

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 2005/06-2019/20, this surveillance system has captured 108,574 injuries sustained during 55.1 million athlete exposures.
- High School RIO™ data have been used in over 100 peer-reviewed publications.

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	Boys' and girls' tennis
Boys' and girls' lacrosse	Cheerleading

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 2020/21?
Contact us! Participants receive a small financial incentive as well as individualized reports.