



AUSTRALIAN POWERLIFTING LEAGUE DRUG TESTING POLICY

Updated March 14th, 2024

PURPOSE

The purpose of this document is to provide the Australian Powerlifting League (APL) community, including Members, Referees and Meet Directors, with the rules and requirements surrounding drug testing at APL-sanctioned competitions.

The purpose of this document is to remove all ambiguity surrounding drug testing protocols and to ensure the integrity of competitors, Referees, Meet Directors, and the APL are prioritised.

As outlined in the APL Code of Conduct, the Federation is underpinned by the following core values:

- To act within the rules and spirit of powerlifting.
- To display respect and courtesy towards everyone involved in powerlifting and prevent discrimination, bullying and sexual harassment.
- To prioritise the safety and well-being of young people involved in powerlifting.
- To encourage and support opportunities for participation in all aspects of powerlifting.

SCOPE

The APL Drug Testing Policy always applies to the following people whether they are participating in or operating in a paid or unpaid/voluntary capacity within the federation:

- APL Competitor
- APL Referee
- APL Meet Directors

WHO CAN CONDUCT DRUG TESTING?

It is mandatory for all APL Meet Directors and APL Referees to have a valid APL Drug Testing Certificate when hosting and officiating APL-sanctioned drug-tested competitions.

APL Meet Director

For an APL Meet Director to receive an APL Drug Testing Certificate and be eligible to conduct drug testing at an APL-sanctioned drug-tested competition, the following is required:

- Meet Directors must have successfully passed a Working with Children check.
- Meet Directors must have a valid APL Meet Directors Membership.
- Meet Directors are required to be a certified APL referee.
- Meet Directors must have successfully completed the online APL Drug Testing course.
- Meet Directors must endorse a male and a female candidate to become APL Drug Testing certified to assist in the delivery of drug testing at APL drug tested sanctioned competitions.

APL Referee

For an APL Referee to receive a Drug Testing certificate and be eligible to conduct drug testing at an APL-sanctioned drug-tested competition, the following is required:

- Referees must have successfully passed a Working with Children check.
- Referees must have successfully completed the online APL Drug Testing course and must provide proof of certification.
- Referees must sign the APL Drug Testing Declaration of Agreement.

WHO IS SUBJECT TO DRUG TESTING

The following outlines who is subject to drug testing when competing at any APL-sanctioned drug-tested competition:

- All competitors are subject to drug testing if they are competing in an APL-sanctioned drug-tested competition. By registering for an APL-sanctioned drug-test competition, a competitor automatically consents to drug testing.
- Competitors can be a minimum of 16 years of age to undergo drug testing.
- A minimum of ten percent (10%) of competitors competing in an APL-sanctioned drug-tested competition will be tested, with the percentage required being rounded up to the nearest whole number.
- The Australian Powerlifting League have the right to conduct drug testing outside of APL-sanctioned drug-tested competitions throughout the course of the calendar year. This applies to those competitors with active memberships, who have competed in APL-sanctioned drug-tested competitions in the time since their last membership renewal or since joining the APL in the case of lifters in their first year of membership.

TESTING OF MINORS

The Australian Powerlifting League considers any competitor under the age of 18 years as a minor.

The following outlines the mandatory requirements when drug testing a minor at any APL-sanctioned drug-tested competition:

- Competitors can be a minimum of 15 years of age and be subject to drug testing.
- The qualified APL Drug Testing Certified personnel must have a valid Working with Children check.

- A competitor under the age of 18 years must be accompanied by a parent or guardian when the competitor is being notified of being drug tested.
- A competitor under the age of 18 years of age must be accompanied by a parent or guardian when completing the drug test.

LOCATION OF DRUG TESTING: COLLECTION ROOM

It is the responsibility of the Meet Director to ensure the following requirements are met prior to the competition commencing, at a minimum, in preparation for the collection of samples for drug testing:

- The collection site facility must be secure, well-lit, and free of any areas where adulterants or substitute specimens can be hidden.
- All sources of water in the area where urination occurs must be eliminated or secured. Bluing agent should be placed in the toilet tanks and bowls to prevent sample dilution.
- Complete privacy and security must be able to be provided to the competitor.
- The collection site must be located as near as possible to the competition platform or where competitors will be notified.
- All soap or detergent dispensers or any other potential adulterants must be eliminated or secured.
- The collection site must be clean and have access to hand washing facilities close-by.
- The collection site must be free of WHS risks (i.e. free of trip/slip hazards and obstructions with exit doors clearly marked).

