

The AWF has advised that Sport Integrity Australia's Testing Program has recently been reviewed and given the risk of doping in Weightlifting, there is a strong chance that testing may occur at your upcoming State Championships.

To reduce the risk of athletes testing positive inadvertently (particularly from contaminated supplements), and to reduce anxiety related to the testing process, SIA is committed to doing their best to ensure athletes receive anti-doping education **before** they are tested.

The QWA ask's that all competitors in the 2024 State Championships complete anti-doping education prior to competition **This includes SIA's Anti-Doping Fundamentals online course and Annual Update 2024**, available at <https://elearning.sportintegrity.gov.au/>. The completion of these two courses by competitors in National Championships and State Senior Championships is a requirement under the Australian Weightlifting Federation's Anti-Doping Education Plan and importantly, a means to ensure that athletes are fully aware of the testing process and their rights and responsibilities.

The following resources may be of use to you before the event:

Anti-Doping Rule Violations explained

- video: [The 11 Anti-Doping Rule Violations explained \(youtube.com\)](#)
- poster: [Sport Integrity Australia | Anti-doping Rule Violations Poster](#)

Supplement warning

- video: [Supplements: Cassie Fien's cautionary tale \(youtube.com\)](#)
- poster: [Sport Integrity Australia | Reduce Your Risk of Testing Positive Flyer - Male option](#)

Testing process

- video: [What to expect from the Doping Control Process \(youtube.com\)](#)

Thank you all for your cooperation in completing this training and for your commitment to clean sport.