

TrueSelf

HKADC NEWSLETTER 香港運動禁藥委員會通訊

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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

Message to Team Managers / Coaches 給領隊和教練的提示



How are you preparing your sport teams for international competitions or multi-sport games such as the upcoming Nanjing Youth Olympic Games, Incheon Asian Games and the Phuket Asian Beach Games? In addition to sport training, physical conditioning and psychological preparation, have you prepared your athletes for doping control? Here is a checklist for you to get ready.

Checklist:

List of medications: Athletes should report to you what medication they are currently using. Status of the medicines should be checked on *DruginSport* (www.druginsport.hk) to confirm whether they are prohibited or not. If a Therapeutic Use Exemption is needed, application must be made immediately.

List of supplements: Athletes should report to you the supplement they are currently using. The risk of returning a positive test from using supplement and the possibility of switching to safer alternatives other than a pill should be discussed. According to the strict liability principle, athletes have to be responsible for what is found in their bodily specimen.

New medications and supplements: Athletes should report to you before they start using any new medication and/or supplements.

Prohibited List & Letter to doctor: Make sure each athlete has a copy of the current Prohibited List and a Letter to doctor on hand. Remind them to bring along and show to the doctor at doctor's visits.

Whereabouts obligations: When requested, athletes must submit his/her whereabouts for pregames testing or testing during competitions. Make sure your athletes comply with the requirements and make updates whenever there are any changes to their schedules.

Up-to-date anti-doping knowledge: Check if you and your athletes are familiar with various aspects of anti-doping such as the testing procedures, athlete's rights & responsibilities and the anti-doping rules. Contact HKADC to arrange education sessions if in doubt.

你是怎樣為你的隊伍備戰國際賽事，或快將舉辦的南京青年奧運會、仁川亞運會及布吉亞洲沙灘運動會等綜合運動會？除了運動訓練、體能鍛鍊和心理準備外，你有否為隊員們在運動禁藥管制方面下功夫？以下提示有助你輕鬆作好準備：

實用提示

藥物清單：運動員必須告訴你服藥的現況詳情，所用藥物的禁用狀況可到「[運動禁藥資料庫](http://www.druginsport.hk)」查閱(www.druginsport.hk)。假若須要申請治療用藥豁免，應盡快提出申請。

補充劑清單：運動員必須告訴你補充劑的使用詳情，你們應小心審視使用補充劑或會帶來的陽性檢測結果風險，考慮是否有其他較安全的選擇，根據嚴格責任原則，運動員必須對其身體樣本所驗出物質負上全責。

新藥及補充劑：運動員在開始使用新藥或新補充劑前應該先通知你。

禁用清單及醫生信：請確保每位運動員手上都有最新版本的禁用清單及醫生信，並提醒他們在看病時必須攜帶並向醫生出示。

行蹤資料責任：運動員在規定下必須為賽前或賽內檢測提交相關的行蹤資料，請確保運動員遵從有關要求並在活動日程有變更時馬上更新資料。

最新反運動禁藥知識：確保你自己和運動員都熟悉有關反運動禁藥的各方面知識，如檢測程序、運動員的權利與義務和運動禁藥管制規條。如有任何疑問，應馬上聯絡香港運動禁藥委員會安排教育活動。

Important Dates 重要日期

14 June 2014

Anti-Doping Seminar at Lecture Theatre of Olympic House

2014年6月14日

運動禁藥管制講座將於奧運大樓演講廳舉行

30 June 2014

Year 2014 Q3 whereabouts submission deadline for testing pool athletes

2014年6月30日

藥檢名單的運動員遞交2014年度第三季行蹤資料的最後限期

Advisory Notes 重要忠告

A complete summary of important messages to help avoid inadvertent violation of anti-doping regulations are available at HKADC website. Articles newly added into the Advisory Notes are:

Supplement warnings

– Stimulant found in weight loss products

香港運動禁藥委員會網站收錄了一系列針對避免無意中違反運動禁藥規條的忠告。新增的「重要忠告」為：

補充劑警告

– 減肥產品中發現刺激劑

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Getting ready for the 2015 World Anti-Doping Code

為2015世界運動禁藥法規 作好準備

As reported earlier, the proposed 2015 World Anti-Doping Code (WADC) was unanimously agreed by the anti-doping community at the 4th World Conference on Doping in Sport in November 2013. To fulfill our obligation of implementing an anti-doping programme in compliance with the 2015 WADC, HKADC will host a series of education programmes in June 2014 with the aim of getting the local sports community better prepared for the 2015 WADC coming into effect on 1 January 2015.