Meet Directors are encouraged to have water available for competitors to consume when subject to drug testing. This, however, is not mandatory.

COMPETITOR NOTIFICATION

It is the responsibility of the Meet Director to clearly and concisely notify the competitors who are required to complete drug testing at any APL-sanctioned drug-tested competition.

The following outlines the mandatory requirements when notifying a competitor they have been selected to complete a drug test:

1. An APL Drug Testing Certified officer must personally notify competitors required for testing at the completion of the meet. A competitor under the age of 18 years must be accompanied by a parent or guardian when being notified of being drug tested.
2. Competitors are then to make their way to the Technical table immediately to complete the required paperwork with an APL Drug Testing Certified officer.
3. If a competitor cannot be located for notification, the Meet Director must contact the competitor by phone or text to notify them.
4. Once a competitor has been notified, urine must be collected immediately. Refer to the **DRUG TESTING PROCEDURE** for further details.
5. If a competitor fails to appear for drug testing, this constitutes failure to appear and means the competitor will be subject to sanctions.

SPECIMEN COLLECTION

The validity of urine drug screen results is dependent on specimen integrity, ensuring safeguards are in place to ensure the competitor does not have access to substances which may affect test results, such as water, chemicals, substitute urine, etc.

The following specifically outlines the procedure all APL Drug Testing Certified personnel are required to adhere to when testing an APL competitor.

DRUG TESTING PROCEDURE

Pre-Competition

1. Liaise with APL to purchase drug testing kits.
2. Ensure the **LOCATION OF DRUG TESTING: COLLECTION ROOM** requirements have been met.
 - a. Secure the collection facility, and, if necessary, perform a thorough search for hidden adulterants or substitute urine specimen.
 - b. Secure or eliminate all water sources, placing bluing agent in the toilet bowl or tank.
 - c. Remove or secure all chemicals (soaps, cleaning supplies, etc.).

At Competition

3. Notify the competitor they are required for drug testing as per the COMPETITOR NOTIFICATION requirements.
 - a. Notify the competitor personally, or via phone or message if they aren't within the competition venue.
 - b. If the competitor is under the age of 18, they must be accompanied by a parent or guardian when being notified.
4. Once the competitor has been notified, communicate to the competitor that too much liquid can dilute their sample, therefore the competitor should be encouraged not to over hydrate.
5. Working with the competitor, ensure all sections of the Drug Testing Form are completed prior to the retrieval of the sample. Notify the competitor that they will be given a copy of this paperwork, with the two other copies being sent to the Testing Laboratory and remaining with the APL Meet Director.
6. Once all of the forms have been completed, it is the responsibility of the APL Drug Testing Certified personnel to be in control of the testing kit prior to the collection of the competitor's sample.
7. The APL Drug Testing Certified personnel is to immediately escort the competitor to the Collection Room where the sample will be collected.
8. It is the responsibility of the APL Drug Testing Certified personnel to check and confirm the Collection Room is empty of items, bags or any miscellaneous fixtures or fittings which may interfere with the sample collection, prior to the competitor entering the room.
9. Prior to collection, the competitor is required to wash their hands to eliminate any possible adulterating or contaminating substances on the skin or nails on their nails.
10. Once the Collection room has been cleared and confirmed item-free, the APL Drug Testing Certified personnel is to provide the competitor with a clean, unused specimen container and instruct them to fill the container as per the laboratory requirements.
11. The competitor is required to then proceed into the room to provide a sample. The APL Drug Testing Certified personnel will not enter the collection room while the competitor is producing the sample.
 - a. Ensure the competitor has privacy within the stall, partitioned area or room.
 - b. The APL Drug Testing Certified personnel is to wait outside the collection area until the competitor is finished urinating.
12. It is the responsibility of the competitor to complete the sample and immediately provide the sample to the APL Drug Testing Certified personnel.
 - a. It is recommended for the use of disposable gloves when handling specimen.
13. It is the responsibility of both the competitor and the APL Drug Testing Certified personnel to ensure this sample is appropriately sealed, labelled and placed in the bag to be sent for testing.

14. The APL Drug Testing Certified personnel will then be responsible for providing the sample bag to the APL Meet Director. It is at this point that the competitor is free to leave the competition venue.
15. Once the above takes place, it is the responsibility of the Meet Director to package the samples and have them posted to be tested. All paperwork and lab samples should be sent out on the first business day following the competition.

