



**AFRICAN CLASSIC AND EQUIPPED
POWERLIFTING AND BENCH PRESS CHAMPIONSHIPS
(Masters, Sub-Junior, Junior & Open categories)**

incorporating the

**ARNOLD CLASSIC AFRICA Classic and Equipped Powerlifting and
Bench Press Championships (Open Age category)**

and the

APF UNIVERSITY POWERLIFTING CUP

Monday 29th November 2021 – Saturday 4th December 2021

In Potchefstroom, South Africa

**Important Information about Visa Support Letters,
COVID-19 Protocols, and WADA Anti-doping
Education**

Visa Support Letters

Please send a copy of each passport to Hannie Smith together with the Visa Support letter.

COVID-19 Protocols

All visitors to South Africa will need to show a recent negative PCR test on arrival. Please check your country's rules regarding travelling out and returning, to ensure that you have the necessary paperwork. At the moment, most countries also require a recent PCR test before you travel home.

To ensure everybody's safety during the competition, all attendees will need to show a recent negative test (PCR or Antigen) when entering the competition venue. It will be mandatory to wear a mask, and observe social distancing. Spectators will only be allowed up to the limits specified in the prevailing COVID-19 regulations.

The meet director will supply details of where PCR and Antigen tests can be done, close to the competition venue. The cost is approximately R850 for a PCR test, and R350 for an Antigen test.

WADA Anti-doping Education

1. You are **strictly liable** for any substance found in your body (or specimen). You may be charged with anti-doping rule violation for the presence or use of a prohibited substance or method, whether its use was intentional or not.
2. Always check your medications and supplements before consuming them to make sure they do not contain any substances or methods included on the [WADA Prohibited List](#).
3. [Educate](#) yourself on the risks of [taking supplements](#) and minimize your risk. Sub-Junior, Junior and Open athletes **must** successfully complete education through the World Anti-Doping Agencies (WADA) online education platform ([ADeL](#)) in order to be able to compete. You must submit your completed certificate from ADeL with your nomination for your registration to be complete. Master lifters are also encouraged to complete the ADeL training and submit their certificate.

The ADeL training can be found here: <https://adel.wada-ama.org/learn>

Register on the system, and then complete the appropriate online training course:

- for lifters: 'International Level Athlete Education Program'
- for coaches: 'High Performance Coach Education Program'

4. Understand and [educate](#) yourself on your [rights and responsibilities](#) as an athlete, including but not limited to:
 - ☐ requirements for submitting whereabouts information
 - ☐ rights and responsibilities during [sample collection](#)
 - ☐ responsibility to avoid the use of prohibited substances and methods
 - ☐ consent to the use of your information
 - ☐ obligations to follow the [IPF Anti-Doping Rules](#) and all consequences deriving therefrom
5. All athletes participating at this event are classified as an International Level Athlete.

As an International Level Athlete, if you have a medical condition for which you need to take a medication or use a therapeutic method that is prohibited under the WADA Prohibited List, apply for a Therapeutic Use Exemption (TUE) to the appropriate organization (IPF or NADO) prior to the start of its use and at least 30 days before competing.

For athletes competing in the Sub-Junior and Master level categories, you are not required to apply for a TUE in advance of being tested. However, if you do compete in one of these categories and you are take a medication that contains a prohibited substance you will be required to apply for a TUE retroactively should you be selected for doping control at this event. For all anti-doping related questions, please contact ipfantidoping@cces.ca.

Please direct any queries to:

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