



AUSTRALIAN POWERLIFTING LEAGUE

DRUG TESTING PROCEDURES

REVISION 5 - 1st JUNE 2026

PART 1

ATHLETE INFORMATION

What you need to know about drug testing at APL competitions

APL conducts drug testing at sanctioned competitions to protect the integrity of tested competition and the athletes who compete clean. This section explains how athletes are selected, what to expect on the day, and your rights throughout the process.

You Must Remain at the Venue

All athletes competing at a drug-tested APL competition must remain at the venue until final results for their session have been confirmed and any required drug testing for that session is complete.

You will not be told during the competition whether you have been selected. Selection is confirmed only after results are finalised which means you could be called for testing after your last lift. Leaving the venue early is not an excuse and will not be accepted as a defence.

Leaving the venue and being unavailable to provide a sample if selected, for any reason, constitutes a Failure to Appear under Section 11.1(a) of the APL Drug Testing Policy, which is an anti-doping violation. Sanctions are set out in Section 13.1 of the APL AntiDoping Policy.

If you intend to leave the venue for the remainder of the day after your session is complete, check with the APL Drug Testing Certified Officer before doing so.

How Athletes Are Selected

After all lifts in a session are complete and final results are confirmed, the APL Drug Testing Certified Officer selects athletes for testing based on their DOTS score (or McCulloch score at competitions held exclusively for Masters, Juniors, or both). The athletes with the highest scores in the session are selected.

At least 10% of competitors in each session will be tested. The Meet Director may also select additional athletes at their discretion. You will not be informed before or during competition that you may be tested, selection is confirmed only after results are finalised.

When You Are Notified

You will be personally notified by an APL Drug Testing Certified Officer immediately after results are confirmed. Once notified, you must:

- (a) Remain at the venue, and remain with the Drug Testing Certified Officer, leaving before providing a sample is treated as a Refusal to Submit to Testing;
- (b) Proceed to the Technical Table to complete the Drug Testing Chain of Custody Form (this is the SMRTL form included in the testing kit, you will receive a copy upon completion of the testing process);
- (c) Accompany the certified officer to the collection site; and
- (d) Not consume excessive fluids, as this may dilute your sample.

Sample Collection

The collection process is straightforward:

- (a) You wash your hands, then enter the collection area alone to provide a urine sample.
- (b) You hand the sample to the certified officer immediately upon exiting.
- (c) The sample is sealed and labelled in front of you.
- (d) You and the certified officer both sign the Drug Testing Chain of Custody Form.
- (e) You receive a copy of the form and are formally released.

If You Can't Provide a Sample Immediately

There is no time limit or limit on attempts. You may wait and try again as many times as needed. You must remain with the Drug Testing Certified Officer at all times after being notified. Leaving before doing so is treated as a refusal.

Testing of Minors (Under 18)

If you are under 18, a parent or guardian must be present throughout the entire notification and sample collection process. Competitors under 15 years of age and under, are not subject to drug testing.

If You Refuse

Refusing to provide a sample or refusing to sign the Drug Testing Chain of Custody Form is a serious anti-doping violation. Sanctions are set out in the APL Drug Testing Policy Section 13.1. Do not refuse, if you have concerns, raise them with the certified officer or contact the APL.

Therapeutic Use Exemptions (TUEs)

If you are prescribed a medication that contains a substance on the APL Banned Substance List, you must hold an approved Therapeutic Use Exemption (TUE) before competing. TUE applications and the approval process are set out in the APL Drug Testing Policy. If you are unsure whether your medication requires a TUE, contact the APL at hr@aplpowerlifting.com before your competition.

Banned Substance List

The APL uses the APL Banned Substance List. It is your responsibility as an athlete to know what substances are prohibited. The current Banned Substance List is published on the APL website at aplpowerlifting.com

After the Test

Your sample is sent to the Sports Medicine Research and Testing Laboratory (SMRTL), a WADA-accredited laboratory in Salt Lake City, USA. Results are typically returned within four weeks and are delivered to the APL by email.

If your result is negative, no further action is taken and you will not be contacted. If an Adverse Analytical Finding (positive result) is returned, the APL will notify you in writing. You will have the right to:

- (a) Request analysis of your B sample within 7 days;
- (b) Submit a written response to the APL Anti-Doping Panel within 14 days; and
- (c) Appeal any sanction imposed under Section 14 of the APL Drug Testing Policy.

