# RIO

#### **RIO™ HISTORY**

Developed by Dr. R. Dawn Comstock in 2004, the RIO<sup>m</sup> (Reporting Information Online) surveillance system is an easily navigated online data collection tool that receives front line data in real time from study reporters (certified athletic trainers, coaches, nurses, etc.) nationwide.

The program is highly versatile as it can be tailored to collect high quality injury and illness data from a variety of activities.

The RIO<sup>™</sup> program has enabled the study of injury\* and illness\*\* in:

- women's professional football\*
- high school rugby\*
- cheerleading\*
- youth camps\*,\*\*
- and high school sports\*

To date, the data collected have contributed to the improvement and safety of participating athletes by driving targeted injury prevention programs.

If you could prevent sports injuries in your child, would you? Of course. And we can help.

## CENTER FOR INJURY RESEARCH AND POLICY

The Center for Injury Research and Policy (CIRP) works globally to reduce injury-related pediatric death and disabilities. With innovative research at its core, CIRP works to continually improve the scientific understanding of the epidemiology, biomechanics, prevention, acute treatment and rehabilitation of injuries. CIRP serves as a pioneer by translating cutting edge injury research into education, advocacy and advances in clinical care. In recognition of CIRP's valuable research, the Centers for Disease Control and Prevention (CDC) designated the Center for Injury Research and Policy as an Injury Control Research Center in 2008.



## FOR MORE INFORMATION

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HIGH SCHOOL RIO™
THE NATIONAL
HIGH SCHOOL
SPORTS INJURY
SURVEILLANCE
STUDY





#### WHAT IS HIGH SCHOOL RIO™?

High School RIO<sup>™</sup> is an internet-based surveillance system that captures rates and patterns of sports injury so we can identify the most frequent injuries and what causes those injuries.

By understanding the what, why, and how of injuries, we can make recommendations to make sports safer to play and ultimately prevent injuries from occurring.

High School RIO™ outcomes encourage:

- safe play
- increased activity
- physical fitness
- life long healthy behaviors

## WHICH SPORTS ARE STUDIED?

<b>BOYS' SPORTS</b>	<b>GIRLS' SPORTS</b>
Football	Soccer
Soccer	Volleyball
Basketball	Basketball
Wrestling	Gymnastics
Baseball	Softball
Ice Hockey	Field Hockey
Lacrosse	Lacrosse
Swimming & Diving	Swimming & Diving
Track & Field	Track & Field
Volleyball	Cheerleading
Cheerleading	

#### WHAT HAPPENS TO THE DATA?

Data are analyzed and provided to the National Federation of State High School (NFHS) Associations Sports Medical Advisory and Rules committees and other organizations so they can make evidence-based decisions to drive injury prevention efforts.

Potential injury prevention solutions include:

- sport specific rule changes
- improved protective equipment
- educational programs

Annually approximately 1.4 million injuries are sustained by adolescent athletes. These injuries are severe enough that their participation is limited.

WE HAVE THE EXPERIENCE.
WE HAVE THE TOOLS.
WE NEED YOUR SUPPORT!

Participation in high school sports has grown from 4 million in 1971-72 to over 7 million today. The High School RIO™ study is currently tracking over 2 million athlete-exposures annually in nine of the most popular sports.

# WHY SHOULD YOU SUPPORT HIGH SCHOOL RIO"?

We need to protect children from sports injuries. Protection can happen through effective change. Effective change stems from good data that have been collected over a period of time. The High School RIO™ system is the only tool currently available to track high school sports-related injuries nationwide.

Given the current statistics on childhood obesity, we understand how important it is to promote sports as a fun way to increase physical activity.

Your donation will help prevent unnecessary sports injuries in youth and make a lasting positive difference in the way high school sports are played.