



## The Center for Injury Research and Policy High School RIO™

Each year, 7 million children pursue their athletic dreams by participating in high school sports. Unfortunately, these children suffer an alarming 1.4 million painful injuries, many of which could be prevented. Dr. R. Dawn Comstock, an epidemiologist and Principal Investigator in the Center for Injury Research and Policy, has developed an innovative injury surveillance system to capture important injury data to protect children from sports injuries.



This system is known as High School RIO™ (Reporting Information Online). It is one of

many studies under the RIO™ umbrella designed to track both injury rates and patterns of injury. By studying and understanding the “what, why, and how” of high school sports injuries, Dr. Comstock and her team recommend strategies to make participation in sports safer, ultimately preventing injuries from occurring.

### High School RIO™ study findings encourage:

- Safe Play
- Increased Activity
- Physical Fitness
- Life Long Healthy Behaviors

### How the System Works

Certified athletic trainers from across the country serve as study reporters submitting injury and participation data weekly through an easily navigated website. This essential data is analyzed and allows researchers to track trends over time. We can then provide data to the National Federation of State High School (NFHS) Associations' Sports Medical Advisory and Rules Committees and other organizations to allow them to make evidence based decisions on injury prevention efforts and policies.

### Potential injury prevention solutions include:

- Sport Specific Rule Changes
- Improved Protective Equipment
- Educational Programs

### Sports Included

High School RIO™ is a completely adaptable program. It can be enhanced to include any number of sporting activities. Currently, the following popular high school sports are being tracked in the system:

Boys' Sports		Girls' Sports	
• Football	• Ice Hockey	• Soccer	• Gymnastics
• Soccer	• Lacrosse	• Volleyball	• Lacrosse
• Basketball	• Swimming & Diving	• Basketball	• Swimming & Diving
• Wrestling	• Track & Field	• Softball	• Track & Field
• Baseball		• Field Hockey	

### Sports Injuries Can Be Prevented

Healthy athletes are healthy children. As our country faces an increasing obesity crisis, it is crucial that we protect and encourage children's ability to be active. Injuries are not a price you must pay to play sports. We can improve equipment, change rules, and provide education to reduce the risk of injury. Protection can happen through effective change that stems from accurate data collected over a period of time.

High School RIO™ is the only injury surveillance tool currently available that tracks high school sports-related injuries nationwide. We invite you to support the continuation of High School RIO™ research to help prevent unnecessary sports injuries in our youth. Your donation will make a lasting positive difference in the way high school sports are played.