For full details of your rights, the appeals process, and all anti-doping rules, refer to the APL Drug Testing Policy published at aplpowerlifting.com

PART 2

CERTIFIED PERSONNEL PROCEDURES

Operational procedures for conducting drug testing at APL-sanctioned competitions

1. PURPOSE AND SCOPE

This document sets out the operational procedures for conducting drug testing at APL-sanctioned competitions. It is intended for use by APL Drug Testing Certified Personnel, including Meet Directors and Referees who hold a valid APL Drug Testing Certificate.

The rules governing athlete eligibility, anti-doping violations, sanctions, and appeals are set out in the separate APL Drug Testing Policy. This document must be read alongside that policy. Both documents are published on the APL website at aplpowerlifting.com.

This document is published for the benefit of all APL members and athletes. Athletes are encouraged to read it so they understand how testing is conducted, how athletes are selected, and what to expect on the day. Sections 2 through 4 and Sections 10 through 12 are primarily directed at APL Drug Testing Certified Personnel.

These procedures apply at APL-sanctioned drug-tested competitions. For the out-of-competition testing framework, refer to Section 12 of this document.

2. WHO MAY CONDUCT DRUG TESTING

It is mandatory for all APL Meet Directors and APL Referees to hold a valid APL Drug Testing Certificate before hosting or officiating at any APL-sanctioned drug-tested competition.

2.1 Meet Director - Requirements for Certification

- (a) Hold a current Working with Children Check;
- (b) Have received written approval from the APL to host APL-sanctioned competitions;
- (c) Be a certified APL referee;
- (d) Have successfully completed the online APL Drug Testing course (accessible at aplcourses.com); and
- (e) Have completed the APL Drug Testing Declaration of Agreement digitally via the APL Referee Portal at aplcourses.com. APL Drug Testing Certification will not be granted until this step is complete; and
- (f) Have endorsed at least one male and one female candidate for APL Drug Testing Certification to assist at drug-tested competitions.

2.2 Referee - Requirements for Certification

- (a) Hold a current Working with Children Check;
- (b) Have successfully completed the online APL Drug Testing course (accessible at aplcourses.com) and provide proof of certification; and
- (c) Have completed the APL Drug Testing Declaration of Agreement digitally via the APL Referee Portal at aplcourses.com. APL Drug Testing Certification will not be granted until this step is complete.

2.3 Gender Requirement for Sample Collection

The APL Drug Testing Certified personnel collecting a sample must be of the same gender as the competitor providing the sample. Meet Directors must ensure that both male and female certified personnel are available at drug-tested competitions.

If a same-gender certified officer becomes unavailable during a competition, the Meet Director must first attempt to locate another certified officer of the same gender at the venue. If none can be found, an opposite-gender certified officer may conduct the collection, provided that an APL referee or official of the same gender as the athlete is present throughout the notification and collection process as a chaperone. The chaperone is not required to hold an APL Drug Testing Certificate.

3. COLLECTION SITE REQUIREMENTS

3.1 Meet Director Responsibility

It is the responsibility of the Meet Director to ensure the collection site meets all requirements in this section before the commencement of competition. The collection site must be prepared and inspected prior to athletes arriving at the venue.

3.2 Collection Site Standards

The collection site must:

- (a) Be secure, well-lit, and free from areas where adulterants or substitute specimens could be hidden;
- (b) Have all water sources within the urination area eliminated or secured, with bluing agent placed in toilet tanks and bowls to prevent sample dilution;
- (c) Have all soaps, detergents, cleaning supplies, and other potential adulterants removed or secured;
- (d) Provide privacy to the competitor during sample collection;
- (e) Be located as close as practicable to the competition platform;
- (f) Be clean and have access to hand-washing facilities nearby; and
- (g) Be free of workplace health and safety risks, with exit doors clearly marked.

3.3 Failure to Meet Collection Site Standards

If the collection site cannot meet the standards in Section 3.2 prior to the commencement of drug testing, the Meet Director must notify the APL immediately. The APL will determine whether drug testing can proceed at that competition.

Drug testing must not commence at any venue that does not have access to a private collection facility. A competition may proceed without drug testing only where the APL determines that venue standards cannot be met and authorises this outcome in writing before competition begins.

3.4 Water for Competitors

Meet Directors are encouraged to have water available for competitors who are required to provide a sample. This is not mandatory. Competitors should be advised not to over-hydrate, as excessive fluid consumption may dilute the sample.

4. PRE-COMPETITION PREPARATION

Before competition begins, the APL Drug Testing Certified personnel must complete the following:

1 Obtain testing kits

1

The APL will coordinate with the Meet Director to ensure testing kits are received well in advance of competition. Confirm the kit is complete, all seals are intact, and contents are undamaged. If a kit has not been received at least 48 hours before competition, contact the APL immediately at hr@aplpowerlifting.com. If kits do not arrive through no fault of the Meet Director, the APL will advise on how to proceed.

