



NORCAL POWERLIFTING Drug Education and Testing Policy

- A. Overview
- B. Purpose
- C. Education
- D. Waiver and Consent Forms
- E. Ineligibility
- F. Banned Substances
- G. Testing
- H. Specimen Collection Procedures
- I. Chain-of-Custody
- J. Notification of Results
- K. Restoration of Eligibility
- L. Re-Testing
- M. Urine Sample Ownership
- N. Penalties
- O. Medications Prescribed by Physicians
- P. Athlete Availability for Testing
- Q. Banned Substances

A. Overview

NORCAL POWERLIFTING seeks to promote the health, safety, physical, emotional and spiritual well-being of the athletes who participate in NORCAL POWERLIFTING EVENTS. In furtherance of this focus, the agents, on behalf of NORCAL POWERLIFTING, have adopted this Drug Education and Testing Policy.

Substance abuse is an important issue facing athletics and society today. The use of illegal drugs, misuse of legal drugs and supplements, and use of performance-enhancing substances is inconsistent with the standards expected of athletes at NORCAL POWERLIFTING. Substance use and abuse in sport can pose risks to the athlete's health and negatively affect his or her athletic performance in addition to compromising the integrity of athletic competition and the values of NORCAL POWERLIFTING.

B. Purpose

NORCAL POWERLIFTING strives to have an environment where athletes can compete in a manner which upholds the values of NORCAL POWERLIFTING. Use of banned substances is not in keeping with the core values of NORCAL POWERLIFTING. NORCAL POWERLIFTING believes that drug testing is appropriate to ensure the health, safety and welfare of athletes, to promote fair competition in competition, to affirm compliance with applicable rules and regulations on drug abuse, to identify athletes who are improperly using drugs and to assist them before such use becomes detrimental to themselves or others. Furthermore, the Department recognizes its responsibility to provide educational programming that will support a positive decision-making process. The Department reserves the right to amend this Policy as needed.

The intent of these policies is to prevent substance use and abuse by athletes through educational programming and accountability measures such as testing, and professional guidance.

- Education – provide athletes with accurate information about issues associated with substance use in sport, promote health and safety in sport
- Testing – analyze biological specimens from athletes to detect prohibited substances
- Professional Guidance – refer and facilitate treatment and rehabilitation programs for athletes

C. Education

The purpose of education about drug use and substance use in sport is to enable athletes to make informed and intelligent decisions about usage. NORCAL POWERLIFTING will conduct a drug education program for athletes each year. Educational programs will be designed to review governing body rules related to drugs. Dietary supplements and their inherent risks will also be discussed. Educational materials will be made available to all participants including a list of banned drug classes. All athletes and NORCAL POWERLIFTING members are required to participate in the education program.

D. Waiver and Consent

1. Prior to entering Powerlifting competition, all athletes must sign a waiver and consent prescribed by the NORCAL POWERLIFTING demonstrating their understanding of the NORCAL POWERLIFTING Drug Testing Program and their willingness to participate in the program. This also demonstrates that the athlete understands that they may be tested up to one year from the date of the signing of the waiver as a member of NORCAL POWERLIFTING.
2. Waiver and consent forms must be sent to the NORCAL POWERLIFTING.
3. Prior to the beginning of testing, all athletes must sign a waiver and consent form prescribed by NORCAL POWERLIFTING demonstrating their understanding of the test instructions given to the athlete by the appointed drug testing official.
4. This waiver demonstrates that the athlete understands that they are responsible for the substances in their bodies regardless of how it got there.

