

TrueSelf

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Hong Kong Anti-Doping Committee
香港運動禁藥委員會

Support Fair Play • Compete Clean Everyday
齊來支持公平競賽 運動零禁藥人人愛

A "Global Tour" of Doping Scandals and the Lesson for HK(2) 環球禁藥醜聞曝光 — 香港體壇何去何從(下)



In the last issue, we showed you the doping scandals in the United States and Australia. Let's look into the doping stories of other countries in this issue.

Spain

Dr. Fuentes and his associates were arrested by the Spanish police in May 2006 as part of the Operation Puerto. A large quantity of code-named blood bags and restricted drugs was found in a police raid. The Spanish sports doctor was charged with endangering public health only since doping was not a crime in Spain until late 2006. After a lengthy legal process, Fuentes was found guilty and given a one year suspended prison sentence in 2013. The anti-doping community around the world was further disappointed by the judge's ruling that the concerned blood bags should be destroyed. Without the DNA testing on the blood samples, the athletes participated in doping practice could not be identified.

Kenya

East Africa is not immune to the doping problem. The organized doping practice by Kenyan distance runners was firstly reported by a German reporter in May 2012. The allegation has triggered WADA to send a team to one of the remote training camps to conduct blood tests. IAAF, the world governing body of athletics, announced in April 2013 that a blood testing centre would be set up in Kenya to facilitate the implementation of biological passport for athletes within the region.

China

The world's factory was caught in the eye of the storm as WADA alleged in February 2013 that 99% of the raw materials for illegal drugs worldwide were from China. While the Chinese official was shocked of the allegation and questioned its validity, an investigation was promised.

我們在上期為大家介紹過美國和澳洲的禁藥個案，今期將繼續為大家報導其他國家的禁藥風波。

西班牙

西班牙警方於2006年5月執行〈港口行動〉期間，逮捕了Dr. Fuentes及其同謀，並在搜查過程中發現大批以號碼標識的血包以及受管制藥物。鑒於在2006年底，在西班牙管有或使用運動禁藥並非一種罪行，所以該名運動醫生只被控以危害公眾健康罪名。經過漫長的法律程序，Fuentes終於在2013年被裁定罪名成立，判以一年監禁，緩刑執行。但令所有禁藥管制組織更感不忿的是，該案法官命令所有涉案的血包必須銷毀，此舉無疑令血液DNA測試無法進行，大眾亦無法得知到底哪些運動員涉及採用運動禁藥。

肯雅

東非亦難以獨善其身。在2012年5月有德國記者首次披露有肯雅長跑運動員有組織地使用禁藥。世界運動禁藥機構就有關指控特別派出小組，前往其中一個偏遠的集訓基地為運動員進行血液測試。而國際田徑聯合會則在2013年4月宣佈將會在肯雅設立一個血液檢測中心，以促進為該地區的運動員推行生物護照血液檢測計劃。

中國

作為全球的最大工廠，中國亦被捲入有關禁藥的指控。事源世界運動禁藥機構在2013年2月指出，全球99%的禁藥原材料皆來自中國，中國有關當局得悉指控後表示大惑不解，追問證據之餘，亦承諾展開詳細調查。

News 最新消息

HKADC is reachable by WhatsApp since July
香港運動禁藥委員會自7月起開通WhatsApp連繫

Important Dates 重要日期

15 September 2013

Outreach Programme at the Queen Elizabeth Stadium during the HKTTA Cup

2013年9月15日

外展教育計劃將於〈乒總杯〉賽事期間在伊利沙伯體育館舉行

24 September 2013

Athlete Outreach Programme at HKSI

2013年9月24日

於香港體育學院舉辦運動員外展教育計劃

30 September 2013

Year 2013 Q4 whereabouts submission deadline for testing pool athletes

2013年9月30日

藥檢名單的運動員遞交2013年度第四季行蹤資料的最後限期

The Committee 委員會

Chairman 主席

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楊世模博士

Mr. CHEUNG Ping Wai
張炳槐先生

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Top sprinters and other track and field (T&F) athletes from Jamaica and Turkey

Urine samples from three world-class sprinters, Gay, Powell, and Simpson, were found positive in July 2013. Even worse for Jamaica, apart from Powell and Simpson, three more Jamaicans T&F athletes were tested positive around this period. Attention on this shocking news however was soon taken over by the report that 31 Turkish T&F athletes being banned for doping. Among the 31 athletes, 20 of them are under the age of 23 and 8 of them are teenagers. The most important question is – ‘Who is doping the teenagers?’

