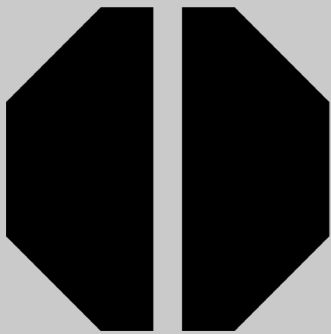


ONTARIO KIHCI OKIMAW

KOSHKOSHLIWI KISKELIHTAMOWI APACIHTAWIN



ROWAN'S LAW

PIWAPISK MASILAHIKAN: MITATAHT NESTA NOHTAW KA ITAHTO PIPONESICK

Ontario 



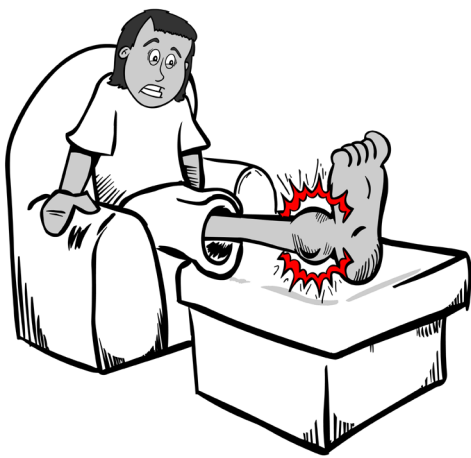
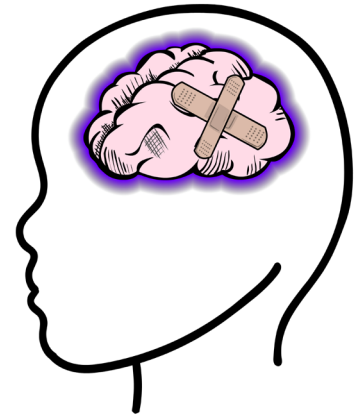
Rowan Stringer

ROWAN'S LAW

Oma piwapisko masinahikan ekoma paski alima Rowan's Law koshkoshiliwi kiskelihtamowi apacihtawila. Rowan's Law ekota Rowan Stringer otishilikasowin ka ohcipalik ka ishpalik kiskilohawatokamikohk ka ki metawespan tohawiniliw rugby Ottawa ihtawilihk. Peyakwa e kishikalik mekwac etohacik ka wici metawemat awa Rowan ki koshkoshin. Kekat misiwe awelihkanak ka koshkoshihkik ati milopaliwak ka ishkwa anwepicik nesta kikecik. Shakoc awa Rowan mola ohci kiskentam eki koshkohtinilik wintiph maka e ntawentakwanilik kici kiket. Mola nesta ohci kiskentamiliwa olikihikwa ka kiskilohamakenci nesta ka metawewi kiskilohamakenci. Maka Rowan mola ochi polihtaw e tohat rugby. Mila niswa ki ahkoshin. Rowan wintihpihk mistahi kimishwakaliwiw.

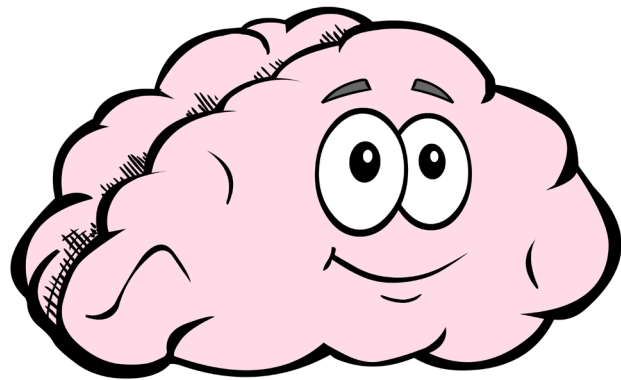
Oma apacihtawin mola wila miskoc maka kici atawencikatek ntokolon ot itwewin ki milomatsiwi pamihiwewin ohci. Awasite wihtamakewin koshkopaniwila ohci ayamihik ntokolon nesta piko ka ntokololi eskwewi atosket.

Ka ashicicik metawewilihk nesta kotakiya ihtotamowila ka melwentakahki nesta ka ohci milo pimatisinaliwahk. Shakoc askaw ispi ka metaweyan ka ki ohci ahkoshilin. Ki kiskenten na ka ki mishwakanlinwin kintipihk?