E. Ineligibility

1. Any athlete under the age of 18 years is not eligible to participate in this program.

F. Banned Substances

1. The list of banned substances shall be the list defined in this program. For a complete list of banned substances please go to the United States Anti Doping Agency web site at: www.usantidoping.org and click on the "Drug Reference online"

G. Testing

1. Methods of testing
 - a. Currently only the method of testing by urinalysis is accepted.
 - b. In all tests, two separate samples will be sent to the outside independent lab for analysis.
2. NORCAL POWERLIFTING will utilize the services of an outside independent lab.
3. Selection of individuals for testing.
 - a. Individuals selected for testing may be selected at random or at the discretion of the outside independent collection agency.
 - b. As soon as individuals have been selected for testing, they will be notified of selection and will be given instructions by the appointed drug testing officer.
 - c. The maximum goal for the number of drug-tests will be 10% of the athletes participating in a powerlifting competition.
 - d. Nothing in this policy shall prevent or limit NORCAL POWERLIFTING from requiring its members to submit to testing when there is individual suspicion to do so. For purposes of this section, individual suspicion shall be defined as behavior, conduct or performance by the NORCAL POWERLIFTING member, which leads the NORCAL POWERLIFTING Committee in its sole discretion to conclude that there is the likelihood that the member is taking, has taken or is under the influence of a banned substance (as defined in this policy). The indicators that may be used in evaluating a member's behavior, conduct or performance include, but are not limited to: increased injury rate

or illness, changes in physical appearance, changes in emotional condition, significant mood changes, significant increase or decrease in levels of performance, admitting use of a banned substance to others, and legal involvement, i.e., criminal charges or a pending criminal investigation. Individual suspicion may be based on objective and reliable information received that a member is taking, has taken, or is under influence of a banned substance. The NORCAL POWERLIFTING Committee in its sole discretion will make the determination as to whether individual suspicion exists so as to require a member to submit to testing. In such cases, the amount of notice to be given will be determined by the NORCAL POWERLIFTING Committee, in its sole discretion, based upon a case by case basis.

4. Only the appointed drug testing officer, the outside independent collection agency, the independent lab agency, and the athlete being tested are permitted to handle any chain-of-custody document or sample.

5. Chain-of-custody documents will be completed and forwarded to the independent lab agency along with any samples.

H. Specimen Collection Procedures

1. NORCAL POWERLIFTING will forward a list of eligible athletes to the drug testing official or outside independent collection agency.

2. The drug testing official or outside independent collection agency will make the final selection of athletes. Notice will be given following rules briefing on the day of competition. Instructions will be given by the drug testing official. Results will to be sent by registered mail or athletes will be contacted by telephone

3. The athlete must provide the drug testing official or outside independent collection agency with a document identifying them. This document must have a current picture of the athlete.

4. Only those individuals authorized by the drug testing official or outside independent collection agency may be at the collection along with the athlete and a witness.

6. The drug testing official may release a sick or injured athlete from the test and will inform NORCAL POWERLIFTING of the release.

7. The drug testing official must provide the athlete with an opportunity to declare any medications being taken at the time of the sample collection. Where possible, prescription information must be collected as well.

8. Sample Collection Procedure

a. When ready to urinate, the athlete will select a sample collection kit and a chain-of-custody form. The drug testing official and the athlete will complete the form as the testing progresses, each observing the other. The athlete will initial the kit and its contents before testing.

b. The drug testing officer will monitor the furnishing of the specimen by observation to ensure the integrity of the specimen until a specimen of at least 80ml is provided.

