

WFP Drug-Free Sport Policy & Program
(hereinafter, the “Policy” or the “Drug-Testing Policy”)

(1) **PURPOSE:** It is the goal of the World Fitness Project (“WFP”) to maintain integrity in competition and a drugfree environment in which competitive WFP programs and events are conducted. To do so, WFP has partnered with Drug Free Sport International (“DFSI”) to provide anti-doping services at WFP events. DFSI is a global leader in the anti-doping industry with more than 24 years administering comprehensive anti-doping solutions for amateur and professional athletic organizations worldwide. WFP has contracted with DFSI to demonstrate a commitment to fair, drug-free, and safe competition, adopting world leading standards in anti-doping and drug testing. The Policy described herein seeks to protect the health of athletes and to provide the opportunity for athletes to pursue human excellence without the use of prohibited substances and prohibited methods.

Doping¹ is against the rules, and will not be tolerated. Anti-doping rules, like competition rules, are sport rules governing the conditions under which sport is played. The anti-doping rules herein are fully applicable to each competitor, each member of the competitor’s team, and all athlete support personnel involved in any WFP event. Any violation of the anti-doping rules may result in disqualification and loss of results achieved during a WFP event, in addition to all consequences that arise in accordance with any WFP athlete contracts. This Policy will be administered under the authority of World Fitness Project, LLC, which reserves the right to make changes to this Policy at any time as needed.

(2) **AGREEMENT BY ATHLETES:** All athletes agree to be bound by this Policy. As a condition of participation in any WFP event or competition, each athlete agrees to undergo drug testing in accordance with this Policy. Refusal to consent or comply with the requirements of this Policy prohibits an athlete from participating in a WFP event and constitutes a breach of any athlete participant agreement, as applicable. All athletes registered in any WFP event are subject to drug testing at any time during the year, including directed, unannounced out-of-competition testing, for any reason.

(3) **DRUG TESTING:** WFP aims to prevent the use of prohibited substances through rigorous testing. WFP uses a combination of directed and random in-competition and out-of-competition drug testing to deter athletes from using prohibited performance-enhancing substances and to detect the use of these substances by athletes. Drug tests may include, but are not limited to, analysis for any of the banned substance classes listed on APPENDIX A, including, but not limited to, stimulants, anabolic agents, diuretics (and other masking agents), and peptide hormones (and their analogues).

Specimen analysis requires collecting urine or blood samples and securely shipping these samples to the laboratory while maintaining the confidentiality of the athlete and integrity of the

¹ WFP has adopted the definition of doping as set forth by the World Anti-Doping Agency in the World Anti-Doping Code.

sample. ALL COLLECTIONS AND/OR TESTING UNDER THIS POLICY SHALL BE OBSERVED COLLECTIONS.

General guidelines for urine sample collection are available in APPENDIX B.

Note: The possession and/or use of banned substances may be determined by means other than urinalysis or blood sample. For example, when an individual is found to be in possession of and/or using such substances, the individual may be subject to the same sanctions that would be followed in the case of a positive test.

(4) IN-COMPETITION/OUT-OF-COMPETITION DRUG TESTING: In-Competition Drug Testing: Testing will occur at WFP competitions and events. "In-competition" refers to live, in-person competitions that are part of the WFP season or series and/or qualify an athlete for the WFP season or series. The selection of athletes to be drug tested may be based on directed selection, random selection, or position of finish. The in-competition testing period will begin at registration for the online qualifier or competition and conclude after all samples have been collected on the final day of competition.

Out-of-Competition Drug Testing: This refers to any testing that occurs outside an in-competition drug testing period. All registered athletes, having electronically signed the drug-testing consent form identified in APPENDIX C as part of the registration or athlete participant process, are subject to unannounced, directed, or random testing outside competition, 365 days a year, at any time and in any place. Directed selections will be made solely at the discretion of World Fitness Project, LLC. Random selections may be generated electronically from a pool of athletes selected by World Fitness Project, LLC.

(5) REGISTERED ATHLETE TESTING POOL (OUT-OF-COMPETITION DRUG TESTING): WFP will select athletes to be included in the Testing Pool. As long as an athlete is included in the Testing Pool, the athlete must furnish accurate and up-to-date contact and whereabouts information for the purpose of facilitating drug tests (see Section 6: Removal From Testing Pool/Retirement and Section 6A: Removal From Testing Pool/Watch List for more information).

WFP will provide email notification to athletes when they have been selected for the Testing Pool and furnish the athletes with a contact information form at that time. A method for updating this form on a continuous basis will also be provided. All contact information collected for the purpose of administering drug tests will be kept strictly confidential.