To pitch the programmes at international level, we have invited two renowned overseas experts, Dr. M. Jegathesan of the Olympic Council of Asia and Mr. David Kenworthy of United Kingdom Anti-Doping to serve as speakers and resource persons for our programmes.

The programmes will start with a series of discussion forums on 13 June 2014 for policy makers of the sports community and public authorities. These forums would establish a foundation for implementing the Code in Hong Kong at the policy level. A seminar will ensue on the following day of 14 June 2014. The target audiences are athletes, coaches, and team officials who are directly influenced by the anti-doping programme. Participants will be well-versed with the new Code and the latest development of strategies on the fights against doping.

In the months to come, HKADC will put in our best effort in order to achieve a successful implementation of the 2015 WADC in Hong Kong.

本會於早前曾經報導，2015世界運動禁藥法規擬案已於2013年11月在第4屆世界運動禁藥會議中獲全體與會者一致通過。為履行使命，令運動禁藥管制工作能完全符合新法規之要求，本會將於2014年6月舉辦連串教育活動，讓本地體育界可以對快將於2015年1月1日生效的新法規有更充足的準備。

為了讓有關活動內容更具國際觀點，本會特別從海外邀請了兩位反運動禁藥專家來港，分別是亞洲奧林匹克理事會醫務委員會主席Dr. M. Jegathesan和英國反禁藥機構主席Mr. David Kenworthy，並擔任講者及專家主持。

為體育界和公營機構管理層安排的連串分組論壇將於2014年6月13日率先召開，期望可在政策制訂層面先打好基礎，令新法規的推行可以事半功倍。而另一大型講座則於翌日(6月14日)舉行，讓運動員、教練及相關體育支援人員清楚認識新法規以及運動禁藥的最新管制策略。

在未來日子，本會將繼續努力不懈，確保2015世界運動禁藥法規能在香港順利推行。



Anti-Doping International Conferences 運動禁藥國際會議

Two representatives of the Office of HKADC, Mr. Colin LO, Assistant Manager (Education) and Mr. Peter WONG, Assistant Manager (Testing) respectively attended the international conferences on anti-doping held in London and Lausanne in March 2014. The conferences updated participants with the latest anti-doping development and provided a platform for experience sharing and networking, facilitating the generation of more effective strategies against doping. The trips enabled our representatives to take home the latest development on anti-doping strategies and improve the know-how in carrying out our duties.

2014年3月在英國倫敦及瑞士洛桑分別舉行了兩個國際反運動禁藥研討會。香港運動禁藥委員會辦事處代表助理經理(教育)勞潤輝先生及助理經理(檢測)黃日華先生亦參與其中。研討會在提供最新有關打擊運動禁藥的資訊的同時，亦為與會者建立了一個平台作互相交流，為求在集思廣益下找出更有效的方法預防及打擊運動禁藥。透過此行本會得以掌握最新的反運動禁藥發展並進一步提升我們打擊運動禁藥的能力。



Education video series No more inadvertent doping 教育短片 誤服禁藥可避免



「想變大隻? 飲大隻佬奶粉啦!!」
"Want to bulk up? Go for the Weight Gain powder!"



「豬雜牛雜好味呀!! 熱氣飲杯涼茶先。」
"Offal tastes so good.....Herbal tea can beat the heat syndrome..."



「食兩打橙醫感冒?! 怕西藥令藥檢肥佬?!」
"Taking dozens of oranges for flu? Worrying doping tests may fail because of medications?"

