

USST — Promoter Checklist

United States Strongman — Tested

1. Event Designation

- Event is sanctioned as USST (Tested)
- No non-tested classes included anywhere in the contest
- All marketing materials clearly label the event as “USST – Tested”

2. Pre-Event Requirements (Due 14 Days Before Event)

- Submit all drug-testing fees to Redwood Toxicology
- Confirm shipment and receipt of drug-test kits
- Secure storage for kits prior to event
- Set up IronPodium event as a USST competition
- Enable auto-generation of athlete selections for drug testing
- Verify USST rules, weights, and event standards match standard USS rules

3. Staff & Logistics

- Assign a same-gender USST official for each testing group
- Identify a private, secure location for urine collection
- Train staff on chain-of-custody procedures
- Ensure USPS/FedEx shipping supplies are present
- Ensure forms, gloves, and protective items are available

4. Event-Day Requirements

- Confirm test kits and documentation are on-site
- Review sample collection process with USST officials
- Reconfirm testing count (minimum 10% of athletes)
- Follow standard USS rules for events, scoring, equipment
- Ensure no alteration of drug-testing protocols
- Run IronPodium’s auto-selection after final event
- Notify selected athletes immediately
- Ensure athletes do not leave the venue before sample collection

5. Sample Collection

- Same-gender USST official supervises sample collection
- Athlete provides sample immediately upon request

- Complete chain-of-custody documentation
- Seal and secure each sample
- Maintain supervision until shipment

6. Post-Event Requirements

- Return same number of completed kits as issued
- Ship all samples directly to Redwood Toxicology
- Submit drug test forms to the USST National Office
- Verify shipping confirmation and tracking
- Retain copies of all event documents

7. Violations to Avoid

- Missing or incomplete test kits
- Failing to test minimum number of athletes
- Mixing tested and non-tested classes
- Failure to use IronPodium selection
- Improper sample handling
- Allowing athletes to leave before selection

8. Best Practices

- Announce clearly at rules meeting that event is USST-only
- Signage marking testing area
- Printed USST banned-substance list available
- Two officials double-check all forms
- Maintain calm, professional testing area