The lesson for Hong Kong

It is obvious that doping is a threat to all athletes regardless of nations. The influence brought about by the organized doping networks is particularly far-reaching and damaging. To tackle the problem, a better cooperation between law enforcement departments, sharing of intelligence among investigation authorities, empowering the anti-doping agency with investigation authority through legislation, and increasing sanction on individuals supplying and administering doping substances are some of the examples of the ways ahead.

(接第一頁)

短跑飛人、牙買加及土耳其田徑運動員

在2013年7月，三位世界級短跑飛人基爾、鮑維及辛普森的尿液樣本被驗出陽性反應，但禍不單行，同一時間再有三名牙買加田徑運動員未能通過藥檢，震驚各界。但沒多久，31名土耳其田徑運動員因使用禁藥而被處分的新聞旋即成為大眾的討論焦點，當中有20名運動員年齡不足23歲，其中8人為青少年。至此，我們不禁要問一句：“到底誰會向青少年用藥？”

香港要汲取的教訓

運動禁藥毫無疑問危害所有運動員，不分種族，而有組織性的禁藥集團網絡更是無遠弗屆、禍害尤深。要應付這種挑戰，我們必須採取更有效的打擊策略，例如與執法機關加強合作、與調查機關分享情報、立法賦與禁藥管制機構調查權力、以及對提供禁藥及下藥的人士加強罰則等，都是未來方向。



Diuretics, banned or not banned? 利尿劑禁用？不禁用？

Do you know diuretics is the second most commonly detected prohibited substance used by Hong Kong athletes?

你知道原來利尿劑是第二最常於香港運動員體內被驗到的禁藥物質嗎？

Effects and side effects

Diuretics are medications that promote the production of urine. A doctor may administer diuretics to treat heart failure, high blood pressure, liver cirrhosis, glaucoma, edema and certain kidney diseases.

Possible side effects of diuretics include thirst, dry skin, dizziness, headache, abnormal heart rhythm, electrolyte disturbance and hypokalemia, etc.

功效及副作用

利尿劑是一種促進尿液分泌的藥物，醫生會處方利尿劑來治療心臟衰竭、高血壓、肝硬化、青光眼、水腫和某些腎臟疾病。

其副作用包括口渴、皮膚乾燥、暈眩、頭痛、心律異常、電解質紊亂以及低鉀血症等。

Violating the fair play spirit

Diuretics are prohibited in sports at all times. The World Anti-Doping Agency classifies diuretics as a masking agent, as it can promote the production of urine and thus possibly hide the use of performance-enhancing substances. Some athletes use it to make weight to meet a weight category in sports like boxing, wrestling, etc. Bodybuilders use diuretics to reduce subcutaneous water retention, to enhance muscles definition. The use of diuretics by athletes violates the fair play spirit of sport.

違反公平競賽精神

利尿劑為於任何時間皆被禁用的運動禁藥，因為它能刺激尿液分泌並從而淡化禁用物質的殘留痕跡，所以世界運動禁藥機構將利尿劑界定為掩蔽劑。亦有部分運動員會利用利尿劑去減輕體重以符合某類運動項目，如拳擊、摔跤等的比賽級別；健美運動員則用之於減少皮下水分以突顯肌肉線條。以上種種利尿劑的使用其實已經違反了公平競賽的精神。

Caution

HKADC believes that majority of Hong Kong athletes do not intentionally use diuretics or other prohibited substances to take advantage. However, diuretics are commonly found in supplements and over-the-counter medicines for weight loss. Using these products without checking could be dangerous. Furthermore, it is important to ask your doctor to avoid prescribing diuretics and other prohibited substances to you.

警告

香港運動禁藥委員會相信大部分香港運動員不會故意使用利尿劑或其他運動禁藥去存心作弊，但因為用作減肥的補充劑及非處方藥物經常含有利尿劑，在未有詳細查看的情況下隨意服用此類產品將會非常危險。此外，在看醫生時你必須提醒醫生避免向你處方利尿劑及其他禁用物質。

“ Do you know:
Jamaican sprint queen and the Olympic gold medalist, Veronica Campbell-Brown tested positive for a diuretic in June. ”

「你知道嗎？
牙買加女飛人暨奧運金牌選手布朗 (Veronica Campbell-Brown) 在六月被驗出曾經服用利尿劑。」

模擬個案 Case Study

Jacky provided a urine sample for doping test a month ago and today he received a letter from the Hong Kong Anti-Doping Committee (HKADC) notifying him that his sample returned with a positive test result.

The notification letter stated that he had the right to request for the analysis of his B sample and for a full laboratory report. A subsequent letter also informed him to attend a hearing. However, he chose to ignore these letters or phone calls made from HKADC, believing that it was no big deal since he was tested positive already and his fate was sealed.