2

2 Inspect the collection site

Confirm the collection site meets all requirements in Section 3.

3

3 Secure the facility

Perform a thorough search of the collection room for hidden adulterants or substitute specimens.

4

Secure water sources

Eliminate or secure all water sources within the urination area. Apply bluing agent to the toilet bowl or tank.

5

Remove chemicals

Remove or secure all soaps, cleaning supplies, and other potential adulterants from the collection site.

5. ATHLETE SELECTION

5.1 Mandatory Selection Criteria

After all lifts in a session are complete and final results are confirmed, mandatory drug testing must be conducted on the athletes who have achieved the highest DOTS scores in that session. At competitions held exclusively for Masters, Juniors, or a combination of Masters and Juniors only, McCulloch scores are used in place of DOTS scores.

Athletes are not notified of potential selection before or during competition. Selection is confirmed only after final results are available.

5.2 Calculating the Number of Athletes to Test

The number of athletes to be tested in each session is 10% of the total number of competitors in that session, rounded as follows:

| Decimal of 10% calculation | Round |
|----------------------------|------------|
| 1 to 4 | Round down |
| 5 to 9 | Round up |

Example: 40 competitors × 10% = 4.0 → test the top 4.

44 competitors × 10% = 4.4 → test the top 4.

45 competitors × 10% = 4.5 → test the top 5.

49 competitors × 10% = 4.9 → test the top 5.

Where two or more athletes have identical DOTS or McCulloch scores at the selection cutoff, the athlete with the higher total lift in kilograms is selected. If total lifts are also identical, all tied athletes at the cutoff are tested.

5.3 Meet Director Discretionary Testing

In addition to mandatory selection, the Meet Director may select any competitor for testing at their discretion on any day of competition, regardless of their DOTS or McCulloch score. Any discretionary selection must be recorded in the written competition testing record with the time of selection.

6. NOTIFICATION PROCEDURES

6.1 Responsibilities

It is the responsibility of the Meet Director to ensure selected competitors are notified of their obligation to undergo drug testing. Notification must occur immediately after final results are confirmed for the session.

It is the responsibility of the athlete to remain at the competition venue until formally released by APL Drug Testing Certified Personnel. Athletes who leave the venue before providing a sample will be treated as having refused to submit to testing under the APL Drug Testing Policy Section 11.1.

6.2 Notification Steps

1

Personal notification

An APL Drug Testing Certified officer must personally notify each selected competitor. If the competitor is a minor, a parent or guardian must be present at the time of notification.

2

Cannot locate competitor

If a competitor cannot be located in person, the Meet Director must contact them immediately by phone or message. A record of all contact attempts must be kept, including time and method used.

3

Direct to Technical Table

Once notified, the competitor must proceed immediately to the Technical Table to complete the Drug Testing Chain of Custody Form with an APL Drug Testing Certified officer.

4

Failure to appear

If a competitor cannot be located after 30 minutes of reasonable documented attempts to find them, or fails to present at the Technical Table within 30 minutes of notification, this constitutes a Failure to Appear under Section 11.1(a) of the APL Drug Testing Policy. Record the exact time notification was first attempted, all subsequent contact attempts, and the time at which the 30-minute period expired. Complete an incident report under Section 10 of this document. Sanctions are set out in Section 13.1 of the APL Drug Testing Policy.

6.3 Competitor Obligations Following Notification

Once notified, a competitor must:

- (a) Remain with the APL Drug Testing Certified personnel, until formally released at the competition of testing;
- (b) Proceed to the Technical Table to complete all required documentation;
- (c) Accompany the APL Drug Testing Certified personnel to the collection site;
- (d) Provide a sample within a reasonable time; and
- (e) Not consume excessive fluids following notification, as this may dilute the sample.

7. SAMPLE COLLECTION PROCEDURES

The following steps must be followed for every sample collection. Do not deviate from this procedure.

1

Complete Drug Testing Chain of Custody Form

Working with the competitor, complete all sections of the Drug Testing Chain of Custody Form before sample collection begins. Advise the competitor that they will receive Copy 2 (Yellow), with Copy 1 (White) retained by the Meet Director and Copy 3 (Pink) sent to the testing laboratory.

2

Take control of testing kit

The APL Drug Testing Certified personnel must take physical control of the testing kit before proceeding.

3**Escort to collection site**

Escort the competitor immediately to the collection site. Confirm the room is clear of any items, bags, or substances that could interfere with the sample.

4**Hand washing**

Require the competitor to wash their hands before sample collection to eliminate potential contamination.

