaman noojimowin onji owa mashkikiinini maage noojimowin enankiid, gdo giawaashkwendibshinong inamjiwinan gaawii adaa biskaabiisinon. Giishpin bishkaabiimigag, biskaabiin odi zhichigewin 3 miinwaa waabam mashkikiinini maage mashkiikiikwe awii aanji nda gikenimigowin.

Giishpin inamjiwinan gaawii noojimasinon maage woshme ani maanaaji aawong, gdaa biskaabii owa mashkikiinini maage noojimowin enankiid.



MIKOWAATAAGOZIWIN:

Gichi piitendaagwod awii waankiiwin apii awii daminowin. Owi newen giiwashkweshinowinan, makwendan:

1. Nisidwaabmdan e'waamjigaadeg miinwaa inamjiwinan owi giiwashkweshinowin miinwaa boontaanwewiib enakiiwin, aanwi agwa nendaman ganimaa gdaa MINO ZHAYAA. Wiindamo gechi piitizid.
2. Zhaan awii ndakenmigowin owa mashkikiinini maage mashkikiikwe.
3. Negaaj biskaabiingikino 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