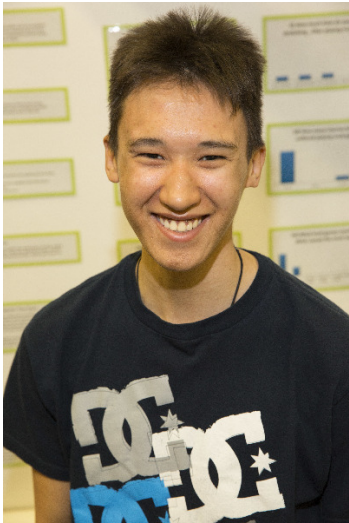


CWSF 2014 - Windsor, Ontario



Mason Tautu

Inuit Games: A Study in Injury

Challenge: Health

Category: Senior

Region: Kivalliq

City: Chesterfield Inlet, NU

School: Victor Sammurtok

Abstract: Inuit used to play games in Igloo's during the long winters to keep spirits high and stay physically fit for hunting and survival. Nowadays, Inuit Games are played in gyms and sports facilities for fun and competition. My project attempts to find ways to minimize injuries for modern players and help keep Inuit Games fun and injury free.

Biography

My name is Mason Tautu and I am an Inuk from Nunavut. My Inuktitut name is Pittautuq which in English means "a good man," and I have been since birth. I was born and raised in Chesterfield Inlet, Nunavut on the west coast of Hudson Bay in the oldest community in our Territory. I lived in Winnipeg for 12 years and returned home a couple of years ago. When I returned I started playing Inuit Games and reconnecting with my heritage, but I quickly realized that many athletes were suffering from injuries. My project is an attempt to help make Inuit Games safer so athletes can play longer and compete at a higher level.