

**Participant Information Letter for High School RIO™ (Reporting Information Online):
National High School Sports-Related Injury Surveillance Study, 2018-2019**

Your high school is being asked to participate in High School RIO™, an internet-based surveillance study of injuries sustained by US High School athletes. This study is being conducted by researchers at the Colorado School of Public Health, Program for Injury Prevention, Education, and Research (PIPER).

Why are we doing this study?

We want to learn more about how high school athletes are injured so we can determine the best way to protect them from being hurt. The injury information collected will provide a basis for recommendations to reduce the number of high school sports-related injuries.

What are the study objectives and goals?

The long-term goal of the proposed line of research is to reduce the morbidity, mortality, and disability among adolescent athletes caused by sports-related injuries. The objective of this study is to move toward that goal through the development and implementation of a proposed permanent internet-based high school sports-related injury surveillance system. The surveillance system being used in this study was modeled after the successful National Collegiate Athletic Association Injury Surveillance System (NCAA ISS), a system that consistently produces quality data on sports-related injuries, exposures, and risk factors among collegiate athletes.

What did we learn from previous years of the High School RIO™ study?

- During the 2016-17 High School RIO™ project, participating certified athletic trainers from 203 schools reported 4,006,889 high school athletic exposures and 7,288 injuries in 22 sports (boys' football, boys' and girls' soccer, girls' volleyball, boys' and girls' basketball, boys' wrestling, boys' baseball, girls' softball, girls' field hockey, boys' ice hockey, boys' and girls' lacrosse, boys' and girls' swimming and diving, boys' and girls' track and field, boys' and girls' cross country, boys' and girls' tennis, and cheerleading) for an overall injury rate of 1.82 injuries per 1,000 athletic exposures.
- From this data, we estimate that nationally in the US, there were 1,160,321 injuries sustained by high school athletes participating in 9 of the most popular sports (boys' football, boys' and girls' soccer, girls' volleyball, boys' and girls' basketball, boys' wrestling, boys' baseball, and girls' softball).
- Injury rates ranged from a high in boys' football (3.83 injuries per 1,000 athletic exposures) to a low in girls' tennis (0.33 per 1,000 athletic exposures).
- Specific injury information, such as body site, diagnosis, and severity, vary not only by sport and gender but also within sports based on specific injury event information such as position played, activity engaged in at the time of injury, protective equipment worn, etc.

What is expected of participating high schools?

During the 2018-19 academic year, schools participating in High School RIO™ will be asked to have a certified athletic trainer collect and report athletic exposure, sports-related injury, and risk factor information for 10 of the 20 sports included in the study (boys' football, boys' and girls' soccer, girls' volleyball, boys' and girls' basketball, boys' wrestling, boys' baseball, girls' softball, girls' field hockey, boys' ice hockey, boys' and girls' lacrosse, boys' and girls' swimming and diving, boys' and girls' track and field, boys' and girls' cross country, and cheerleading). **You are not expected to report for all 20 sports.** Instead, you will report for 10 randomly selected sports that are offered at your school and that you provide services for.

The certified athletic trainer serving as the school's reporter will be asked to log onto the study website weekly throughout each sport's season to provide exposure information (the number of student athletes practicing and competing) and injury incidence information. It will take approximately 5 minutes each week to complete this weekly exposure report. Additionally, for each injury reported, the certified athletic trainer will be asked to complete an injury report form consisting of athlete demographic information (age, height, weight, grade in school), injury information (body site, diagnosis, severity) and specific injury event information (e.g., level of competition, position played, protective equipment worn, activity engaged in at the time of injury, etc.). It will take approximately 5-10 minutes to complete each injury report.

Reportable injuries will only include those that:

- 1) occur as a result of participation in an organized high school athletic practice/competition
AND
- 2) require medical attention by a team certified athletic trainer or a physician **AND**
- 3) result in restriction of the student-athlete's participation for one or more days beyond the day of injury **OR**
- 4) result in any fracture, concussion, dental injury, or heat injury/illness regardless of whether or not it results in restriction of the student-athlete's participation

Does the RIO™ system include an Electronic Medical Record (EMR) component?

Yes, the RIO™ system includes an electronic medical record (EMR) component developed specifically for you to use in your clinical setting. You will be able to use the EMR component to manage and track information about your athletes, the injury assessments you conduct, the treatments you provide, and medical outcomes of these treatments. As a participant in the National High School Sports-Related Injury Surveillance Study, you will get full access to this EMR as a token of our appreciation.

Are there any opportunities to participate in additional substudies?

Study participants will also have the opportunity to participate in additional substudies. Participation in such substudies is always voluntary and will not affect your participation in the larger National High School Sports-Related Injury Surveillance Study.

Isn't students' medical information confidential? How will it be kept private?