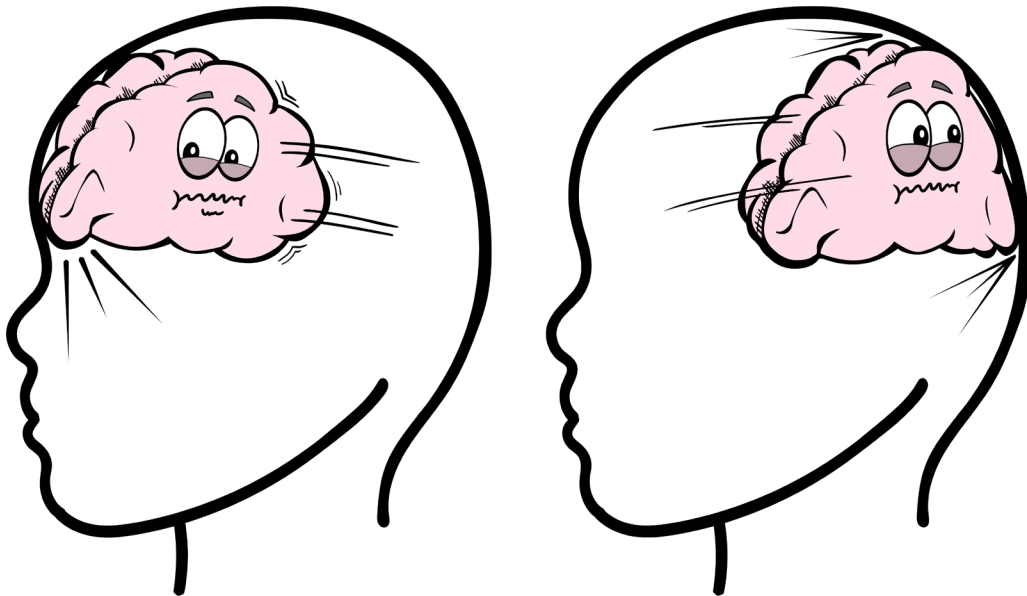
Ka mishwakalinwiyan kintiphik pitoshinakwanwa kotakiya mishwakaniwila. Kishapin ka kotoshina kisitihk ki ka wapahten e mihkwahak nesta e pakipalik. Shakoc ispi ka mishwakaliwiyan mola ta nokwan wanawitimihk cikema pihci kistikwalihk!

Peyak mintihpi mishwakaliwin ekwalima koshkoshiliwin. Ati ayamihta kici kiskilohamasoyan koshkoshiliwin ohci maka ke ihtotaman kishaspin ka koshkoshinan ka itentaman. Kihci kistentakwan kintiph maka ka wi nanakacihtan.



KEWAN ANIMA KOSHKOSHILIWIN?

Ka koshkoshinalwahk ihkin ispi kintiph ka koskopalik kishtikwalihk. Ka otamiithk kishtikwan kikwayaw nesta piko kiyaw ka ohci koshkopalin. Matika tapishkoc ka ki koshkoshilin kishapin ka tawahikoyan tohan nesta piko kishapin ka otamishinan mohcihtak.



Ka koshkoshinaliwahk mishtahi ta ohci mishwakaninaliwan. Kekat misiwe awelihkanak wipac ati milopaliwak shakoc atihk awelihkanak nanosami malipaliwahk okalohkeweliwahk nesta piko ka itamahcihowakwe.

NANAKACIHTA KINTIHP KIPICIHTSHA KOSHKOPALIWIN!

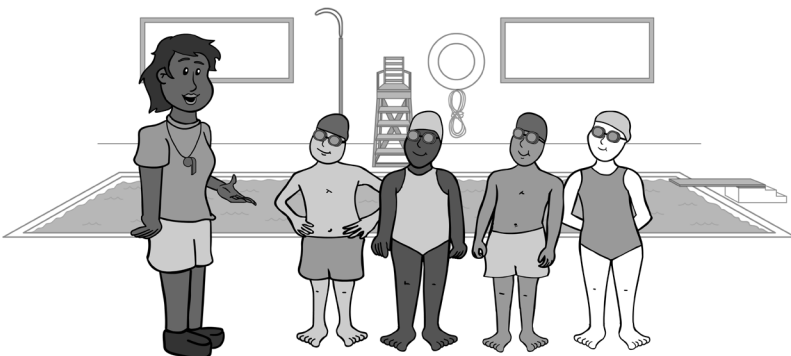
Kiskilohamaso koshkoshiliwin kici kanawenkakosiyan

Nesta ka ki ihtoten:

- Kishtinac anihi ki metawewi apacihtawila kici milwashiki ka tepishkamowane nesta ka nahishkamowane.
- Losoneha itashowawewila metawewilihk nesta piko ihtotamowilihk. Nesta kekwali e itwemakahk kici ntatawat ka kiskilomamask kimetawewilihk nesta ka kiskilohamask ispi ka walishowatishk tapiskoc ka nahikikateki apacihtawila ek a weka kici pisoshihk.



