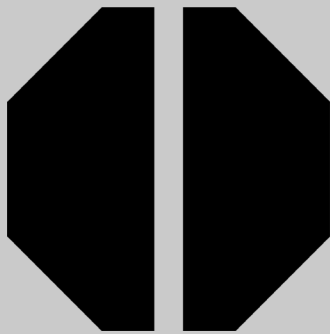


GIMAA GAMIG MAAMPII ONTARIO

GIIWASHKWESHINOWIN NISIDWENJIGAADEG NIKAAZIWIN



ROWAN'S LAW

WAASAMO BIIWAABIKONSING-MAZINIGAANS:
10 MIINWAA NONDAAJ EPIITIZIJIG

Ontario 



Rowan Stringer

ROWAN'S LAW

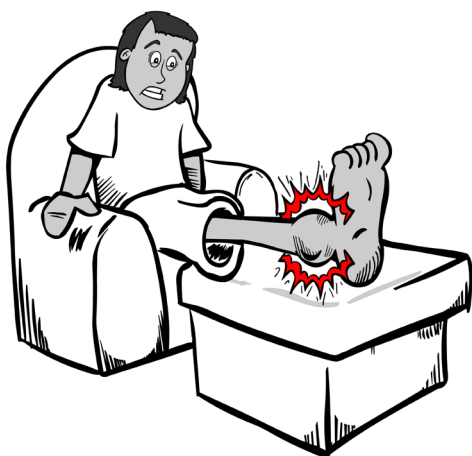
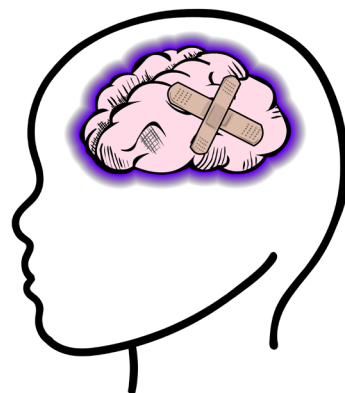
Maanda waasamo biiwaabig mazinigan aawan bezhig newen maziniginan owi Rowan's Law giiwashkweshinowin gikendamowin nikaaziwinan.

Rowan's Law agii zhinkaade owa onji Rowan Stringer, agaa aawid aanke gikino amaadiiwiigwaam bikwaakod e'daminad abi njibaad Ottawa.

Ngodin giizhigag, epiichi bikwaakod daminad waaji wiidokwaajin, Rowan agii debnaan giiwashkweshinowin. Gegaa agwa kina bemaadizijig wewiib mino yaawog shkwaa niwebiwaad miinwaa noojimowaad. Dash gaawii Rowan agii gikendiziin ado wiinindib agii wiisgisidod miinwaa dowendang gmaaminig awii nojimaad. A'gitiziiman, ekinomaagijin miinwaa daminowin ekinomaagejig gaawii gewiinwaa agii gikendiziinaa-aa. Dash, Rowan agii abaji damina bikwaakodakewin. Niizhing yaa-aabi agii wiisgishin. Rowan wiinindib agii gichi wiisigisin gaawii dash maamda awii mino ayaad.

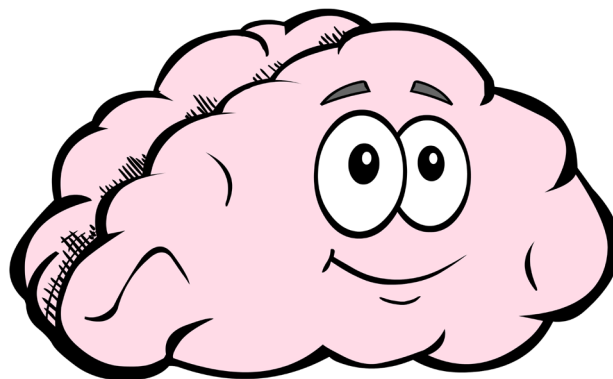
Maanda nikaazowin gaawii nendaagosinon awii miigweng mshkikii giikmigewin owi gdo mino ayaawin naagdowenjigaadeg. Woshme go go awii gikendaman newen giiwashkweshinowin gagwejim mashkikiinini maage mashkikiikwe.

Wiidokaazang daminowinan miinwaa aanin bkaan nankiiwinan minwendaagwod miinwaa mino-izhi-ayaamaan. Dash awiigwa aangodinong apii daminowin gdaa wiisgishin. Agii gikendaan ana gnimaa gdaa wiisgisidon gwiinindib?