Athletes included in the Testing Pool must submit complete and accurate contact and whereabouts information quarterly. Contact and whereabouts information is due no later than one day prior to the beginning of each quarter of the Fiscal Year. Once the quarterly whereabouts information has been submitted, athletes must notify WFP promptly of any changes to their contact and whereabouts information by emailing updated information to drugtesting@worldfitnessproject.com.

Testing-Pool athletes who plan to travel away from the address(es) listed on their contact information form, thereby making it impossible for them to meet a collection agent at the listed address(es) within 12 hours of the initial contact from the collection agent, must update their contact information prior to traveling.

It is the sole responsibility of the athlete to ensure their contact and whereabouts information is accurate and up to date. Failure to do so may lead to sanctions. Any athlete who fails to provide and/or update their contact or whereabouts information, or provides incorrect or false information resulting in the inability of the collection agent to contact the athlete or administer a drug test within an acceptable amount of time, may be charged with violating this Policy and subject to sanctions.

(6). REMOVAL FROM TESTING POOL/RETIREMENT. WFP retains the right to test athletes in the Testing Pool at any time and any location. Once an athlete has been included in the Testing Pool, the athlete will remain in the Testing Pool and subject to testing until they receive written notification from WFP that they have been removed from the Testing Pool.

Retiring athletes must first inform WFP in writing of their intent to retire. Until WFP has sent the athlete acknowledgement of the receipt of this written notification, the athlete must continue to provide contact and whereabouts information and submit to drug testing. Failure to fulfill these requirements will be seen as a violation of the Policy and may result in sanctions. WFP will not suspend the prosecution of a drug-testing Policy violation due to an athlete's impending retirement.

Any athlete previously included in the Testing Pool who wishes to come out of formal retirement and return to full competition privileges must notify WFP in writing of their intent to compete AT LEAST six months before participating in any WFP competition. The athlete will immediately be required to furnish current contact and whereabouts information and will be subject to drug testing at any time.

6(a). REMOVAL FROM TESTING POOL/WATCH LIST. Any Testing-Pool athletes who formally retire from competition or notify WFP that they are taking a leave of absence from competition may, at WFP's sole discretion, be included on the WFP Drug-Testing Policy Watch List. Watch List athletes will not be required to furnish contact and whereabouts information but remain eligible for drug testing at any time. If an athlete included on the Watch List does not provide contact and whereabouts information, that athlete is not eligible to advance or claim prizes in any WFP competition. Athletes will be notified by email of their inclusion on and removal from the Watch List. Any Watch List athletes who wish to return to full competition privileges must notify WFP in writing of their intent to compete AT LEAST six months before participating in any WFP competition. The athletes will then re-enter the Testing Pool and immediately be required to furnish current contact and whereabouts information.

(7). TESTING POOL REQUIREMENTS FOLLOWING A SANCTION. Any Testing Pool athlete serving a sanction imposed by WFP will remain in the Testing Pool and subject to drug

testing. The athlete will be required to furnish contact and whereabouts information in compliance with this policy and will be subject to drug testing at any time. Failure by an athlete to comply with all aspects of the Policy may result in further sanctions.

Any athlete who is sanctioned due to a violation of the Policy may be included in the Registered Athlete Testing Pool. The athlete will continue to be subject to drug testing at any time and must provide contact and whereabouts information. Failure to provide contact and whereabouts information as required may result in further sanctions.

(8). DRUG TEST NOTIFICATION AND ADMINISTRATION. Any athlete selected for drug testing on-site at a WFP event or competition will be notified of this test by Athlete Control personnel. Athlete Control personnel will escort the athlete to the drug testing station, where a contracted collection agent from Drug Free Sport International will administer the drug test.

Any athlete selected for out-of-competition drug testing will be notified by a contracted collection agent from Drug Free Sport International. Notification may occur through a phone call, email, or text message, which will set up a face-to-face meeting between the athlete and collection agent for the purpose of conducting the drug test.

If an athlete fails to comply with the sample-collection procedure or refuses or fails to provide a sample, the athlete will be charged with refusing to provide a sample and subject to the same sanctions applied for a positive drug test.

If a collection agent is unable to contact an athlete or the athlete fails to meet with the collection agent within an acceptable amount of time to conduct the drug test, the athlete will be held responsible for the missed test and may be sanctioned.

See APPENDIX B for general urine sample collection protocol.

(9). SPECIMEN ANALYSIS: Collected urine and/or blood samples will be sent to a World Anti-Doping Agency-approved laboratory for analysis. Samples will be tested in accordance with WADA guidelines to determine if banned drugs or substances are present. Appropriate sanctions will apply for positive drug test results.

If the laboratory reports a specimen as substituted, manipulated, or adulterated in any way, the athlete will be charged with refusing to submit to a drug test. The athlete will then be subject to the same sanctions applied to a positive drug test.

