BE A MAN WHO MAKES A DIFFERENCE

PLAYER

IMPORTANT CONTACTS

NFL SECURITY
1-800-NFL -1099

NFL LIFE LINE
1-800-506-0078

DRUGS & ALCOHOL
1-800-880-2376

DR. JOHN LOMBARDO, STEROID POLICY
1-614-442-0106

NFLPA
1-800-372-2000

ADOLPHO BIRCH, LEAGUE OFFICE
1-212-450-2399

SUBSTANCES OF ABUSE

The NFL and NFLPA believe that substance abuse is unacceptable within the NFL and that it is our responsibility to deter, detect and offer intervention, rehabilitation and support to those who have substance abuse problems.

The following actions are among those prohibited:

- Use, possession, purchase, sale, and/or participation in the distribution of illegal drugs, regardless of amount.
- Use of anabolic steroids or related substances, or masking agents designed to hide their presence.
- Serious misuse of alcohol, including violations of the law while intoxicated.
- Illegal acquisition, distribution, and/or misuse of legal prescription or over the counter drugs. Use of such drugs in an effort to enhance on-field performance is also prohibited.
- Association with drug-related activity in a manner detrimental to the integrity of, or public confidence in, the National Football League.

Any Player who violates the Policy and Program on Substances of Abuse is subject to action including rehabilitative treatment, fine, suspension and/or banishment.

Chemical dependency treatment is available for all employees; a voluntary request for such treatment will not by itself result in disciplinary action.

PERFORMANCE-ENHANCING SUBSTANCES

The NFL and NFLPA prohibit the use or possession of steroids and other performance-enhancing drugs because they:

a. Threaten the fairness and integrity of the competition on the field.
b. Pose risks to your health and safety
c. Send the wrong message to youth and young athletes who look up to NFL players.

You and you alone are responsible for what is in your body. A positive test will not be excused because you unknowingly used a product that contained a banned substance.

If you take supplements, you do so AT YOUR OWN RISK. Several players have been suspended because their positive test result may have been due to the use of a "nutritional supplement." This is because supplements are not fully regulated or monitored by the government and therefore, there is simply no way to be sure that they:

a. Contain the ingredients listed on the packaging.
b. Have not been tainted with prohibited substances; or
c. Have the properties or effects claimed by the manufacturer or salesperson.

In particular, supplements advertised for "weight-loss" and so-called "male enhancement" may contain banned substances and result in a positive test. The risk is at least a FOUR-GAME SUSPENSION without pay.

TOBACCO PRODUCTS

Please remember that the use of tobacco products is forbidden in all its forms, including dip and snuff, anywhere in the playing field area or while being interviewed.

This applies to all players, coaches, as well as other club and League employees, so please ensure that everyone complies with this mandatory policy.

For details, please refer to page A94 of the *2017 Policy Manual for Member Clubs – Game Operations*

CONCUSSION: A MUST-READ FOR ALL NFL PLAYERS

Work smart. Use your head, don't lead with it. Help make our game safer. Other athletes are watching… Let's Take Brain Injuries Out of Play.

CONCUSSION FACTS

>> A Concussion is a brain injury that alters the way your brain functions and can occur from a blow to the head/body:
- Following helmet to helmet contact, and/or contact with the ground, object, or another player.

>> Most concussions occur without being knocked unconscious.

>> Severity of injury depends on many factors and is not known until symptoms resolve and brain function is back to normal.

>> Every concussion is as different as the player suffering each unique injury. All injuries should be evaluated by your team's medical staff.

WHY SHOULD I REPORT MY SYMPTOMS?

>> Your brain is the most vital organ in your body.

>> Practicing or playing while still experiencing symptoms can prolong the time it takes to recover and return to play.

>> Unlike other injuries, there may be significant consequences to "playing through" a concussion.

>> Repetitive brain injury will cause permanent damage to your brain.

CONCUSSION SYMPTOMS

Different symptoms can occur and may not show up for several hours. Common symptoms include:

- Confusion
- Headache
- Amnesia/difficulty remembering
- Balance problems
- Irritability
- Difficulty concentrating
- Feeling sluggish, foggy, or groggy following helmet to helmet contact, and/or contact with the ground, object, or another player.
- Dizziness
- Nausea
- Sensitivity to noise
- Sensitivity to light
- Double/fuzzy vision
- Slowed reaction time
- Feeling more emotional
- Sleep disturbances
- Loss of consciousness

Symptoms may worsen with physical or mental exertion (e.g., lifting, computer use, reading).

WHAT SHOULD I DO IF I THINK I'VE HAD A CONCUSSION?

REPORT IT: Never ignore symptoms even if they appear mild. Look out for your teammates. Tell your Athletic Trainer or Team Physician if you think you or a teammate may have a concussion.

GET CHECKED OUT: Your health and well-being are the first priority of your team's medical staff. They will manage your concussion according to the guidelines.

TAKE CARE OF YOUR BRAIN: Concussions and conditions resulting from repeated brain injury can change your life and your family's life forever.

www.cdc.gov/Concussion

These summaries are provided for your reference and convenience. They do not replace the actual policies, which can be found in your League Policies for Players Handbook or other official sources.

REVISED 7/11/2018