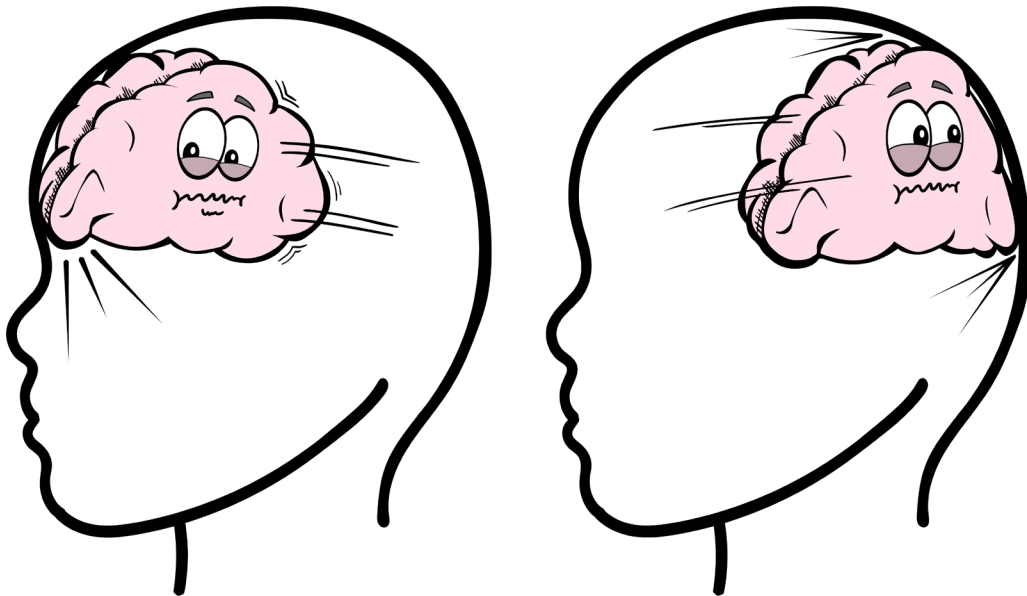
Wiisgisidowin gwiinindib bkaan aawan newen aanin wiisgishinowinan. Giishpin wiisgisidowin bikooganaan, gdaa waabmdaan abi miskowaag miinwaa baagisin. Dash wiigwaa wiisgisidowin gwiinindib, gaawii naagosino zaagjiwiing zaam biinji oshtigwaaning temgad!

Bezbig owi dnowaa wiinindib wiisgishinowin zhinkaade giiwashkweshinowin. Aabaji gindaasan awii gikendaman newen giiwashkweshinowinan miinwaa awaa zhichigewin giishpin nendaman ganimaa yaaman bezbig. Gwiinindib gichi piitendaagwod, dash gdo dowendaan awii naagodowendaman!



WEGNESH OWI GIIWASHKWESHINOWIN?

Owi giiwashkweshinowin zhiwebad owi gwiinindib bimaajibideg binjiwiing gdo oshtigwaaning. Gichi gagetin bitaak dibeshinan, okweganaang, maage gwiiyaw adaa miigwemigad giiwashkweshinowin. Dibishko gonaa, gda debinaan giiwashkweshinowin giishpin bikwaakwod wepidaagiin gdo oshtigwaaning maage giishpin gagetin bangishinan michisag.



Owi giiwashkweshinowin aawan neniizaanag wiisgishinowin. Gegaa agwa kina bemaadizijig wewiib mino yaawog dash wiigwa aanin bemaadizijig ayaanaa-aa gichi gnesh znagziwinan dibishko gonaa minjimendamowin maage nikiiyaa eshayaawod.

AYAANGWAAMITON GWIININDIB: NANAGAASIJIGAADEG GIIWASHKWESHINOWINAN!

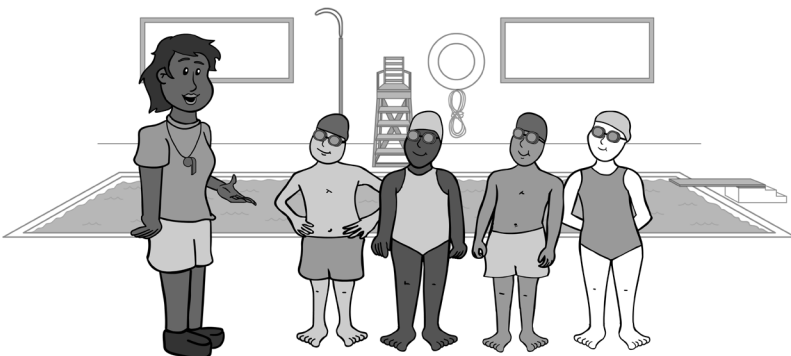
**Woshme gikendan newen giiwashkweshinowinan awii naadmigiwin
awii aabaji ayaangwaamiziwin.**

Miinwaa age:

- Gagwekwendan gdo daminowin nikaaziwinan weweni nishing, weweni minakaman miinwaa weweni biiskaman.
- Naagidon newen naaknigewinan gdo daminowin maage nankiiwin. Maanda age aawan bazindwad daminowin ekinomaaged maage ekinomaaged owi apii miingowin owaa naagidowin, dibishko gonaa zagakinaman gadinkaaziwinan gwaya wiibwaa bizagweshing.



