

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

Know your Rights and Responsibilities 認清權利與義務

For you football fans who are suffering from post World Cup blues, do you know that more than 800 doping tests were conducted in the months prior to the 2014 FIFA World Cup Brazil and at least two players from each team were tested at each match as part of the routine in-competition doping controls? The FIFA Medical Committee has announced that so far all results have come back negative.

Even Argentina's Lionel Messi was being tested after his penalty shoot-out win against Holland. So what's common between Messi and all other athletes? No matter if you are a superstar athlete or an amateur, when it comes to the doping control, all athletes have the same rights and responsibilities during the doping control procedures.

Athlete has the right to:

- 1) Have a representative and, if needed, an interpreter accompanying him/her;
- 2) Ask for additional information about the sample collection process;
- 3) Request a delay in reporting to the Doping Control Station for valid reasons; and
- 4) Request modifications for minors or athletes with impairments.

Athlete has the responsibility to:

- 1) Remain within direct observation of the Doping Control Officer (DCO)/Chaperone at all times from notification until the completion of the sample collection procedure;
- 2) Produce identification;
- 3) Comply with sample collection procedures; and
- 4) Report immediately for sample collection, unless there are valid reasons for a delay.

對剛剛結束的世界盃仍戀戀不捨的球迷們，你們可知道在今屆2014 FIFA巴西世界盃正式開鑼前的幾個月，其實已進行了超過800次的藥物檢測，而作為例行的賽內檢測程序，每隊在每場賽事期間最少有兩名球員被抽選進行藥檢？FIFA醫務委員會宣佈迄今並無發現任何陽性個案。

在阿根廷大戰荷蘭一役，連憑12碼擊敗對手的阿根廷名將美斯亦被抽選進行藥檢。那麼，美斯與其他運動員究竟有甚麼共通之處呢？那就是在運動禁藥管制之下，不論您是體壇巨星或業餘選手，大家在藥檢過程中擁有相同的權利與義務。

運動員有權：

- 1) 要求在一名代表、或翻譯員(如有需要)陪同下進行藥檢
- 2) 查詢樣本收集過程的詳細資料
- 3) 在充足理由下要求延後前往藥檢站報到
- 4) 因應未成年或殘障運動員的特殊情況要求對程序作出修改

運動員必須：

- 1) 由收到藥檢通知直至完成樣本收集為止，接受運動禁藥管制主任/陪同人員的隨身陪同
- 2) 出示身份證明文件
- 3) 遵循樣本收集程序要求
- 4) 除非有充足理由須要延後，盡快前往藥檢站報到

Important Dates 重要日期

30 September 2014

Year 2014 Q4 whereabouts submission deadline for testing pool athletes

2014年9月30日

藥檢名單的運動員遞交2014年度第四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:

WADA makes amendment to Section S.2.1 of 2014 Prohibited List

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：

世界運動禁藥機構 (WADA) 對「2014年度禁用清單」類別S.2.1之修定

The Committee 委員會

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Preparation and Education Programmes for 2015 World Anti-Doping Code 世界運動法規的準備工作及教育活動

The two-day education programmes aiming at exploring the new 2015 World Anti-Doping Code (WADC) were successfully organized on 13 and 14 June 2014. Travelling from Malaysia and the United Kingdom respectively, Dr. Jegathesan and Mr. Kenworthy, the two overseas anti-doping experts contributed tremendously to make the programmes a success by sharing with us their invaluable insights on the forthcoming 2015 WADC.

Day 1: Discussion Forums for Policymakers

During the two Discussion Forums with National Sports Associations and public authorities on 13 June, practical issues for implementing the new Code were discussed with policymakers of sports-related sectors. The two experts unanimously highlighted the importance of anti-doping education, both in terms of technical aspects and ethical values, to young athletes and support personnel. The experience of United Kingdom Anti-Doping (UKAD) in developing investigative and intelligence system, as well as partnering with government agencies in exchanging doping information was generously shared by Mr. Kenworthy. Future work directions on intelligence-led testing, Athlete Biological Passport (ABP) and the new rule of Prohibited Association were also discussed to shed light on the way ahead.

