

This Player Guide ("Guide") lists answers to the most frequently asked questions regarding the LPGA's Anti-Doping Program. This Guide is by no means complete or exhaustive. The complete and most current anti-doping documents can be found on [www.lpga.com/anti-doping-information](http://www.lpga.com/anti-doping-information).

### **Who is covered by the Anti-Doping Program?**

The LPGA's Anti-Doping Program (the "Program") was developed in cooperation with the major world golf organizations to protect the integrity inherent in the sport of golf and to ensure the health and safety of all players. Currently, all LPGA and Symetra Tour members are bound by the Program. Additionally, any player who participates in a LPGA and/or Symetra Tour co-sponsored, sanctioned, approved or coordinated tournament is bound by the Program.

### **What substances and methods are banned?**

The LPGA List of Prohibited Substances and Methods (the "List"), may be amended by the LPGA from time to time, and defines what is prohibited (i.e. what you cannot take), whether in or out of tournament competition. The most current edition of the List is posted on [www.lpga.com/anti-doping-information](http://www.lpga.com/anti-doping-information).

### **Am I liable for a prohibited substance in my body even if I did not intend to take the substance?**

You are strictly liable whenever you use a prohibited substance or whenever a prohibited substance is in your body. This means that if a test shows the presence of a prohibited substance in your test sample or if the LPGA becomes aware you have used a Prohibited Substance, including if by your own admission, you have committed a doping violation regardless of how the Prohibited Substance entered your body. It does not matter whether you unintentionally or unknowingly used a Prohibited Substance. It is, therefore, very important for players to understand not only what is prohibited, but also how a Prohibited Substance may get into your body. This includes whether a dietary supplement or other product or treatment could contain a prohibited substance, potentially causing an accidental violation.

### **What should players know about nutritional and health products?**

You should always make your doctors and other health care, nutrition and fitness advisors aware that you are bound by the Program. Some dietary or nutritional supplements, homeopathic products, herbal remedies, botanicals or energy bars could contain substances that are banned under the Program. The LPGA has partnered with the National Center for Drug Free Sport ("Drug Free Sport") to provide an easily accessible resource designed to answer your questions about dietary supplements. The Resource Exchange Center (AXIS) provides players with up-to-date, confidential and accurate information on dietary supplements and dangerous or prohibited substances.

If you are unsure of a product's ingredients, you should not take that product until you are sure it does not contain any prohibited substance(s). Note that, the manufacturing and labeling of supplements are not subject to strict regulation, which may lead to a supplement containing a substance that is prohibited under the Program, even though that substance is not listed as an ingredient. In years past, positive test results in other sports have been attributed to the use of mislabeled supplements. Because taking a poorly labeled supplement is not a defense to a violation of the Program, you are urged to exercise caution and conduct appropriate research when using these products.

### **Are there supplements that have been tested/certified as free from banned substances?**

Various certification companies provide product names of certified energy bars, energy drinks, vitamins, and protein supplements to professional athletes. Such companies include, but are not limited to, NSF Certified for Sport, Banned Substances Control Group Certified Drug Free, and Informed Sport, each of which have certification programs that test each and every lot of certified supplements to ensure they are free from banned substances.

In addition, information on supplements that have been found in the past to contain/linked to Prohibited Substances can be found on the Supplement 411 link at <http://www.usada.org>.

### **What about medical treatment?**

You may at times experience a medical condition that results in your doctor prescribing medications. Some medicines are banned under the Program. However, by applying for and obtaining a therapeutic use exemption (a "TUE") a player may be allowed to take the necessary medicine.

If you obtain a TUE, and the prohibited substance allowed by the TUE is detected in your test sample, it will protect you from penalties under the Program. If you need to apply for a TUE, you should refer to the TUE Application Procedures to learn about the TUE application process on [www.lpga.com/anti-doping-information](http://www.lpga.com/anti-doping-information). If you are a member of another

tour (and not a member of the LPGA) you should ask your governing tour about its TUE process. The LPGA may recognize TUEs granted by other golf organizations as-as-long-as the exemption was granted in a manner consistent with the LPGA's Program.

#### **What medications are permitted?**

Most medications are permitted under the Program. For the most current examples of common medications (both prescription and over-the-counter) that are permitted under the Program you should refer to the Permitted Medications list posted on [www.lpga.com/anti-doping-information](http://www.lpga.com/anti-doping-information). You should share this information with your health care providers should you need to undergo any medical treatment.

#### **Who conducts the testing and who will be tested?**

Drug Free Sport will conduct the actual testing on behalf of the LPGA. Drug Free Sport currently provides drug testing and/or education services for the PGA Tour, NFL, MLB, NBA, NCAA and hundreds of colleges and universities.

The LPGA and Drug Free Sport select who to test and when to test. Testing may be done through collection of blood or urine, as the LPGA deems appropriate. You may be selected for testing at any time or place, both inside and outside of tournament competition. All testing is without prior notice. Specially trained and accredited drug testing personnel will perform all tests. The collection process is designed to ensure a confidential and expedient testing experience for the player.

#### **What other conduct is prohibited by the Program?**

Other conduct prohibited by the Program, includes the possession, use or attempted use of a Prohibited Substance or Method; evading sample collection or refusing or failing to be tested; tampering or attempted tampering with a sample or any part of the doping control process; trafficking in, administering, or attempted trafficking or administration of any Prohibited Substance or method; or complicity in or admitting to any conduct that is prohibited by the Program.

#### **How are Drugs of Abuse Violations different from Anti-Doping Rule Violations?**

Drugs of Abuse violations shall be referred for evaluation and disciplinary action under the Tournament and Player Regulations as a violation of the Code of Ethics and Standards of Conduct. Anti-Doping rule violations shall be evaluated under the provisions of the Program and subject to the Penalties for a Doping Offense.

#### **What is involved in penalties?**

Penalties for Doping Offenses may include disqualification, forfeiture of prize money/points and other awards, ineligibility, and fines. Penalties for Drugs of Abuse violations are determined under the Tournament and Player Regulations as a violation of the Code of Ethics and Standards of Conduct and may include rehabilitation or medical treatment in lieu of or in addition to other penalties under the Tournament and Player Regulations.

#### **Can a penalty be appealed?**

You will have ten (10) calendar days to appeal a penalty for a Doping Offense by sending written notice of your intent to appeal to the Administrator. Any penalties for Drugs of Abuse may be appealed in accordance with the appeals process for Major Penalties set forth in the Tournament and Player Regulations

The decision on appeal is final and binding.

#### **For Additional Questions**

National Center for Drug Free Sport  
All inquiries are confidential and will be answered within one business day  
Toll Free Phone: 877-285-1430  
Website: [www.drugfreesport.com/axis](http://www.drugfreesport.com/axis) (password: 13Founders)

LPGA  
Direct Phone: 386-274-6200  
Email: [Anti.Doping@lpga.com](mailto:Anti.Doping@lpga.com)