



## NATIONAL FOOTBALL LEAGUE

### Off Season Testing

#### Your team's final game until the opening of 2023 summer training camp

Per the NFL Performance-Enhancing Substances Policy (PES 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. The collector is assigned based on the contact information you enter in the NFL Drug Policies Contact Information website. **You will be notified for testing by a collector in the city of your mailing address unless you enter travel or specify dates present at another address.** Having correct contact information, including address and travel with dates present at each is important to avoid delays in testing. 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 Drug Policies Contact Information website. **Notification may not be given through a third party, family member, agent, etc.** You must test within 24 hours of notification.

**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 Drug Policies 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: your 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(es), dates present at each location, vacation/travel plans and email address on the NFL Drug Policies 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

December, 2022

**Procedures for Failure to Appear for Testing**

Players who are selected for Testing must present and provide a specimen within the time periods set forth in Section 3.2 of this Policy. Players who fail to do so without a valid reason as determined by the Independent Administrator will be subject to discipline as set forth below.

When a Player fails to appear for testing, the Parties, in consultation with the Independent Administrator, will determine the nature of the failure and the degree of the Player's culpability. If the failure to appear is determined to have been a deliberate effort to evade or avoid testing, then the failure will be treated as a Section 6 violation, subject to appeal. For other cases, the failure will be treated as follows:

Unless a warning is issued, the *first* time a Player fails to appear for testing, he will be fined up to \$25,000 under his NFL Player Contract and will be placed into the reasonable cause testing program.

A *second* failure to appear for testing will result in a fine of 2 weeks' pay.

A *third* violation will result in a 2-game suspension without pay.

All disputes in connection with these procedures may only be reviewed pursuant to the Other Appeals procedures set forth in Section 10 of the Policy.

Nothing in these procedures shall be meant to include failures to cooperate with testing other than the failure to appear for testing within the applicable time period. Deliberate efforts to substitute or adulterate a specimen, alter a Test Result, evade testing or engage in prohibited doping methods will be considered Positive Tests and will be subject to the discipline set forth in Section 6 of the Policy.



**NFL PLAYERS**  
ASSOCIATION

**LEGAL DEPARTMENT**

**To:** NFL Players  
**Re:** Performance Enhancing Substances (“PES”) Policy

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The PES policy requires players to inform Dr. John Lombardo, the Independent Administrator of the PES Policy, of any change in location, new contact information, or travel plans. Maintaining accurate location and contact information is especially important during the off-season as players typically are not at the team facility.

To make such updates, players should access the NFL Drug Policies Contact Information website located at <https://pesnfl.com/cmservices/#/>.

Your team/trainer will help you enter your information into the system before you depart for the off-season. If you have any trouble accessing the site, contact Dr. Lombardo at (614) 620-6052 or by email at [JLOMBARDO@DRJALOMBARDO.COM](mailto:JLOMBARDO@DRJALOMBARDO.COM).

When you access the site, the database does not record your location as there is no GPS functionality that links the location of your phone/computer to when you log-in. The information provided is only used by designated team employees, Dr. Lombardo, and authorized employees of the collection company.

**The website does not change the PES Policy testing requirements or your obligation to provide accurate and up-to-date location and contact information. A copy of the PES Policy is available [here](#)**

**Please be aware that failing to maintain current information can be considered a violation of the PES Policy and result in a fine and/or suspension.**

If you have any questions about your responsibilities under the policy, please contact me at (800) 372-2000 (office), (703) 624-9663 (cell), or by email at [Todd.Flanagan@nflpa.com](mailto:Todd.Flanagan@nflpa.com).

Thank you,

Todd Flanagan  
Staff Counsel