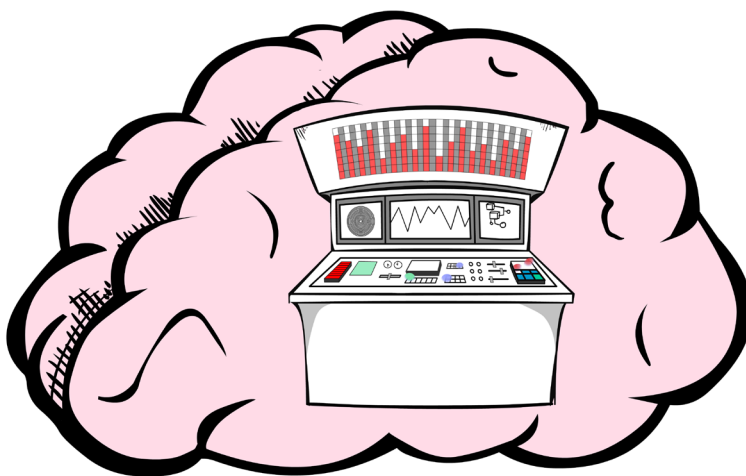
- Gindan miinwaa dibaatan awaazhi naagadowin owi Giiwashkweshinowin Naagojigan Doodamowin owi gdo daminowin.
- Giishpin wiisgishinan miinwaa gagwek gdo zhayaasii, wawiingezin awii windamowad egitiziinged, daminowin ekinomaaged, ekinomaaged maage gwaya bkaan gechi piitizid e'waankiiwenimad aji naadmaaged.



AYAANGWAAMITON GWIININDIB: GIKENDAN NEWEN WAAMJIGEWINAN MIINWAA INAMJIWINAN OWI GIIWASHKWESHINOWIN!

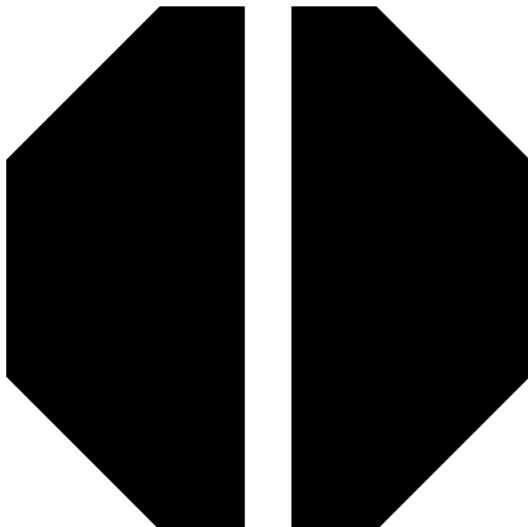
▶ HIT. STOP. SIT.

Gwiinindib bamibideton e'hendaman, e'zhayaawin miinwaa ezhi bimaajiiwin.
Amii dash, wiisgisidowin gwiinindib gdaa madookdaagwan niibna agwa nikiiyaa.
Owa gikinawaajibii'igan waabmdowenan aanin e'waabmjigaadeg miinwaa
inamjiwinan owi giiwashkweshinowin.



GANIMAA AGE ZHAYAAMIBA:

- Dewikwe
- Giiwashkweyaabandam
- Zhashagagwewin maage zhayaawin awii zhashagagwewin.
- Biigizawinam
- Waaskonenjiganan maage medwewegin g'migoshkaadendamigwan.
- Midiwewesin gtoganing
- Nabane izhisesii
- Ekwaaziwin
- "Gaawii gagwek zhayaasii"



INAMJIWIN:

- Nishkendam maage nishkaaji zhayaa
- Woshme maanaadendam e'gagweji nendang
- Goshko-ayaa maage migoshkaadendam

INENDAMOWIN ZNAGZIWIN:

- Giiwanaadendam
- Znagizi naagzowaamjiged
- Znagad awii makwendaman, dibishko agaa zhiwebak jibwaa wiisigishinan

NIBEWIN ZNAGZIWIN:

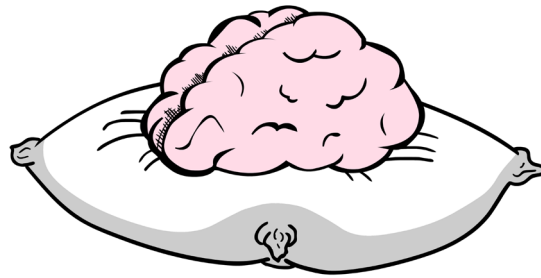
- Woshme nibaawin minik gagweji nibaawin
- Woshme ajina nibaawin minik gagweji nibaawin
- Zinagizi awii nibaad

AYAANGWAAMITON GWIININDIB:
GIKENDAN NEWEN WAABMJIGEWINAN MIINWAA
INAMJIWINAN OWI GIIWASHKWESHINOWIN!