(10). REPORTING RESULTS: Drug test results will be reported to WFP by Drug Free Sport International. WFP will notify athletes of a failed drug test by email.

WFP will announce all violations of this Policy. Such announcements will be made after the athlete's B sample results have been reported to WFP. If the athlete chooses to announce the violation or share any information about the violation via a media outlet or other source prior to

WFP's official announcement, WFP may confirm the violation or make its own announcement at any time. If exigent circumstances exist, WFP may make an announcement prior to B sample confirmation. The announcement will include the athlete's name, whether the test was an in-competition or out-of-competition test, the date of sample collection, and the prohibited substance(s) involved. If WFP is made aware of the athlete's intent to appeal prior to the announcement, this will also be included.

Following the conclusion of any appeals process, WFP will post information related to the infraction and the sanction imposed on its website for reference by other event organizers, media, and sport-testing authorities.

WFP may also announce positive drug tests of athletes who have been publicly reported by national anti-doping authorities, as described in Section 11.

(11). DRUG-TESTING POLICY VIOLATIONS: Violations of the Drug-Testing Policy for which an athlete may be sanctioned include but are not limited to:

- Positive drug test result: indicates the presence of a prohibited substance or its metabolites or markers in an athlete's blood or urine sample.
- Substitution, manipulation, tampering, or adulteration of a sample as determined by the collection agent or laboratory.
- Use, attempted use, or possession by an athlete of a prohibited substance.
- Use or attempted use by an athlete of a prohibited method.
- Evading, refusing, or failing to submit to a drug test.
- Whereabouts violations:
 - Athlete fails to submit required quarterly whereabouts information to WFP by the specified deadline.
 - Athlete fails to update their whereabouts information as required.
 - Athlete provides whereabouts information that is incomplete or inaccurate and does not allow them to be reasonably located for the purpose of drug testing.
 - Athlete misses test for any reason.
- Trafficking or attempted trafficking of any prohibited substance or prohibited method.

Note: WFP utilizes Drug Free Sport International for all testing, domestically and internationally. At its discretion, WFP may additionally recognize drug-policy violations, including positive drug tests, reported by other national anti-doping organizations (e.g., the United States Anti-Doping Agency, the Russian Anti-Doping Agency, the Brazilian Anti-Doping Authority) from in-competition or out-of-competition testing performed by these agencies on behalf of other sports governing bodies. Upon learning of a positive test result or other violation, WFP may provisionally suspend an athlete awaiting a final decision by the testing agency or sports-governing body. Once a final decision in the case has been announced by the testing agency or sports governing body, WFP will, in each case, determine its own sanction for the athlete involved.

(12). ENFORCEMENT/SANCTIONS: Athletes who violate the Policy are subject to sanctions. These sanctions may be applied to the entire team if a team athlete violates the Drug-Testing Policy. Sanctions will be imposed at the sole discretion of WFP based on the circumstances present in each case. A standard sanction is four (4) years.

Possible sanctions include, but are not limited to, any combination of the following:

- Disqualification from the competition and loss of results.
- Loss of results from previous competitions.
- Forfeiture or required return of any prizes, awards, or money.
- Breach of athlete contracts, as applicable, and forfeiture or return of any athlete compensation.
- Suspension from participating in future WFP events. The length of this suspension will be determined by WFP on a case-by-case basis, up to and including a lifetime ban.

(13). APPEALS PROCESS: All athletes who commit a violation of the Drug-Testing Policy have the right to appeal. Within 72 hours of being notified of their violation, athletes must provide written notice to drugtesting@worldfitnessproject.com of their intent to submit a written petition of appeal concerning the violation. Athlete requests to have their B sample tested and any pertinent documents must be made within this initial 72-hour period and not at a later date. If athletes intend to appeal, they must also provide a comprehensive list of all their supplements and medications in this 72-hour period. Any medications or supplements not declared within this initial 72-hour period will not be considered in an appeal.

The available documents include the Athlete Custody and Control or Doping Control Form, a copy of the test results, and a documentation package that includes all documents related to the acquisition of the sample and its processing. The documentation package will be provided at the athlete's expense. Payment for the documentation package must be made at the time of the request. Failure to pay for the documentation package will not delay the start of the appeal process.

Thereafter, from the time of receipt of any materials provided by WFP, athletes have 10 business days to submit their written petition of appeal. Appeals and supporting documentation must be submitted in English. Any required translation will be at the expense of the athlete.

If the athlete has been provisionally suspended by another anti-doping agency as described in Section 11, WFP will hear the appeal after a final ruling has been made by the other anti-doping agency, so long as the athlete notifies WFP of their intent to appeal within 72 hours of the other agency's final ruling.

