



## NATIONAL FOOTBALL LEAGUE

### Off Season Testing

#### Your team's final game until the opening of 2020 summer training camp

Per the NFL Performance-Enhancing Substances Policy, as an NFL player you may be tested up to 6 times during the offseason. You may be required to have blood and/or urine testing. At the discretion of the collectors, you may be given up to **24 hours** after notification to provide the specimen if circumstances warrant. Notification begins at the time you are informed either directly or when the message is left on your voicemail or when the text message is sent. The numbers that are used to contact you are the ones that you provided in the NFL PES Policy Contact Information website. **Notification may not be given through a third party, family member, agent, etc.** Once notified it is important that the test is completed, either in the place that you are or the place where you are going.

**For all NFL drug tests, players must have a government issued photo ID (ex. Driver's License, State Identification Card or Passport).**

Consistent with the PES Policy, as an NFL player, you have the following responsibilities:

1. You must log onto the NFL PES Policy Contact Information website and enter the required information, providing current, complete and accurate information as requested under the Address, Phone Number, Email and Travel tabs. You must enter at least the following information:
  - a. Phone Number: your personal cell phone ("My Cell Phone")
  - b. Email: your personal email ("My Email")
  - c. Address: at least 1 mailing address
2. At all times, you must maintain a working cell phone number at which you can be contacted for testing at any time. This includes maintaining functioning and available voicemail (you must regularly empty the voicemail box for voicemail to be available; the voicemail box cannot be full and not accepting messages), as well as fully functional text messaging.
3. You must promptly enter changes in your cell phone number, address, dates present at each location, vacation/travel plans and email address on the NFL PES Policy Contact Information website.
4. You must monitor carefully all listed voicemail boxes, text message streams, email accounts and physical mail boxes at all times.
5. During the off-season, you must respond to the collector's call, voicemail, or text message (per Section 3.2 of the PES Policy) so the PES test can be completed within 24 hours of the collector's contact.

If you do not satisfy your responsibilities, this constitutes a failure to cooperate with testing and the matter will be referred to the League office for potential disciplinary action. **Procedures for failure to cooperate with testing are found in the NFL Policy on Performance-Enhancing Substances, Appendix H.** This appendix is attached.

If you have any questions or have any troubles logging in or updating your contact information, please contact me by phone or text message at 614-620-6052 or email at [jlombardo@drjalombardo.com](mailto:jlombardo@drjalombardo.com).

Sincerely,

John A. Lombardo, M.D.  
Independent Administrator of the NFL Policy on  
Performance-Enhancing Substances

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