Student athletes' injury information is protected by federal privacy regulations such as the Health Information Portability and Accountability Act (HIPAA) and the Family Educational Rights and Privacy Act (FERPA). Information collected for this study is confidential to the extent provided

by law. The protocol for this study has been approved by Nationwide Children's Hospital's Institutional Review Board, a committee that reviews all research to ensure study participants are protected.

The RIO™ system includes an electronic medical record (EMR) component developed specifically for ATs to use in a clinical setting to manage and track information about their athletes, the injury assessments they conduct, the treatments they provide, and medical outcomes of those treatments. While ATs are able to enter a student's name and other identifying information into the system, they are not required to do so as a part of the study. Furthermore, ATs will have full access to the system without having to enter any identifying information. No identifying information about the student athletes will be seen by researchers. Researchers will only have access to de-identified information (i.e., data that have been stripped of all personal identifiers). All identifying information will be stored on an off-site secure server operated by a third party.

The researchers conducting this study are committed to protecting your student athletes' privacy. Again, no identifying information about the student athletes will be seen by researchers (researchers will only have access to de-identified information). Data collected will be used only for the purpose of conducting research on injuries resulting from training for or participation in high school sports. The final summary report and any publications based on this study will use only summary (aggregate) injury and participation information that does not identify individual athletes or participating schools.

How will participants be chosen?

Each US high school with an NATA associated, BOC certified athletic trainer with internet access who is willing to serve as a reporter for the surveillance system will be invited to enroll (priority will be given to schools with a certified athletic trainer who is available to the high school 5 days a week to provide comprehensive care to all athletes without limitation on hours). In order to obtain a nationally representative study sample, the pool of eligible study schools will be distributed in a sampling frame stratified by size and sub-stratified by geographical location. A simple random sample of study schools will be chosen from each substrata of the sampling frame.

Schools who have previously participated in the High School RIO™ study will be automatically selected to participate in the 2018-19 High School RIO™ study if they are willing to do so.

Will participants be compensated?

Each high school participating in the High School RIO™ study will receive a monetary reimbursement for their certified athletic trainer's time based on the number of sports reported (approx \$300 for 10 sports, schools reporting for more sports will receive additional participant incentive but no school may receive more than \$600 per calendar year).

What support will participants receive from the research team?

Each participating AT will receive a training packet and will have access to two additional training options: 1) a personal training session conducted by a member of the research staff on

the use of the internet-based surveillance system via telephone, or 2) a set of self-guided PowerPoint slides detailing the data entry process. Web hosting and technical support for the surveillance system will be provided by the Colorado School of Public Health. Throughout the study the principle investigator, R. Dawn Comstock, PhD, and research assistants Jonathan Bihl or Alan Arakkal will be available via telephone at (303) 724-7881 or e-mail at highschoolrio@ucdenver.edu to answer questions and/or address concerns. Following the conclusion of the study, each participating high school will receive a copy of the summary report of the study's findings as well as an individual report detailing their school's data.

**High School RIO™ (Reporting Information Online)
2018-2019 PARTICIPANT ENROLLMENT FORM**

Name of High School: _____

Address: _____

Name of Certified Athletic Trainer: _____

Name of contact person (if other than AT): _____

Phone #: _____ Fax #: _____

E-mail address: _____

We representatives of this US high school have read the attached participant agreement information letter, understand what is expected of participating schools, and understand how our school will be compensated for participating. This school has a NATA associated, BOC certified athletic trainer with internet access who is willing to serve as a reporter for the surveillance system.

Principal Name: _____

Signature: _____ Date: _____

Athletic Director Name: _____

Signature: _____ Date: _____

Certified Athletic Trainer Name: _____

Signature: _____ Date: _____

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Over the years, we have made slight changes to which sports are included in our surveillance system. Please indicate which sports you provide services for at your school by checking them off below so that we have up-to-date information for the 2018-19 academic year.

- Boys' Football
- Boys' Soccer
- Girls' Soccer
- Girls' Volleyball
- Boys' Basketball
- Girls' Basketball
- Boys' Wrestling
- Girls' Wrestling (only choose this option if you have a dedicated girls wrestling team)
- Boys' Baseball
- Girls' Softball
- Girls' Field Hockey
- Boys' Ice Hockey
- Boys' Lacrosse
- Girls' Lacrosse
- Boys' Track and Field
- Girls' Track and Field
- Boys' Swimming and Diving
- Girls' Swimming and Diving

*Please return this completed form by mail to Jonathan Bihl, Department of Epidemiology, 13001 E. 17th Place B119, Aurora, CO 80045, by email to highschoolrio@ucdenver.edu, or by fax at (303)724-4489 (Attn Jonathan Bihl or Alan Arakkal).