Following a review of an athlete's petition of appeal, WFP will respond in a timely manner, providing its decision in writing and including supporting reasons for either denying or granting the appeal. If, after this investigation, the athlete is found to be in violation of the Drug-Testing Policy, WFP will proceed with applying any appropriate sanctions.

The athlete may request a personal hearing by telephone/video conference. The athlete may have an advocate or other representative present, if the athlete so desires, at any such hearing.

In the event of a personal hearing:

- At least three representatives from WFP will hear appeals.
- Appeal hearings are conducted by telephone or video conference.
- The athlete may include any party they wish on the telephone or video conference after reporting their names and telephone numbers to WFP.
- The chair of the drug-test appeal panel or designee will open the telephone or video conference appeal by inviting the athlete to provide any information they wish to have before the panel. All parties will have the opportunity to have questions asked and answered.

Following the presentation by the athlete and the question-and-answer period, the chair will adjourn the meeting. The Drug-Testing Program Manager will contact the athlete to report the panel's decision as soon as possible.

Any decision made at such a hearing by WFP regarding the violation and any sanction(s) to be imposed shall be final.

(14). LEADERBOARD DISPLAY: Should an athlete violate the Policy during online qualifiers or live competition, the athlete's scores from the competition will be stricken through on the leaderboard. Any athletes ranked below the disqualified athlete will move up in the overall rankings. WFP will not re-sort or re-calculate the rankings as if the athlete never competed. All event scores and event rankings will remain the same.

(15). EDUCATION: Participants who are educated about prohibited substances in sport are more likely to make informed and intelligent decisions concerning the use of these substances. WFP will endeavor to provide athletes, coaches, and other members of the community with current and accurate information about prohibited substances and the inherent risks associated with their use. Appropriate educational materials, including this Policy and a list of banned substance classes (see APPENDIX A), will be made available to participants.

(16). DIETARY SUPPLEMENTS: Many dietary supplements or ergogenic aids contain banned substances. Often the labeling of dietary supplements is not accurate and is misleading. Terms such as "healthy" or "all-natural" do not mean dietary supplements are free of banned substances or are safe to take. Thus, using dietary supplements may cause positive drug tests.

ATHLETES ARE SOLELY RESPONSIBLE FOR WHAT THEY PUT ON OR INTO THEIR BODIES. If an athlete decides to use any supplements or ergogenic aids, the athlete should thoroughly research those substances with reputable third-party organizations prior to use. Several independent organizations conduct testing and certification of supplements for safe and

drug-free use by athletes, including the Banned Substances Control Group (BSCG), Informed Sport, and NSF Certified for Sport. (This is not an endorsement of any of these organizations.) Athletes should also be cautious when taking any substance that says it is anabolic or muscle-building, or that it will improve recovery, add intensity to a workout (“pre-workout” supplements), or otherwise enhance performance. Supplements offering these claims have been, historically, more likely to cause failed drug tests among athletes.

(17). **TRANSGENDER POLICY:** Transgender athletes are required to comply with the requirements of WFP’s Gender Classification Policy as set forth in the WFP Rulebook.

(18) **THERAPEUTIC-USE EXEMPTION:** WFP recognizes that some banned substances are used for legitimate medical purposes. In rare cases, WFP grants a Therapeutic-Use Exemption (TUE) for those athletes with a documented medical history demonstrating the need for the regular use of such a drug. WFP adheres to the standards set by the World Anti-Doping Agency (WADA) and will only grant a TUE in strict accordance with all the following criteria:

- The athlete would experience a significant impairment to health if the banned substance were to be withheld in the course of treating an acute or chronic medical condition.
- The therapeutic use of the banned substance would produce no additional enhancement of performance other than that which might be anticipated by a return to a state of normal health following the treatment of a legitimate medical condition. (Note: The use of a banned substance to increase “low-normal” levels of any endogenous hormone is not considered an acceptable therapeutic intervention.)
- There is no reasonable therapeutic alternative to the use of the otherwise banned substance.
- The necessity for use of the otherwise banned substance cannot be a consequence, wholly or in part, of prior use without a TUE of a substance that was banned at the time of use.

WFP requires all athletes seeking to use a banned substance for medical treatment to submit a Therapeutic-Use Exemption application. Completion of a TUE application is required documentation and not official approval to use such banned substances. However, failure to submit a TUE application requesting that WFP allow the use of a banned substance for medical treatment may disqualify an athlete or team from competition.

Note: In the event of an acute incident, such as a severe allergic reaction (anaphylaxis), acute asthma, or a coughing attack, where a banned substance is required for the immediate and short-term treatment of the athlete, a retroactive/emergency TUE will be required only for in-competition periods and for the banned substance in question (e.g., glucocorticosteroid or epinephrine). These incidents are rare and will be dealt with on a case-by-case basis.