5**Provide specimen container**

Provide the competitor with a clean, unused specimen container from the testing kit. Instruct them to fill it to the minimum volume of 40ml marked on the container.

6**Competitor provides sample in private**

The competitor enters the collection area alone to provide the sample. The APL Drug Testing Certified personnel waits immediately outside and does not enter during sample provision.

7**Receive sample**

The competitor must immediately hand the completed sample to the APL Drug Testing Certified personnel upon exiting. Use disposable gloves when handling the specimen.

8**Seal and label**

Both the competitor and the APL Drug Testing Certified personnel must confirm the sample is properly sealed, labelled, and placed in the designated sample bag, with the bag sealed. Both parties sign the Drug Testing Chain of Custody Form to confirm.

9**Release competitor**

Once Step 8 is complete, the competitor is formally released and may leave the venue.

10**Hand sample to Meet Director**

Provide the sealed sample bag to the Meet Director for secure storage pending dispatch.

7.1 Insufficient Sample Volume

If a competitor is unable to provide sufficient sample volume on the first attempt:

- (a)** The competitor must remain with the Drug Testing Certified personnel and may consume water in moderate quantities to assist.
- (b)** The competitor may make further attempts until a sufficient sample is provided. There is no limit on the number of attempts.
- (c)** A competitor who leaves the venue before providing a sufficient sample will be treated as a Refusal to Submit to Testing under Section 11.1 of the APL Drug Testing Policy. Follow the Refusal procedure in Section 7.2 of this document.
- (d)** A competitor who verbally declines to make further attempts will also be treated as a Refusal to Submit to Testing. Follow Section 7.2.

7.2 Refusal to Submit to Testing

If a competitor refuses to provide a sample, refuses to sign the Drug Testing Chain of Custody Form, or otherwise prevents a valid test from being completed, the following procedure must be followed immediately:

1

Record the refusal

Note the exact time, location, and nature of the refusal in writing. Record the competitor's exact words or actions where possible. Do not rely on memory, document immediately.

2

Obtain a witness

Seek a second APL official or referee to witness the refusal and co-sign the incident report. The witness must be present in person.

3

Complete partial documentation

Complete as much of the Drug Testing Chain of Custody Form as possible. Note 'Refused to submit to testing' with the time in the relevant section. Do not leave completable fields blank.

4

Notify the APL

Email hr@aplpowerlifting.com as soon as practicable (no later than 48 hours after competition) with the completed incident report attached. Include the competitor's name, competitor number, session, time of refusal, exact nature of refusal, and witness details.

5

Retain all documentation

Retain the incident report and all partially completed forms as part of the chain of custody record. Do not discard any documentation.

Do not attempt to physically prevent a competitor from leaving. Record everything accurately and notify the APL. Sanctions are governed by the APL Drug Testing Policy Sections 11.1 and 13.1.

7.3 Special Requirements - Testing of Minors

When testing a competitor under the age of 18, the following additional requirements apply at every step:

- (a) The APL Drug Testing Certified personnel must hold a current Working with Children Check.
- (b) A parent or guardian must be present at the time of notification.
- (c) A parent or guardian must be present throughout the entire sample collection process.
- (d) The parent or guardian must sign the relevant sections of the Drug Testing Chain of Custody Form as well as the minor.

Competitors must be a minimum of 16 years of age to be subject to drug testing. Do not test competitors under 16 years of age.

8. LABELLING AND PAPERWORK

The Drug Testing Chain of Custody Form is a three-part document. Each copy must be distributed as follows:

| Copy | Recipient |
|-----------------|---------------------------------|
| Copy 1 (White) | Retained by the Meet Director |
| Copy 2 (Yellow) | Given to the competitor (donor) |
| Copy 3 (Pink) | Sent to SMRTL with the sample |

8.1 Sample Dispatch

The Meet Director must package all samples and associated paperwork in accordance with the packaging instructions included in the SMRTL testing kit, and dispatch them to the Sports Medicine Research and Testing Laboratory (SMRTL) on the first business day following the competition.

Samples must be stored securely between the end of competition and dispatch. Do not leave samples unattended or in an unsecured location at any time. The Meet Director is responsible for the integrity of all samples from collection through to confirmed dispatch.

The Meet Director must retain proof of dispatch (courier tracking number or receipt) as part of the chain of custody record.

8.2 Record Keeping

The Meet Director must retain the following documentation for a minimum of 2 years following each competition:

- (a) Copy 1 (White) of all Drug Testing Chain of Custody Forms completed at that competition;
- (b) The written competition testing record showing all selected athletes, their scores, and times;
- (c) Any incident reports completed at or following the competition; and
- (d) Proof of dispatch of samples to SMRTL (courier tracking number or receipt).

