

# High School RIO™

## National High School Sports-Related Injury Surveillance Study



### What is High School RIO™?

High School RIO™ is the internet-based data collection tool used in the National High School Sports-Related Injury Surveillance Study. This study, the only surveillance study that has been running for over a decade of all time-loss injuries in a large national sample of US high school athletes, was first implemented during the 2005/06 academic year and has been maintained annually. Each year, certified athletic trainers from hundreds of high schools across the country participate in High School RIO™. They report valuable information which enables evaluation of rates and patterns of injury across sports, types of athletic activities, and gender. Such information helps drive evidence-based decisions by athletic directors, coaches, athletic trainers, physicians and others working to keep high school athletes safe and healthy!



### What does High School RIO™ do?

High School RIO™ captures athletic exposure and injury data weekly throughout the academic year using certified athletic trainers as data reporters. From 2005/06-2016/17 this surveillance system captured 86,225 injuries sustained during 44,202,695 athlete exposures.

### Information has been collected on many sports!

|                             |                                    |
|-----------------------------|------------------------------------|
| Boys' football              | Girls' field hockey                |
| Boys' and girls' soccer     | Boys' ice hockey                   |
| Boys' and girls' volleyball | Girls' gymnastics                  |
| Boys' and girls' basketball | Boys' and girls' swimming & diving |
| Boys' baseball              | Boys' and girls' track & field     |
| Girls' softball             | Boys' and girls' cross country     |
| Boys' and girls' wrestling  | Cheerleading                       |
| Boys' and girls' lacrosse   | Boys' and girls' tennis            |

### Who does High School RIO™ help?

We provide annual summary reports and specific requested data reports to the National Federation of State High School Associations' (NFHS) Sports Medicine Advisory Committee and Rules Committees. We also provide annual summary reports and individual reports to each participating high school. Data included in these reports can help:

- Track injury trends and patterns over time
- Identify emerging issues
- Assist clinical decisions
- Drive policy changes
- Influence staffing or funding decisions

**Interested in participating in 2018/19?  
Contact us! Participants receive a  
small financial incentive as well as  
individualized reports.**

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