All TUE applications, along with the required supporting documentation, must be turned in to WFP at drugtesting@worldfitnessproject.com. Incomplete TUE requests will not be reviewed (see APPENDIX D for TUE documentation requirements). Each completed TUE application will

be reviewed, and a final determination as to whether the exempted use is allowed will be communicated to the athlete by email. Decisions on whether to grant the TUE may take 30 days or longer. Athletes must submit their TUE form with sufficient time for a decision to be made in their case before they participate in any WFP event or competition. Any athlete who tests positive for a banned substance and has not been granted a TUE for that substance, even if they have submitted a TUE application that is currently under review, may be charged with a positive drug test and subject to sanctions.

TUE's expire at the end of each season for which the exemption was granted. Therefore, a new TUE application must be submitted each season, even if a TUE was previously granted, and even if the diagnosis, condition, drugs used, and treatment remain unchanged. Unless a current and valid TUE has been granted, an athlete testing positive for a banned substance, even if the banned substance is administered in the treatment of a medical condition, will be subject to the sanctions outlined in this policy for a failed drug test

TUE applications and supporting documentation must be submitted in English. Any required translation will be at the expense of the athlete.

The TUE application is available at the link found in APPENDIX D below.

For the purpose of a TUE, the season begins with the first WFP online qualifier and ends with the WFP finals/championship.

WFP will handle TUE submissions with the strictest confidentiality.

Appendices

APPENDIX A: 2025-2026 BANNED SUBSTANCE CLASSES

WORLD FITNESS PROJECT, LLC BANS THE FOLLOWING CLASSES OF DRUGS AT ALL TIMES:

- Anabolic agents.
- Street drugs.
- Diuretics and other masking agents.
- Peptide hormones and analogues.
- Hormone and metabolic modulators.
- Beta-2 agonists (permitted with prescription and TUE, and through inhalation only).

WORLD FITNESS PROJECT, LLC BANS THE FOLLOWING CLASSES OF DRUGS IN COMPETITION:

- Stimulants: All stimulants, including all optical isomers, e.g., d- and l- where relevant, are prohibited.
- Narcotics: including all optical isomers, e.g., d- and l- where relevant, are prohibited.
- Cannabinoids.
- Glucocorticoids.

There is no complete list of banned drugs. New banned substance classes emerge constantly. The most current and complete list is available [here](#). In addition, any substance that is chemically related to a class of banned drugs is also banned.

Athletes shall be held accountable for all drugs within the banned drug class, regardless of whether they have been specifically identified as banned. For example, designer drugs chemically related to banned substances are banned even if a name has yet to be created for them.

SUBSTANCES AND METHODS SUBJECT TO RESTRICTIONS:

- Blood and gene doping.
- Local anesthetics (permitted under some conditions).
- Manipulation of urine samples.
- Tampering of urine samples.
- Beta-2 agonists (permitted only by inhalation with prescription and TUE).

NUTRITIONAL/DIETARY SUPPLEMENTS WARNING:

Before consuming any nutritional/dietary supplement, research the product and consult a physician or pharmacist. Dietary supplements are not well regulated and may cause a positive drug test result. Athletes have tested positive and received sanctions for using tainted dietary

supplements, even when labels claim the product is safe and compliant. Many dietary supplements are contaminated with unlisted, banned substances.

Any dietary supplement is taken at your own risk. It is your responsibility to know what you are ingesting. Consult the Drug Testing Program Manager at drugtesting@worldfitnessproject.com to help assess risk with any supplement or medication. You are responsible for what you put into your body.

THERE IS NO COMPLETE LIST OF BANNED SUBSTANCES. DO NOT RELY ON THIS LIST TO RULE OUT ANY LABEL INGREDIENT.

Many nutritional/dietary supplements are contaminated with banned substances not listed on the label. It is your responsibility to check with the appropriate or designated athletics staff before using any substance.