- c. Fluids given to an athlete who has difficulty voiding will be from a sealed container opened at the sample collection site. These fluids must not contain caffeine or alcohol.
- d. If the sample is incomplete, the athlete must remain under observation by the drug testing official until the sample is complete. During this period, the athlete is responsible for the sample collection kit.
- e. When an 80 ml sample has been collected, the drug testing official will check a portion of that sample remaining in the beaker used for collection for specific gravity and pH. If the urine has a specific gravity below 1.010 (1.005 if measured by a refractometer), the current sample is discarded and the athlete must provide a new sample. This may be repeated twice. The final sample will be forwarded to the laboratory with comments regarding the specific gravity measured. The athlete shall remain at the collection site while this is done.
- f. If the urine is alkaline (greater than 7.5 pH), the sample will be discarded and a new sample collected. This procedure may be repeated twice. The final sample will be forward to the laboratory with comments regarding the pH measured.
- g. The independent lab will make determination of specimen adequacy.
- h. When the sample is complete it will be split into two samples each containing approximately 40 mL., the athlete and the drug testing official will complete any chain-of-custody documents, complete any sample processing per instructions from the outside independent lab, and seal the samples for transport to the outside independent lab.
- i. The drug testing official is responsible for shipping the samples collected to the outside independent lab.
- j. If the outside independent lab suspects the sample collected to have been manipulated, the drug testing official will report this matter to NORCAL POWERLIFTING. NORCAL POWERLIFTING will have authority to perform additional tests on the samples taken not to exceed two negative samples.
- k. One copy of the chain-of-custody form for each sample sent to the outside independent lab will be sent to the NORCAL POWERLIFTING office identifying the athlete with the athlete's code.
- l. Prior to the collection process, the drug testing official will ask the athlete to declare any substance that is taken as a medication for medical condition. If possible, the athlete must provide the drug testing official the prescription and contact information for the issuing physician.

I. Chain-of-Custody

1. The chain-of-custody document will be sent to the outside independent lab per their instructions.
2. A laboratory employee will examine the shipment to ensure that all items have been received and are complete and intact.
3. If a seal is not intact, that specimen is void and the drug testing official may choose to collect another sample in testing.

J. Notification of Results

1. The outside independent lab will select one of the samples for its initial analysis.
2. An analysis will consist of sample preparation, instrument analysis, and data interpretation.

3. The laboratory director or designated certifying scientist will review all results showing a banned substance and/or metabolite(s) in the specimen initially examined. The results will be confirmed by gas chromatography/mass spectrometry.
4. By mail, the laboratory will notify NORCAL POWERLIFTING of the results.
5. If the athlete has declared any medications, and the results of the sample analyzed were found to be positive, the outside independent lab will include in the report its opinion as to whether the medications may have caused the positive result.
6. NORCAL POWERLIFTING will notify the athlete of a positive test result in writing by certified mail. If the outside independent lab has indicated that a prescription medication that has been disclosed according to proper procedures may have been the cause of the positive result, the athlete will not be notified until the Review Committee has reviewed the case and rendered a decision.

K. Restoration of Eligibility

1. Upon receipt of the results, if the athlete's sample has been found positive of banned substances, NORCAL POWERLIFTING will notify the athlete of the results and the resulting penalty. The athlete is to be notified within 30 days of the sample being taken by the drug testing official.
2. The athlete will also be notified of the restoration of eligibility process.
3. Athletes wishing to contest the results of the test must use the following procedures. The burden of proof in restoring eligibility rests with the athlete.
 - a. The athlete, at his or her own expense, may request that the second sample from the collection process be analyzed. If the second sample is found to be negative of banned substances, the athlete's eligibility is restored. The later will be considered a final result. This request is made through NORCAL POWERLIFTING and must be made within 14 days from notification of initial results. The athlete or a witness for the athlete, at his or her own expense, may be present for the re-test. This is subject to the approval of the outside independent lab.
 - b. If athletes wish to contest the positive result of the second test, they must follow the appeals process of the NORCAL POWERLIFTING Code (only after review of the second sample).
4. If the drug testing official or the outside independent lab has reason to question the results or legitimacy of their efforts, they are to report such to the NORCAL POWERLIFTING. Given this knowledge, the eligibility of the athlete is restored as if the results of the process found no substances on the list of banned-drug classes developed by the NORCAL POWERLIFTING committee.
5. If the outside independent lab has reported a positive result to NORCAL POWERLIFTING with the opinion that the result may have been caused by a prescription medication declared by the athlete in advance in the appropriate manner, NORCAL POWERLIFTING will forward the report to the NORCAL POWERLIFTING Review Committee prior to the second sample being analyzed to determine if there is cause to render the athlete ineligible for competition. The athlete will be notified of the Review Committee's decision and will have 14 days from the decision of the review committee to make a decision regarding the restoration of eligibility.