Day 2: Seminar for Athletes and Support Personnel

The programme on the second day of 14 June saw an encouraging full-house attendance of 300 participants with the support of the Hong Kong Coaching Committee. The day started with a Panel Discussion focusing on the challenges to be brought about by the 2015 WADC. Prof. Frank FU, Chairman of HKADC and Dr. Julian CHANG, Hon. Medical Advisor of SF&OC had in-depth discussions on the subject with the two overseas experts and the floor to get the audience warmed up for the two seminars following. Dr. Jegathesan first lectured on the highlights of the 2015 WADC by introducing its background and rationale of changes to the Code. He also elaborated scope of the Code which included intelligence-based testing, sanction, education and the roles of support personnel. Mr. Kenworthy, on the other hand, enlightened us on the roles and obligations of government in the anti-doping programmes. He explained the importance of cooperation between different government agencies and cited the UKAD as an example to illustrate the work of intelligence gathering and investigation.

With the fruitfulness of these programmes and our continuous efforts in promoting the new Code in the coming months, we have confidence that we would see a successful implementation of the Code in Hong Kong next year.

Presentation materials of the two lectures can be viewed at:
http://www.antidoping.hk/what_we_do.php?target=seminars

為期兩天旨在探討新2015世界運動禁藥法規的教育活動已於2014年6月13及14日圓滿結束。分別由馬來西亞及英國遠道而來的兩位運動禁藥管制專家，Dr. Jegathesan及Mr. Kenworthy與我們分享了對新法規的寶貴心得，讓今次活動得以成功舉辦。

第一天：決策人員小組會議

兩場分別為體育總會及政府部門而設的小組會議安排於6月13日舉行，與相關機構的決策階層共同探討推行新法規的一些具體安排。兩位專家一致認為針對青少年運動員及支援人員的教育工作，不論於知識或道德價值層面，皆不容忽視。會上Mr. Kenworthy熱心地分享了英國反禁藥機構在調查及禁藥情報系統發展工作方面的寶貴經驗，及協同其他政府單位交換訊息的心得。此外，關於情報導向檢測、運動員生理護照及違規合作關係等未來工作議題亦於會議上一一探討，為日後的工作指出方向。

第二天：運動員及支援人員講座

在教練培訓委員會的協助下，於6月14日舉辦的講座共約有三百人出席，可謂座無虛席。講座以專家討論環節開始，由香港運動禁藥委員會主席傅浩堅教授及港協暨奧委會義務醫學顧問張維醫生與兩位海外專家一起探討新法規所帶來的挑戰。其後由Dr. Jegathesan主持第一講，介紹了2015運動禁藥法規的各項重點及其背後修訂理據，亦詳述法規各項內容諸如情報導向檢測、罰則、教育和支援人員角色等等。Mr. Kenworthy則於第二講介紹了政府在打擊禁藥工作方面所擔當之角色與責任，指出政府各部門之間互相合作的重要性，並分享了英國反禁藥機構在情報搜集及調查方面的工作經驗。

憑藉今次活動的圓滿成果以及我們在未來日子努力不懈的推廣，新法規來年必定能在香港成功推行。

兩場講座有關講義可到以下連結瀏覽：
http://www.antidoping.hk/what_we_do.php?target=seminars



模擬個案 Case Study

Ann was a very promising young athlete who came back to Hong Kong after her summer vacation. During her relaxing holiday she had gained a startling weight of 5kg. Although her coach and team-mates all advised her to lose weight and improve her condition by cranking up training before competing in the league games of the following month, Ann had her own plan.

Ann had learned from a friend of hers that there was a weight loss product available on the internet. The product was claimed to be very effective in reducing weight with its natural ingredients. Ann was very tempted to try but was finally stopped by her coach.

Ann是一位有潛質的年青運動員，暑期渡假回港後，她發現體重竟然比原本的重了足足5公斤，教練及隊友們都着她於下月聯隊開鑼前加強鍛鍊，以減磅提升狀態，但Ann心裡卻有另一套打算。

Ann透過朋友介紹，得悉互聯網上流行一種減肥藥，賣家更聲稱其天然成份能快速有效減肥，Ann躍躍欲試，但被教練及時揭發制止。



What's the problem? 有甚麼問題?

Weight loss products available on internet or in the black market are probably pharmaceutical products not yet registered at the Department of Health. Numerous precedent cases show that such products contain a hidden and prohibited substance, namely Sibutramin, which is a Part I poison used as an appetite suppressant. Its side effects include increased blood pressure and heart rate, psychosis, possible convulsion and increased risk of cardiovascular diseases. Sibutramin was banned in Hong Kong since November 2010.

Ann, as an athlete, will violate the anti-doping rules and be subject to sanction if she uses sibutramin. The substance is classified as an S6-Stimulants in the 2014 Prohibited List and is **prohibited** in-competition.