Drug Classes	Some Examples of Substances in Each Class	
Stimulants	Amphetamine (Adderall) Caffeine (Guarana) Cocaine Dimethylbutylamine (DMBA; AMP) Dimethylhexylamine (DMHA; Octodrine) Ephedrine Heptaminol Hordenine Lisdexamfetamine (Vyvanse)	Methamphetamine Methylhexanamine (DMAA; Forthane) Methylphenidate (Ritalin) Mephedrone (bath salts) Modafinil Octopamine Phenethylamine (PEA) and its derivatives Phentermine Synephrine (bitter orange)
	<i>Exceptions: Phenylephrine and Pseudoephedrine are not banned.</i>	
Anabolic Agents	Androstenedione Boldenone Clenbuterol Clostebol DHCMT (Oral Turinabol) DHEA Drostanolone Epitrenbolone Etiocholanolone	Methandienone Methasterone Nandrolone (19-nortestosterone) Oxandrolone SARMS [Ligandrol (LGD-4033); Ostarine; RAD140; S-23] Stanozolol Stenbolone Testosterone Trenbolone
Beta Blockers (banned for rifle only)	Atenolol Metoprolol Nadolol	Pindolol Propranolol Timolol
Diuretics and Masking Agents	Bumetanide Canrenone (Spironolactone) Chlorothiazide Furosemide	Hydrochlorothiazide Probenecid Triamterene Trichlormethiazide
	<i>Exceptions: Finasteride is not banned.</i>	
Narcotics	Buprenorphine Dextromoramide Diamorphine (heroin) Fentanyl and its derivatives Hydrocodone Hydromorphone Meperidine	Methadone Morphine Nicomorphine Oxycodone Oxymorphone Pentazocine Tramadol
Cannabinoids	Marijuana Synthetic cannabinoids (Spice; K2; JWH-018; JWH-073) Tetrahydrocannabinol (THC, Delta-8)	
Peptide Hormones, growth factors, related substances and mimetics	Growth hormone (hGH) Human Chorionic Gonadotropin (hCG) Erythropoietin (EPO)	IGF-1 (colostrum; deer antler velvet) Ibutamoren (MK-677)
	<i>Exceptions: Insulin, Synthroid and Forteo are not banned.</i>	
Hormone and Metabolic Modulators	Anti-Estrogen (Fulvestrant) Aromatase Inhibitors [Anastrozole (Arimidex); ATD (androstatrienedione); Formestane; Letrozole] PPAR- δ [GW1516 (Cardarine); GW0742] SERMS [Clomiphene (Clomid); Raloxifene (Evista); Tamoxifen (Nolvadex)]	
Beta-2 Agonists	Albuterol Formoterol Higenamine	Salbutamol Salmeterol Vilanterol

Any substance that is chemically/pharmacologically related to one of the above drug classes, even if it is not listed as an example, is also banned.

APPENDIX B: URINE TESTING PROCEDURES – IN COMPETITION

The information in this appendix provides an overview of WFP's in-competition urine sample collection process:

Upon entering the collection station, the athlete will provide photo identification and/or a client representative/site coordinator will identify the athlete to the collector. After indicating that they are ready to provide a specimen, the athlete will select a sealed vessel and be escorted to the restroom by either the collector or a validator.

A collector of the same gender, serving as validator, will monitor the furnishing of the specimen by direct frontal observation in order to assure the integrity of the specimen. Validators who are members of the official drug-testing crew and are of the same gender as the athlete must observe the voiding process. The procedure does not allow validators to stand outside the toilet area or outside the restroom. The athlete must urinate in full view of the validator (i.e., the validator must observe the flow of urine). The validator may request that the athlete raise their shirt high enough or lower their shorts or pants enough to observe the midsection area in order to completely rule out any attempt to manipulate or substitute a sample.

The athlete may not carry any item other than their vessel into the restroom when providing a specimen. Any problem or concern should be brought to the attention of the collection crew chief or WFP representative for documentation. The athlete will rinse and dry hands with water only prior to urination. Once a specimen is provided, the athlete is responsible for keeping the collection vessel closed and under their control.

Fluids and food given to athletes who have difficulty voiding must be from sealed containers (provided by the event) that are opened and consumed in the station. These items must be caffeine- and alcohol-free and free of any other banned substances.

If the specimen is incomplete, the athlete must remain in the collection station until the sample is completed. During this period, the athlete is responsible for keeping the collection vessel closed and under their control. If the specimen is incomplete and the athlete must leave the collection station for a reason approved by the collector, the specimen may be discarded. Upon return to the collection station, the athlete may have to begin the collection procedure again. Once an adequate volume of the specimen is provided, the collector who monitored the furnishing of the specimen by observation will sign that the specimen was directly validated. Then, based on the urine-testing process of Drug Free Sport International, a collector will measure the specific gravity of the sample in the presence of the athlete. If the specific gravity of the urine is outside the acceptable ranges, the specimen will be discarded and the athlete must remain in the collection station until another specimen is provided. If the sample's specific gravity is within the required range, the specimen will be processed and sent to the laboratory.

Once a specimen has been provided that meets the on-site parameters, the athlete will select a specimen collection kit from a supply of kits. The collector, in the presence of the athlete, will pour some of the specimen into the “A” vial and the remaining amount into the “B” vial. The collector will place the cap on each vial in the presence of the athlete. Athletes select specimen seals from a supply of such and those are affixed to the “A” and “B” vials as well as the specimen box once everything is packaged inside. The specimen number on the seal is then assigned to the athlete. All sealed specimens will be secured in a shipping case. The collector will prepare the case for shipping to the World Anti-Doping Agency-accredited laboratory.