Jacky在一個月前接受了藥檢並提供了尿液樣本，今天他收到香港運動禁藥委員會的來信，告知他的樣本呈陽性反應。

通知信中註明他有權要求為B樣本進行化驗並索取詳細化驗報告，其後再來信通知他出席聆訊會議。可是他卻認定結果既已被測出為陽性，一切再也無可改變，所以乾脆聽之任之，對香港運動禁藥委員會的來電或書信置諸不理。



Jacky has made a **serious mistake** for not attending the hearing. **大錯特錯！**
Jacky未有出席聆訊會議其實是 **大錯特錯！**

Lessons learnt 教訓 (1)

So why is it important to attend the hearing?

出席聆訊會議很重要嗎？

- The Result Management process is carefully conducted not only to catch cheats but also to protect the interests of athletes.

嚴謹的結果管理程序，一方面懲處違規行為，同時亦保障運動員的權益。

- You should exercise your rights to attend the hearing. Or else, you may regret it since your sporting career could be seriously affected by the decision made at the hearing.

你應當行使出席聆訊會議的權利，否則在聆訊中所作的判決或會嚴重影響你的運動事業，令你懊悔不已。

Lessons learnt 教訓 (2)

What will be determined at the hearing?
聆訊會議中會作出甚麼決定？

- Whether you have violated the anti-doping regulations or not
裁定你有否違反運動禁藥管制規條
- If yes, what sanction to be imposed on you
如有，你應該接受的罰則

Lessons learnt 教訓 (3)

What Jacky should have done to prepare for the hearing?
Jacky應該如何為出席聆訊會議作準備？

- Study the relevant anti-doping regulations
研究有關的運動禁藥管制規條
- Seek independent professional / legal advice
徵詢獨立的專家/法律意見
- Determine his strategy
決定自己該採取的對策
- Collect evidence to support his arguments
為自己的抗辯理由搜集證據

Formation of the Anti-Doping Force

陣容鼎盛的禁藥管制隊伍

Since its inception in September 2008, the Office of HKADC has been at the forefront of the fight against doping in Hong Kong. With the increase in the numbers of athletes and advancement in the anti-doping related services in Hong Kong, the Office of HKADC, has recently scaled up its team to a total of seven full-time staff members.

從2008年9月成立以來，香港運動禁藥委員會辦事處一直在香港站在打擊運動禁藥的最前線。隨著運動員數目的不斷增長以及運動禁藥管制工作的日益多元化，香港運動禁藥委員會辦事處近日增聘了人手，將這支禁藥管制團隊的全職工作人員數目增至七名。



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Checking prohibition status? Updating Whereabouts? WhatsApp HKADC now!

查詢禁用狀況？更改行蹤資料？

WhatsApp我們吧！！！！

Starting from July 2013, HKADC has introduced another handy way of communication, the very popular WhatsApp!

Athletes or support personnel who wish to check prohibition status of drugs can simply send us photos of the drugs via WhatsApp. We will reply ASAP within office hours.

What's more, athletes of the testing pools can now update their whereabouts via WhatsApp apart from ADAMS, email, fax or SMS, bearing in mind a complete update should include:

- Name of the athlete
- Representative of the athlete (if applicable)
- Date of birth of the athlete (for identification)
- Detailed whereabouts updates (Date, Time, Venue)

Note: Athletes belonging to the RTP of an International Federation should formally update Whereabouts by ADAMS.

ACT NOW! Add our telephone no. (+852 6257 7099) to your smartphone!

由2013年7月起，「香港運動禁藥委員會」增設了一個十分方便的溝通渠道，就是大家常用的WhatsApp!!!

日後運動員或支援人員如想查詢任何藥物的禁用狀況，可立即利用智能手機拍下藥物名稱，然後WhatsApp給我們，我們將於辦公時間內盡快回覆查詢。

另外，藥檢名單內的運動員，除了可使用ADAMS、電郵、傳真或短訊外，也可經WhatsApp更新行蹤資料，但要注意完整的更新資料須包括：

- 運動員姓名
- 運動員代表姓名 (如適用)
- 運動員出生日期 (以便確認身份)
- 詳細的更新行蹤資料 (日期、時間、地點)

注意：屬於國際體育聯合會藥檢登錄名單的運動員，必須使用ADAMS更新行蹤資料。

立即行動，把委員會電話 (+852 6257 7099) 加到你的智能手機內。



Who were accused of involving in the world doping scandals?

在環球禁藥醜聞中，有什麼人士牽涉其中？

- (a) Athlete 運動員 (d) Coach & support personnel 教練及支援人員
(b) Criminal organization 犯罪集團 (e) All of the above 以上皆是
(c) Doctor 醫生

Answer 答案: (e)

Q&A
考考你