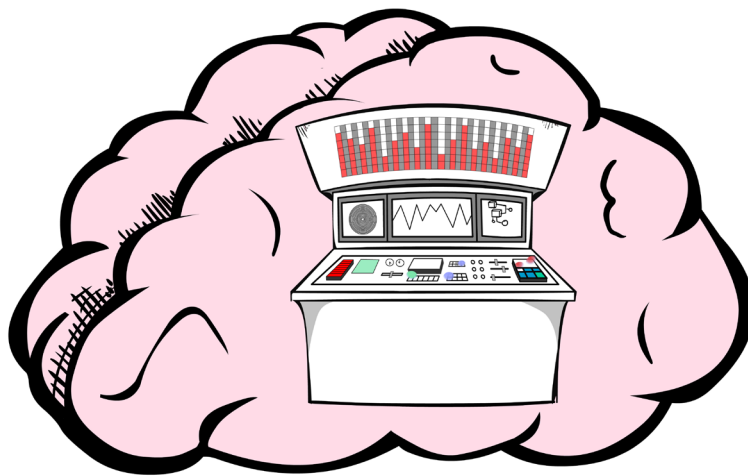
- Ayamihta nesta alimota ke ohci losonehama koshkopaliwin ka losonehikatek onaloshowewila kimetawewilihk.
- Kishapin ka mishwakaliwiyan ,make eka e milomahcihoyan kistinac wihtamo kilikihik nesta ka kiskilohamawat ka metawelinci nesta k ka kiskilohamaket nesta piko kotakiy ka kisheyihawit ka tapwelimat ke ki wicihisk.



NANAKACIHTA KINTIHP: KISKENTA ANIHI KA LOKWAHKI NESTA ITASPINEWILA KA KOSHKOSHINALIWAHK!

► HIT. STOP. SIT.

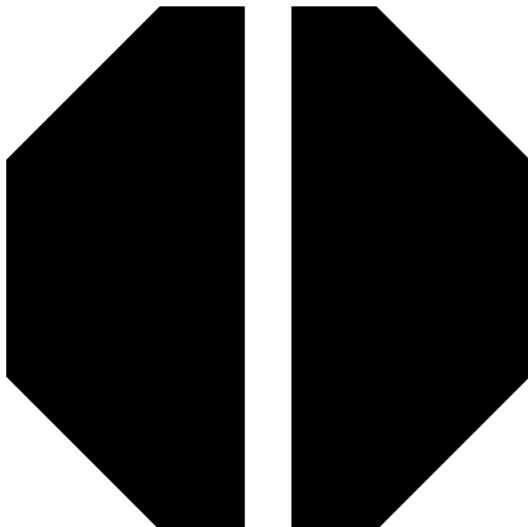
Kintihp tipentamomakan ka itentaman ka itamahcihoyan nesta e ayahciyan. Maka ka ka ahkoshina kintiphik kaki ohtaspinan mihchetwayek. Anima tapasinahikan lokwan atiht ka wihtamakonalihwahk nesta itaspinewila ispi ka koshkoshinalihwahk.



NANAKACIHTA KINTIPH:
KISKENTA ANIHI KA LOKWAHKI NESTA.
ITASPINEWILA KA KOSHKOSHINALIWAHK.

KE ITAMAHCIHOWANE:

- Tewishtikwanew
- kishkwepaliw
- Ka pakomon nesta piko ka wi pakomon e itamahchohoyan,
- Pikishelam
- E washetek nesta ka lohtakwahk kekwan ki mikoshkacihikoon.
- Ki ciwehtwakwan.
- Ta wi pahkisin
- Ta ayeskosiw
- "Mola piko ta milomahcihow"



MOSHOHOWILIHK:

- Mola kiwi minwenten nesta piko kiwi kishwasin.
- Ka wi pakwatan eka ka ihtowane mana.
- Ta nilikelimiw nesta piko ta mikoshkatentam

TA MALIPALIW KI MITONELIHCIKAN:

- Ta waloshkowentam
- Mola ta ki kwayaskwentam
- Mola kaki kalohkan, tapiskoc kekwan ka ki ihkihk pwamashi Ahkoshinan

EKA KWAYASK E NIPAYAN:

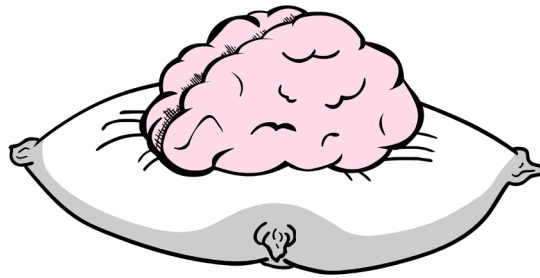
- E nipayan tashine eka ka ihtowane.
- Eka ka nipawane eka ka ihtowane.
- Ta alimisiw kici liskihkwamit

NANAKACIHTA KINTIPH:
KISKENTA ANIHI KA LOKWAHKI NESTA
ITASPINEWILA KA KOSHKOSHINALIWAHK.

Kishapin ka itentamowane kina kitotem ka wici metawemisk nesta piko ka wici kiskolohamask peyak nesta piko awasite ka itaspinekwe wihtamow kisheyahow ka tapweyenimat. Mola ka nakatikawitay kishapin ka itentaman ka koshkoshilowane.



NANAKACIHTA KINTIPH: KEKWAN KE IHTOTAMAN KISHAPIN KA KOSHKOSHILIYANE.



Keshapin peyak nesta piko anihi itaspinewila ka ihtiwane oma ka ihtotehtay:

1. Kipihci e metaweyan.
2. Wihtamow kisheyahaw tapiskoc olikihikomaw ka kiskilohamaket nesta piko ka kiskilohamaket metawewilihk.
3. Ka nanatomik ntkokolon nesta piko ka ntokoloniskwe astosket.
4. Anwepi nesta ati milo pimatisi.

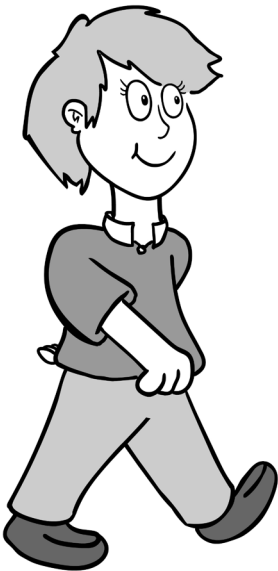


E ATI MILO PIMATISINALIWAHK

Ayti milopalina liwak kaheshkwah
ahko shinan misti kwahnik
keliwaysh eespalo nesta
tawalitakwan sipilitamowin`
Oshkach, mola kakitotayn
ahtet kaykana, tapiskoch chiki
maytowakayn katakolikatayki
maytowakanah, kiskinoah
masowin, kahochi yamiyan
nesta piko kachakastay panik,
kamaytowaniwak nesta piko chiki yashichiyah kaheshi ahyachilaliwak
kiskinohamasowin. Katawaylitayn chiki ahlawaypiyan nesta kwayask chili payan`



Ka ati kikek kintiph pehkac ka ati kiwan ke ihtotaman tapiskoc
Kiskilohamawatokamikohk metawewin nesta kotakiya
metawewila. Mila ka at kiweyan misiwe ka ihtotaman
kiskilohamawatokamikohk kistentakwan e ati milopaliyan.
Nishtam a wehtahki kekwala tapiskoc e ayamihtayan
masinahikan nesta nakiskaw e papamohtevan.



Ayti milo macho hoyan ootay eetaykay kaykwana, kinikihe kwak, kalakachihat kamaytawillichinesta kakiskilohamakay chik kakiwichihekwa chiyati lakinaman kayihetotaman, tapikoch chiki pimpatayan, chiki wichi maytawaymachik kito taymak, chiki kiskilohamasoyan nesta chiki wawayliyan maytawaywinik. Kati machi machohon ayeeska kochi tayan katochikatayki mina kaeeskwa ahkoshinan shakoch maka katimilopalin. Wetamo kishayehow talaytamachohoyan chiki wechi eeko weeyahn.

Machit maka kakiyati ahshichiin maytawaywilik nesta piki kakakwaychilaliwak. Kitikololim nesta piko ntokololiskwao kawitamak eespi kamilopalik chiki yati totaman katotamapan.



KISKISOMIWEWIN

Ka nanakatawelimisoyan ispi ka mataweyan mola ka ohci mishwakiliwin maka ciki ihtotaman kekwala ka sikihtayan. Kishaspin ka ki koshkoshiliyan kiskisi.

1. Polihta e metaweyan.
2. Wihtamow ka kisheyahawit
3. Ntawapam ntokolon nesta ka ntokokoli eskwewi atosket.
4. Anwepi nesta ati milo pimatasi.



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