L. Re-Testing

1. Unless stated in this Program, a second urine sample is not collected.

M. Urine Sample Ownership

1. At the time the urine sample is sealed for shipment to the outside independent lab, it becomes the property of NORCAL POWERLIFTING.

N. Penalties

1. Any penalties assessed by NORCAL POWERLIFTING must be in compliance with NORCAL POWERLIFTING Articles and By-Laws.
2. Some Possible penalties that may be assessed by NORCAL POWERLIFTING are:
 - a. If the testing was done at a competition, the athlete may face a lost of awards, placing, or records from that competition.
 - b. A two-year suspension for a first violation.
 - c. A lifetime suspension for a second violation.
 - d. A minimum four-year suspension for trafficking in banded substances.
4. Penalties may be reduced or waived by NORCAL POWERLIFTING if athletes prove they were not at fault for positive findings.

O. Medications Prescribed by Physicians

1. The NORCAL POWERLIFTING committee recognizes the need to use medications to treat legitimate medical conditions.
2. It is the responsibility of the athlete to declare these medications at the time of the sample collection and to provide the drug testing official information regarding the prescription and the issuing physician.
3. If the results are positive, the outside independent lab will provide an opinion to the Review Committee regarding the effect that these medications might have on the possibility of athletic performance enhancement and the likelihood that the positive result was caused by the prescription medication.
4. The Review Committee will review the outcome of the analysis prior to notifying the athlete by normal procedures. Only if the Review Committee finds that there is need to consider the results of the analysis as a potential improvement in athletic performance will the athlete be notified of the results of the analysis. Normal procedures will follow the announcement of findings.
5. The Review Committee will determine whether to assess a penalty based on the positive result. If a penalty will result, the athlete will be notified through standard procedures. Otherwise, a waiver permitting the athlete to use the prescription medication in question without jeopardizing eligibility will be granted.

P. Athletes Availability for Testing

1. If an athlete does not report for testing and has not requested an exemption, the result will be the same as if a sample were collected and that sample was found to contain banned substances.

Q. Banned Substances

The following is a partial list of banned drugs recognized by NORCAL POWERLIFTING. For a complete list please go to the United States Anti Doping Agency web site at: www.usantidoping.org and click on "Drug Reference Online":

1. Stimulants:

Amiphenazole	fencamfamine
Amphetamine	meclofenoxate
Bemigride	methamphetamine
Benzphetamine	methylphenidate
Bromantan	nikethamide
Caffeine	pemoline
Chlorphentermine	pentetrazol
Cocaine	phendimetrazine
Cropropamide	phenmetrazine
Crothetamine	picrotoxine
Dimethylamphetamine	pipradol
Doxapram	prolintane
Ephedrine	strychnine
Ethamivan	and related compounds
Ethylamphetamine	

2. Anabolic Agents:

Anabolic Sterioids	methyltestosterone
Androstenediol	nandrolone
Androstenedione	norandrostendiol
Boldenone	norandrostenedione
Clostebol	norethandrolone
Dehydrochlormethyltestosterone	oxandrolone
Testosterone	oxymesterone
Dehydroepiandrosterone (DHEA)	oxymetholone
Dihydrotestosterone (DHT)	stanozolol
Dromostanolone	testosterone
Fluoxymesterone	and related compounds
Mesterolone	Other anabolic agents
Methandienone	clenbuterol
Methenolone	THG

3. Diuretics:

Acetazolamide	hydroflumethiazide
Bendroflumethiazide	methylclothiazide
Benzthiazide	metolazone
Bumetanide	polythiazide
Chlorothiazide	quinethazone
Chlorthalidone	spironolactone
Ethacrynic acid	triamterene

Flumethiazide
Furosemide
Hydrochlorothiazide

trichlormethiazide
and related compounds

4. Peptide Hormones and Analogues

Chorionic gonadotrophin (HCG-human chorionic
gonadotrophin)
Corticotrophin (ACTH)
Growth hormone (HGH, somatotrophin)

All the respective releasing factors of the above-mentioned
substances also are banned.

Erythropoietin (EPO)