從網上或黑市獲得的減肥藥，很可能是未經衛生署註冊的藥劑製品，過往有不少個案顯示有關產品含未標示和被禁用的西藥成分—西布曲明。西布曲明屬第I部毒藥，用於抑壓食慾，其副作用包括導致血壓上升、心跳加劇、精神異常和可能痙攣，更會增加心血管疾病風險，香港已於2010年11月起禁用。

身為運動員的Ann採用西布曲明更會因為違反運動禁藥條例而受到處分，西布曲明為禁用清單中的興奮劑(S6)，運動員不可在比賽期間服用。

Lessons learnt 教訓 (1)

To safeguard your health and avoid positive test results, never purchase or consume any pharmaceutical products which are not duly registered, contain unknown ingredients or from suspicious origins.

切勿購買或服用一些未經註冊、成分不明或可疑的藥劑製品，以免對身體造成損害及導致陽性藥檢結果。

Never buy pharmaceutical products via internet or black market 切勿於互聯網或黑市購買藥劑製品

Lessons learnt 教訓 (2)

Importing, selling and possessing certain prohibited substances are regulated by the laws of Hong Kong at the same time. Selling or possessing these substances through internet or black market may be liable for criminal prosecution and subject to fines and imprisonment.

進口、銷售或管有某些運動禁藥同時受到香港法例規管，透過互聯網或黑市銷售或管有這些禁藥，有可能被刑事起訴而導致被罰款和監禁。

"According to Pharmacy and Poison Ordinance Cap. 138, **illegal sale and possession** of unregistered pharmaceutical products or Part I poison are criminal offences that could carry a fine of HK\$100,000 and imprisonment of two years upon conviction."

根據《藥劑業及毒藥條例》(香港法例第138章)，**非法售賣或管有**未經註冊藥劑製品及第I部毒藥均屬刑事罪行，一經定罪，每項罪行最高罰則為罰款十萬元及監禁兩年。



Suspension for the Judges? 裁判被罰停賽?

Two bodybuilding athletes were suspended again by HKADC in August for prematurely participating in competitions in the capacity of athlete and judge respectively during the period of ineligibility.

本會剛於8月裁定兩位健美運動員因在「停賽期間」分別以運動員及裁判身份「參與」比賽，違反運動禁藥管制規條而再被處分停賽。

The meaning of “Prohibition on Participation” during period of ineligibility

You may be surprised to learn that even participation in competitions as non-athletes still violates the rules. As a matter of fact, anyone who are being sanctioned for ineligibility cannot take part in any event organized by any signatory of the World Anti-Doping Code (the Code) in any capacity, which includes competing athletes, coaches, team officials, judges, committee members, advisors and sponsors etc.

Besides, those who are being sanctioned for ineligibility are not allowed to undergo training with official teams or to use any official sports venues or facilities.

According to the anti-doping regulations, anyone who has been sanctioned for ineligibility cannot take part in events organized by any signatory of the Code, which includes all local organizations under the SF&OC or HKADC system, as well as any local or overseas organizations that have directly or indirectly signed the Code.

In this regard, violation of the anti-doping rules will have serious consequences on athletes as they will be totally expelled from the sport community for quite some time.

停賽期間「禁止參與」比賽之定義

各位可能對於以非運動員身份在「停賽期間」參與比賽亦屬違規而感到驚訝。事實上，被罰停賽人士不准在停賽期間以「任何身份」參與由受世界運動禁藥法規管制之機構或組織所舉辦的「任何活動」。「任何身份」包括參賽者、教練、隊伍職員、裁判、執委、顧問及贊助人等等。

同時，被罰停賽人士不可跟隨官方隊伍一同訓練以及不准享用官方體育場地及設備。

根據運動禁藥管制規條，任何已簽署世界運動禁藥法規之機構或組織所籌辦的活動，被罰停賽人士一律不准參與。這些機構包括所有在港協暨奧委會或香港運動禁藥委員會體制之內的本地機構，及本地和海外直接或間接已簽署有關法規的機構。

由此可見，運動員一旦違反運動禁藥管制規條，他們將有一段長時間被體育界原全摒棄，代價不菲。

Q&A
考考你

Athletes are allowed to request for a delay in reporting to the doping control station with which of the following reason(s)?
運動員可以根據以下何種理由要求延後前往藥檢站報到?

- | | |
|--|--|
| (a) completing a training session
先完成訓練環節 | (d) participation in a victory ceremony or media commitments
參加頒獎禮或接受傳媒採訪 |
| (b) receiving necessary medical treatment
接受必要的治療 | (e) All of the above
以上皆是 |
| (c) competing in further competitions
要繼續參與其他比賽 | |

Answer (e)