LABELING AND PACKAGING

As a requirement of completing a drug test, it is in the responsibility of the APL Drug Testing Certified personnel to ensure the following is adhered to when submitting a sample:

- Page 1 of 3 is to remain with the Meet Director.
- Page 2 of 3 is to be given to the Donor.
- Page 3 of 3 is to be sent to the Laboratory.

BREACH

The following outline a breach of the APL Drug Testing Policy and are applicable for enforcement by APL:

1.0 BREACH OF POLICY	
1.1	It is the competitor's responsibility to remain at the competition venue following an APL-sanctioned drug-tested competition to determine if they have been selected for drug testing. If the competitor fails or refuses to produce a sample, or is not available when the testing occurs, their lack of testing will be treated as a sanction.
1.2	The APL does not allow any therapeutic use exemptions (TUEs) for any substances in sections S0, S1 and/or S2 of the APL Banned Substance List. This means no lifter using hormone replacements will be allowed to compete in the drug-tested division. TUEs for other medications can be applied for directly via the APL TUE application form.
1.3	If a competitor enters an APL-sanctioned drug-tested competition and tests positive for a banned substance, or the appeal period expires or affirms the positive test results, this will be treated as a sanction.
1.4	Competitors that have served their full-term of suspension in another federation and have met that federation's eligibility requirements are eligible to participate in the APL-sanctioned drug-tested competitions. This is under the condition they are subject to drug testing at any time immediately following any APL-sanctioned drug-tested competition they compete in. This does not apply for suspensions for substances in sections S1 and/or S2 of the APL Banned Substance List.
1.5	Any competitor on a suspension list from any other federation for use of a substance prohibited by APL will be treated as a sanction and will only be permitted to compete in APL-sanctioned untested competitions. This does not apply for suspensions for substances in sections S1 and/or S2 of the APL Banned Substance List.
1.6	Any competitor on a suspension and/or banned list from any other federation for use of any substance in sections S1 and/or S2 of the APL Banned Substance List will be treated as a lifetime ban and will not be able to compete in any APL-sanctioned competitions.
1.7	If at any time it is determined that a competitor tested positive for a substance prohibited by the APL while competing in another federation, and, despite testing positive, participated in an APL-sanctioned drug-tested competition, this will be treated as a sanction.
1.8	If an APL Meet Director fails to correctly and safely facilitate a drug test for competitors, this will be treated as a sanction for the APL Meet Director.

SANCTIONS

The following outline the sanctions applicable for enforcement by APL should a competitor breach the rules and requirements of completing a drug test at an APL-sanctioned drug-tested competition. Sanctions are determined by the APL on a case-by-case basis.

NB: Any competitor who tests positive for any substance in sections S1 and/or S2 of the APL Banned Substance List will receive an immediate lifetime ban from all APL-sanctioned competitions.

2.0 POSSIBLE SANCTIONS	
2.1	Disqualification of results of competitor from the competition they competed in
2.2	Disqualification of APL Records
2.3	A 6-month suspension from competing in all APL-sanctioned competitions
2.4	A 12-month suspension from competing in all APL-sanctioned competitions
2.5	A 2-year suspension from competing in all APL-sanctioned competitions
2.6	A lifetime ban from competing in all APL-sanctioned competitions
2.7	A lifetime ban from competing in APL-sanctioned drug-tested competitions
2.8	Meet Director is ineligible to host APL-sanctioned drug-tested competitions for 12 months
2.9	Meet Director is ineligible to host APL-sanctioned drug-tested competitions for 2 years
3.0	Meet Director is ineligible to host APL-sanctioned drug-tested competitions under a lifetime ban
3.1	Meet Director is ineligible to host all APL-sanctioned competitions under a lifetime ban
3.2	Meet Directors are required to re-apply for APL Drug Testing Certification

APPEALS

Competitors and Meet Directors are entitled to appeal a sanction handed down from the APL. Appeals will be reviewed along with the information provided in the initial case. An appeal is required to be submitted within 30 days from the date of the sanction, with the APL granted up to 30 days to review the appeal and provide a response and proceeding verdict. An appeal is required to be submitted via an electronic letter of appeal to the APL. Appeals will be reviewed by the APL on a case-by-case basis.

The initial sanction handed down from the APL to the individual Competitor or Meet Director will remain in place during the appeal period (up to 60 days).