

# 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 of 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 for 17 years. Each year, certified athletic trainers from hundreds of high schools across the country participate in High School RIO. They report valuable information which allows evaluation of rates and patterns of injury across sports, types of athletic activities, and sex. 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 2005/06-2020/21, this surveillance system has captured 111,596 injuries sustained during 56.8 million athlete exposures.
- High School RIO™ data have been used in over 100 peer-reviewed publications as well as in hundreds of reports to the National Federation of State High School Associations.

### 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 other requested data reports to the National Federation of State High School Associations' (NFHS) Sports Medicine Advisory Committee and Sports 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 High School RIO in 2022/23? Contact us or scan the QR code! Participants receive an incentive, 10 category B CEUS, and individualized school reports!**