The Meet Director must provide the APL with a photocopy or clear photograph of all Drug Testing Chain of Custody Forms and the written competition testing record within 7 days of the competition. These must be emailed the APL.

Records must be held securely and produced to the APL on request. Upon expiry of the 2-year retention period, records must be securely destroyed.

9. RESULTS MANAGEMENT

9.1 Receipt of Laboratory Results

SMRTL delivers test results to the APL via email as a PDF laboratory report. The APL is solely responsible for managing all results from the point of receipt. APL Drug Testing Certified Personnel have no role in results management and must not communicate directly with SMRTL regarding any test result.

9.2 Negative Results

Where all tested athletes return a negative result, no further action is required by the Meet Director. The APL may notify the Meet Director of the overall outcome for record-keeping purposes.

9.3 Adverse Analytical Finding

Where a tested athlete returns an Adverse Analytical Finding (AAF), the APL manages the full process in accordance with Section 12 of the APL Drug Testing Policy, including athlete notification, B sample rights, provisional suspension, Panel determination, and sanctions. Meet Directors and testing personnel play no role in this process.

Testing personnel must not disclose, discuss, or communicate a test result, positive or negative, to any person other than the APL. See Section 11 of this document.

10. INCIDENT REPORTING

10.1 When to Complete an Incident Report

An incident report must be completed and submitted to the APL whenever any of the following occur at or following a drug-tested competition:

- (a) A competitor refuses to submit to testing or refuses to sign the Drug Testing Chain of Custody Form;
- (b) A competitor fails to appear following notification of selection;
- (c) A competitor leaves the venue before providing a sufficient sample;
- (d) A procedural deviation occurs that may affect the integrity of the sample or chain of custody;
- (e) The collection site fails to meet the standards in Section 3 and cannot be remedied before testing commences;
- (f) Any other unusual circumstance arises that is not addressed by these procedures.

10.2 Incident Report Contents

Every incident report must include:

- (a) Date, time, and location of the incident;
- (b) Full name and competitor number of the athlete involved;
- (c) A factual description of the incident, including the exact words or actions of the athlete where relevant;
- (d) Full name and contact details of any witness;
- (e) Full name and signature of the APL Drug Testing Certified officer completing the report; and
- (f) Any supporting documentation attached (partially completed forms, contact records, photographs).

Incident reports must be emailed to hr@aplpowerlifting.com no later than 48 hours after the competition concludes.

The incident report template is accessible only to APL Drug Testing Certified Personnel via the APL Referee Portal. If you are a certified officer and cannot access the form, contact hr@aplpowerlifting.com immediately.

11. CONFIDENTIALITY

All APL Drug Testing Certified Personnel are required to maintain strict confidentiality regarding all aspects of the drug testing process. This obligation applies during and after the competition, and continues indefinitely following their involvement in any testing.

Confidentiality obligations include:

- (a) Not disclosing which athletes were selected for testing, or the outcome of any test, to any person other than the APL;
- (b) Not discussing the contents of any Drug Testing Chain of Custody Form with any person other than the APL;
- (c) Not communicating directly with SMRTL regarding any test result or athlete; and
- (d) Not making any public statement, social media post, or comment about any aspect of the drug testing process, including whether any particular athlete was tested.

All test results belong to the APL to communicate, not to testing officers. Breach of confidentiality may result in loss of APL Drug Testing Certification and may constitute a violation of the APL Drug Testing Declaration of Agreement.

12. OUT-OF-COMPETITION TESTING

Out-of-competition testing is authorised under Section 9 of the APL Drug Testing Policy but is not currently operationally active. When the APL activates out-of-competition testing, it will issue a separate operational notice to relevant personnel.

The following principles will apply whenever out-of-competition testing is conducted:

- (a) Testing will be conducted by an Authorised Representative appointed by the APL in writing for that purpose;
- (b) The Authorised Representative must hold a valid APL Drug Testing Certificate and a current Working with Children Check;
- (c) The gender requirement in Section 2.3, collection site standards in Section 3, and sample collection procedures in Section 7 apply in full;
- (d) Athlete notification will be made using the contact details on record with the APL; and
- (e) Sample dispatch and results management follow the same process as Sections 8 and 9 of this document.

Failure to comply with out-of-competition testing is sanctioned under Section 13.1 of the APL Drug Testing Policy. Athletes eligible for out-of-competition testing are identified under Section 8.2 of that policy.

*Read alongside the APL Drug Testing Policy Rev 5
Supersedes APL Drug Testing Policy Rev 4 (March 2024)*

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