Giishpin nendaman gwijikiwen, waadokwad maage waaji skoniwimad yaang bezhig maage woshme ninda inamijiwinan, wiindamo gechi piitizid e'penimandwad. Gaawii njike gdaa nigangosii giishpin nendaman yaaman giiwashkweshinowin.



AYAANGWAAMITON GWIININDIB: WEGNESH AGE ZHICHIGEWIN GIISHPIN NENDAMAN YAAMAN GIIWASHKWESHINOWIN.



Giishpin bezhig maage woshme yaaman inamjiwinan gdaa:

1. Boonitaa daminowin.
2. Wiindamo gechi piitizid, dibishko gonaa e-gitziinged, ekinomaaged maage daminowin ekinomaaged.
3. Zhaan awii ndakenimig mashkikiinini maage mashkikiikwe.
4. Niwebin miinwa noojiman.

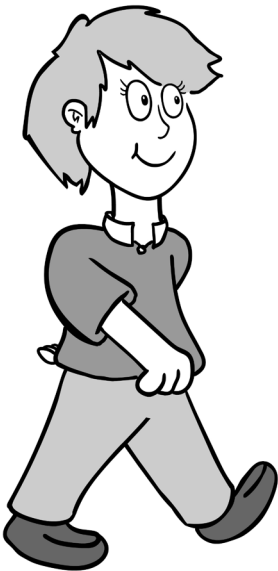


ESHKAM MINO YAAWIN

Awii mina zhayaangh shkwaa
giiwaashkwendibshinong
onjitaamigag noomag
miinwaa dowendaagwog
zhiibendamowin. Oshkintam,
aga nankii noondaaj gego,
dibishko gonaa dinakimigiziiyin
mezinaatesingh daminowinan,
gikendaasowin nankiiwin, nikaaziiyin
giigido biiwaabikons maage
mazinaatesijigaans, odaminowin maage wiidokaaziiyin owi mino-ayaawin
gikinomaagewin. Miinwaa age aga dowendan awii nwebiiyin miinwaa
weweni nibaayin.



Ani nojimoomigag gwiinindib, nanengaaaj agwa ne-aab
biskaabiin newen e'nankiiwin gikino amaadiiwiigwaaming,
wiidokaaziiyin miinwaa daminowin. Ne-aab biskaabiin owi
moshki nankiiwin gikino amaadiiwiigwaaming aawan ntam
gechi piitendaagwog zhichigewin
awii mino yaawin. Ntam, aga
zhichige e'wenpanag dibishko
gonaa gindaasowin miinwaa bangii
bibaamsewin.



Debinaag gwa izhayaayin NISHIN maage nankiiyin ninda dnowaa, gitziimgag, daminowin gikinogmaagejig miinwaa gikinomaagejig aga naadmaagwog aankesidowin woshme gego, dibishko gonaa bimaabitowin, wiidokwadwaa gwijikiwenin, azhaayin gikinomaage gamig miinwaa gagwejitowin daminowin. Gaawii gwa gego giishpin woshme maanaajizhayaayin apii gagwejitowin dinakimigiziwinan shkwaa giiwaashkwendibeshinon. Wiindamo netaawigid owi e'zhayaayin onji awii naadmaagiin.

Shkwaach eshichigengh ada aawon wiji ayaayin newen daminowinan miinwaa maanenjigewinan. Gdo mashkikiiniim maage noojimowin enankiid aga wiindmaag apii NISHINGH ne-aab awii nankiiyin dinakimigiziwinan.



MIKOWAATAAGOZIWIN:

Wiingezing daminang aga naadmaagwan awii bwaa wiisigishinan dash awii aabijitaawin newen beshigendaman zhichigewinan! Giishpin nendaman ganimaa giiwashkweshinowin yaaman, makwendan:

1. Boonitaan daminawin.
2. Wiindamo gechi piitizid.
3. Zhaan awii ndakenimig mashkikiinini maage mashkikiikwe.
4. Niwebin miinwaa noojiman.



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