Do the above scenarios sound familiar to you as an athlete? How will you choose to do? In order to promote anti-doping knowledge in a more interesting way, HKADC has been rolling out a series of short education videos for three continuous months since April, focusing on the prevention of inadvertent doping.

以上情節作為運動員的您是否似曾相識呢?大家又會如何應對呢?為使大家可透過輕鬆有趣的方法吸收運動禁藥管制的資訊,香港運動禁藥委員會由四月起一連三個月推出教育短片,以加強運動員避免誤服禁藥的知識。

Date of release 推出日期	Video 短片
7 April 2014 2014年4月7日	Risks of taking supplement 服用補充劑的風險
7 May 2014 2014年5月7日	Risks of taking offal and Chinese herbal medicines 服用內臟食物及中藥材的風險
9 June 2014 2014年6月9日	Medical treatment and Therapeutic Use Exemption 接受治療及治療用藥豁免

How do the 3 video characters stay away from inadvertent doping? Check it out at the Youtube channel of HKADC (www.youtube.com/HKAntiDoping) or our website (www.antidoping.hk).

想知道短片中三位主角如何避免誤服禁藥,請立即到香港運動禁藥委員會YouTube頻道 (www.youtube.com/HKAntiDoping)或本會網站 (www.antidoping.hk) 瀏覽。

模擬個案 Case Study

After years of preparation, Tim was geared up for competing in the upcoming competition and had high expectations for winning the gold medal.

The moment of truth had come and Tim finished in the 5th place. He was then informed right away by a Doping Control Officer (DCO) at the finish line that he had been selected for a doping test. Tim felt very annoyed as he was still in despair about the defeat, thinking that only those medalists would undergo doping tests. He only wanted to leave the venue and asked the DCO for an exemption from being tested.

Tim備戰多年，一直養精蓄銳，對於這次出戰大型的運動會抱有很大的期望，並很有信心衝擊金牌。

衝線了！Tim終以第五名完成賽事，隨即他在終點處收到運動禁藥管制主任(DCO)的通知，指他要接受藥物檢測。Tim一方面為落敗感到氣憤，另一方面認為只有優勝者才須要接受藥物檢測，所以他對於DCO的要求表現得很不耐煩，當下他只想盡快離開會場會合朋友，續向DCO表示希望能被豁免檢測。



Can Tim ask for an exemption?
Tim可以要求豁免藥檢嗎?

NO!
不可以

Never think only winners will undergo doping tests. As a matter of fact, all participating athletes can be selected for doping tests on a random basis. Athletes will not be exempted from doping tests without valid justifications. Anyone who refuses to take the tests may violate the anti-doping rules and be subjected to sanction.

千萬不要以為只有賽事的優勝者才需接受藥物檢測，實際上所有參賽運動員都有機會被隨機抽樣測試。沒有合理原因，運動員不能被豁免藥檢，如拒絕接受藥檢，更有可能違反了運動禁藥管制規條，並受到處分。

Lessons learnt 教訓 (1)

All athletes could be selected for testing, independent of results.
任何參賽運動員，無論最終成績如何，也有機會於比賽期間被要求進行藥物檢測。

Lessons learnt 教訓 (3)

Be prepared to undergo testing any time and cooperate with the DCO.
藥物檢測可隨時隨地進行，運動員應做好準備，與DCO保持合作。

Lessons learnt 教訓 (2)

Being moody or in a hurry could not be used as excuses to avoid testing.
心情不佳或沒有時間，亦不能作為拒絕接受藥物檢測的合理原因。

If you are a coach, how should you respond to your athletes' attempt to take supplements?

如果你是一名教練，當你發現你的運動員嘗試服用補充劑，你應該如何反應？

- Talk to them and let them know all supplements are bad
告訴他們所有補充劑都是有害的
- Provide guidance on the advantages and disadvantages of supplements
向他們作出指導，分析補充劑的好處與壞處
- Do nothing at all
甚麼都不做

Answer 答案: (b)

Q&A
考考你