The Doping Control Form is then reviewed by the athlete and collector in the paperless system. The athlete, representative (if necessary), validator (if necessary), and Doping Control Officer (DCO) will attest by signature that the collection procedures were followed. The DCO will inform the athlete that a PDF copy of the Doping Control Form will be emailed to them and then release the athlete from the testing area.

Any deviation from procedures shall be recorded. If an athlete deviates from the required procedure, another sample may have to be collected.

After the collection has been completed, the specimens will be forwarded to the laboratory, and copies of all electronic forms saved and forwarded to the designated persons. At this point, the specimens become the property of WFP, and will be sent to the laboratory for analysis.

The laboratory will make final determination of specimen adequacy. If the laboratory determines that an athlete’s specimen is inadequate for analysis, at WFP’s discretion, another specimen may be collected.

If an athlete is suspected of manipulating specimens (e.g., via dilution), WFP will have the authority to perform additional tests on the athlete or to sanction the athlete for refusing to provide a sample.

If at any time during the collection process the athlete does not comply with procedures or instructions, the collector will notify a WFP representative and the third-party administrator responsible for management of the drug-testing program.

BLOOD SPECIMEN COLLECTION PROCEDURES

(1) Dried Blood Specimen Collection

The athlete will select (1) Dried Blood Specimen (“DBS”) Collection Device and one (1) DBS Transport Container from an ample supply of devices.

Either the athlete or DCO will remove all contents from the DBS Collection Device box. If the athlete requests the DCO to conduct the collection, then in the presence of the athlete, don

non-latex medical grade gloves until the sample is collected and sealed for transport to the laboratory.

The DCO or athlete will proceed with the sample collection:

The DCO will instruct the athlete to select one of their upper arm areas for sampling and the athlete should warm the puncture site by rubbing the area for approximately 10 seconds or applying a warm compress.

The DCO or athlete will clean the puncture site with an alcohol wipe.

Once the athlete's puncture site is dry, the athlete or DCO will remove the back adhesive cover from the DBS Collection Device and adhere the device to the athlete's upper arm with the sample cartridge below the red actuator button.

The athlete or DCO will remove the plastic cover from the actuator button and firmly depress the red actuator button for two seconds.

The sample cartridge is considered full when all four (4) spots are red, and blood is observed in the overflow channel at the bottom and sides of the sample cartridge.

Note: If no blood is observed entering the sample cartridge after three (3) minutes, the Collection Device should be removed and discarded. A new device will be selected and utilized for testing at a new puncture location on the athlete's arm.

Note: If after five (5) minutes, less than four (4) spots have been collected, the DBS Collection Device should be removed from the athlete's arm. A second collection should be attempted and the sample cartridge with the most collected spots should be sealed for transport to the laboratory.

Note: If no blood is visible after three (3) minutes on a second DBS Collection Device, or four (4) spots have not been collected on a single device after two (2) attempts, the DCO should contact Drug Free Sport International staff immediately.

Once the sample collection is complete, either the athlete or DCO will remove the DBS Collection Device from the athlete's arm.

The completed sample cartridge should be secured into a DBS Transport Container per the manufacturer's instructions.

Note: The desiccant (moisture absorbing pack) must remain in the silver specimen bag for transport.

(2) Tasso+ Specimen Collection

The athlete will select (1) DBS Collection Device and one (1) DBS Transport Container from an ample supply of devices.

Either the athlete or DCO will remove all contents from the DBS Collection Device box. If the athlete requests the DCO to conduct the collection, then in the presence of the athlete, don non-latex medical grade gloves until the sample is collected and sealed for transport to the laboratory.

As with the regular DBS testing, have the athlete warm up a portion of their upper arm by rubbing it. At the same time, initiate the heating process of the rapid warming pad. Once activated, hand it to the athlete and have them apply it to the same area they were rubbing.

Note: Please instruct the athlete to keep the warming pad on the collection area for a minimum of three (3) minutes before adhering the Tasso+ device to the selected collection area.

While the athlete is holding the warming pad to their arm, prepare the Tasso+ device by unsealing the upper portion of the device and inserting one of the microtubes into the designated area by removing the yellow cap. Once the arm has been significantly warmed, prep the area by wiping it down with the alcohol swab.

Note: To help with the flow of blood, please have the athlete hold the warming pad above the Tasso+ device throughout the collection.

Next, place the device on the arm with the microtube facing downward. When ready, remove the clear plastic cap from the red button and firmly press down on the red button. Like the regular DBS devices, it should take between 3-5 minutes for the tube to fill to the second line.

Once the first tube has been filled, slowly and carefully remove it from the upper portion of the device that is still attached to the athlete's arm.

