



Boys' and Girls' Swimming and Diving Continue to have the Lowest Injury Rates of All Sports Studied in the National High School Sports-Related Injury Surveillance Study

As high school sports participation continues to increase in the United States, the number of sports injuries will also likely increase unless effective injury prevention programs are implemented. The NFHS Sports Medicine Advisory Committee (SMAC) and the NFHS Sport Rules Committees use information from the National High School Sports-Related Injury Surveillance Study (High School RIO™) to monitor rates and patterns of sports injuries among high school athletes. High School RIO™ is currently collecting the 9th year of sports exposure and injury data.

High School RIO™ data shows that boys' and girls' swimming and diving continue to have the lowest injury rate of all 20 sports studied, with girls' injury rates slightly higher than boys'. In 2012/13, muscle strains were the most common injury type in both boys' (29.0%) and girls' (28.6%) swimming and diving. The majority of muscle strains occurred to the shoulder (38.4%) or thigh/upper leg (15.4%). Diving accounted for 9.4% of girls' injuries and 8.7% of boys' injuries. Many swimming and diving injuries are relatively minor, with 50.0% of athletes returning to the pool in less than one week after sustaining an injury. An understanding of such patterns of injury is one important tool that can be used when considering risk minimization efforts such as rule changes or educational programs aimed at keeping swimming and diving athletes as safe as possible.

If you are interested in more information on the High School RIO™ Study or a certified athletic trainer interested in becoming a reporter for swimming and diving, please visit <http://www.ucdenver.edu/academics/colleges/PublicHealth/research/ResearchProjects/piper/projects/RIO/Pages/Study-Reports.aspx> for summary reports.