Cap the first tube and carefully insert the second tube into the upper portion of the device while it is still attached to the athlete's arm.

Once inserted, press the red button again to recreate the vacuum seal and wait for the tube to be filled to the second line, roughly 3-5 minutes again.

After the second tube has been filled, remove it from the upper portion of the device and cap it. The Tasso+ device can now be removed from the athlete's arm and the adhesive bandage applied.

With both tubes capped, label them with the specimen seals found in the InnoVero security kit bag or box.

After each tube is labeled with a specimen seal, place one tube into the 'A' security device and the other into the 'B' security device.

Note: Please remove the cardboard filler from both the 'A' and 'B' security devices.

Seal the security kits by closing the lids and placing a seal from just below the opening crack of the lid to over top the kit. Place both sealed security kits into the specimen bag and return it to the sample box. Close the box and seal with the remaining stickers, similar to urine samples.

APPENDIX C: ATHLETE ACKNOWLEDGMENT AND CONSENT

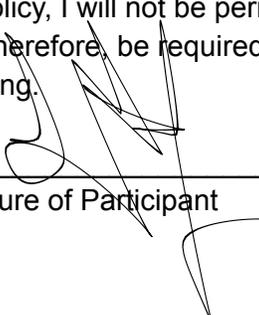
ACKNOWLEDGMENT OF WORLD FITNESS PROJECT DRUG-FREE SPORT POLICY AND PROGRAM AND CONSENT FOR DRUG TESTING

I have had an opportunity to read the World Fitness Project's Drug-Free Sport Policy and Program (the "Policy"), to have the Policy explained to me, and to ask questions. I acknowledge that I have received the Policy and the list of banned drug classes. I understand that this list is subject to change and that updates to this list may be found on the WFP's website.

I hereby consent to have a specimen, including but not limited to, urine, saliva, hair or blood sample, collected and tested for the presence of WFP banned substances in accordance with the provisions of the Policy. I understand that urine samples will be collected and observed by an individual of the same gender representing an independent outside entity. Samples will be coded to provide confidentiality and tested by an accredited laboratory. I understand that the Policy defines a variety of selection procedures including, but not limited to, random selection, a prior positive test, and reasonable suspicion.

I authorize the release of all information and records, including test results, relating to the testing of my specimen to those individuals specified in the Policy. These individuals include, but are not limited to, the Drug Program Managers. I understand that these results will also be made available to me. If I am under the age of 18 years of age at the time of testing, I hereby authorize the release of the results of such testing to my parent(s) or legal guardian(s). I waive any privilege or right to privacy I may have in connection with the release of such information and records to those individuals listed herein or otherwise defined in the Policy.

I release World Fitness Project, LLC, its directors, officers, employees and agents from legal responsibility or liability for the release of such information and records to such individuals. By signing below, I consent to allow my drug-testing sample to be used by WFP-approved, independent laboratories for research purposes to improve drug-testing detection. I understand that I may choose not to sign this Form and am free to withdraw consent for testing at any time upon written notification to the Drug Program Managers. However, I also understand that if I do not sign this form, withdraw this consent and/or refuse to submit to testing as requested under this Policy, I will not be permitted to participate in any WFP events or competitions, and that I may, therefore, be required to forfeit any contractual, financial, or other benefit I may be receiving.



Signature of Participant

3/5/25

Date

APPENDIX D: TUE APPLICATION REQUIREMENTS

This appendix outlines the documentation that must be attached to the completed Therapeutic-Use Exemption (TUE) form in support of the application for a TUE:

- Evidence of the diagnosis must be attached.
- Copies of the physician's original reports or letters must be attached. The application must include a comprehensive medical history and the results of all examinations, laboratory investigations, and imaging studies relevant to the application. Note: Any additional relevant investigations, examinations, or imaging studies requested by WFP's TUE Committee before approval will be undertaken at the expense of the applicant.
- The application must include a statement by an appropriately qualified physician attesting to the necessity of the otherwise prohibited substance or prohibited method in the treatment of the athlete and describing why an alternative, permitted medication cannot, or could not, be used in the treatment of this condition.
- For conditions that cannot be demonstrated, independent medical justification must be attached to the application.

The athlete must provide accurate and up-to-date contact information for WFP to use in delivering the decision as to whether the Therapeutic Use Exemption has been granted. The information provided in the TUE application must be up-to-date and exact, in terms of both content and form.

The TUE application is available at this link: [PDF TUE Application.pdf](#)

If the TUE application is needed in a format other than PDF, please email [drugtesting@worldfitnessproject.com].

TUE applications and supporting documentation must be submitted in English. Any required translation will be at the expense of the athlete.

Note: Any additional relevant investigations, examinations, imaging studies, or translations requested by WFP's TUE Committee before approval will be undertaken at the expense of the applicant.