

TrueSelf



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

香港運動禁藥委員會通訊 HKADC NEWSLETTER

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Support Fair Play • Complete Clean Everyday
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教育活動全速開動! Education programmes going full steam ahead!

剛推出的中學教育講座已於2015年11月順利展開。至今香港運動禁藥委員會已經為4間中學安排講座，向超過560位中學生傳達公平競賽及反禁藥訊息。參與學校的熱烈反應充分反映了講座活動已踏出成功的第一步，在往後數月我們將陸續安排更多講座。

除了上述新設的中學講座，回顧過去一年的教育工作，本會可說成績斐然。在2015年我們為不同運動界別及有關團體一共安排了20次外展教育活動及13次講座，參與人數超過6700名。除了繼續舉辦現有教育活動，本會亦嘗試拓展新活動項目，例如首次在2015奧運日-奧運歡樂跑舉行的外展活動攤位，以及為參與首屆全國青年運動會的香港代表隊舉辦賽前講座。

憑藉打擊運動禁藥的一貫堅持，本會必將全力以赴，決心為香港體育界守護一個無禁藥的競賽環境。

The new education talk for secondary schools has been successfully launched in November 2015. So far HKADC has organized education talks for four schools, delivering messages on fair play and anti-doping to more than 560 students. The very positive response from schools has proven a good start for this new initiative, with more talks being lined up for the months ahead.

Apart from the new school talks mentioned above, HKADC has done an impressive job when we look at the education programmes accomplished this year. During the year of 2015, a total of 20 outreach programmes and 13 education talks were organized for more than 6,700 participants of various sport disciplines and related organizations. While keeping up the existing programmes, we have also tried exploring new events including the outreach programme organized for the first time at the 2015 Olympic Day - Olympic Fun Run and the pre-games seminar for the Hong Kong delegates heading for the first National Youth Games.

With our continuous efforts to promote anti-doping culture, HKADC will do our very best to preserve a drug-free sport community in Hong Kong.

重要日期 Important Dates

31 December 2015

藥檢名單的運動員遞交2016年度第一季行蹤資料的最後限期
Year 2016 Q1 whereabouts submission deadline for testing pool athletes

9 - 10 January 2016

外展教育計劃於2016香港馬拉松嘉年華會期間舉辦(維多利亞公園)
Outreach Education Programme at the Hong Kong Marathon Expo 2016 at Victoria Park

重要忠告 Advisory Notes

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：
WADA公布全球運動支援人員的處分名單

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 publishes Global List of Suspended Athlete Support Personnel

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世界運動禁藥機構與中國聯手打擊 提昇表現藥物(PED)之非法生產和供應

WADA and China join hands to tackle illegal manufacture and supply of PEDS



世界運動禁藥機構(WADA)與中國國家體育總局(GASC)近日簽署諒解備忘錄，聯手打擊提昇表現藥物(PED)的非法生產和供應，以及用以生產PED的材料來源。

中國被視為當今運動禁藥生產及輸出主要國家之一，而當中PED已在互聯網上公開販賣並運送世界各地，直達運動員手中。

根據協議，WADA及國際刑警(INTERPOL)將與中國執法部門交換訊息情報，偵緝瓦解中國境內的PED非法製造商、供應商及買家，並協助其他國家調查其他潛在違例個案。

來源: WADA網頁

The World Anti-Doping Agency (WADA) and the General Administration of Sport of China (GASC) have signed a Memorandum of Understanding (MOU) to crack down on the illegal manufacture and supply of Performance-Enhancing Drugs (PED) and raw materials for the production of PEDs in China.

China is branded one of the world's top producers and exporters of doping products, among which, PEDs are openly sold on the internet and then shipped to countries around the world, before they reach the hands of the athletes.

Under the agreement, WADA and International Criminal Police Organization (INTERPOL) will exchange information and intelligence with Chinese law enforcement organizations to target and dismantle illegal manufactures, suppliers and buyers of PEDs across China and also help other countries to investigate possible anti-doping rules violations.

Source: WADA website

2016年度禁用清單即將生效

The 2016 Prohibited List will soon come into force

2016年度禁用清單將於2016年1月1日生效。主要修訂為:

- S2 荷爾蒙、生長因子及相關物質項目 - 柳菩林(Leuproelin)取代曲普瑞林(Triptorelin)，作為更具普遍性的絨毛膜性腺激素及促黃體激素釋放因子的範例。
- S4荷爾蒙及代謝調節劑項目 - 加入胰島素類似物(Insulin-mimetics)，以包括所有胰島素受體促效劑。
- S4荷爾蒙及代謝調節劑項目 - 加入米曲肼(Meldonium/Mildronate)，因有證據顯示運動員服用此物質以提昇運動表現。
- 禁用酒精運動項目 - 刪除國際摩托車聯合會(FIM)之摩托車項目。

2016年度禁用清單的電子及手機版本可於HKADC網頁及App Store下載

The 2016 Prohibited List will come into force on 1 January 2016. Major modifications include:

- Leuprorelin replaced triptorelin in "S2 Peptide hormones, Growth Factors, Related Substances and Mimetics" as a more universal example of a chorionic gonadotrophin and luteinizing hormone-releasing factor.
- Insulin-mimetics were added to "S4 Hormone and Metabolic Modulators" to include all insulin-receptor agonists.
- Meldonium (Mildronate) was added to "S4 Hormone and Metabolic Modulators" because of evidence of its use by athletes with the intention of enhancing performance.
- The Federation International de Motocyclismewas removed from the list of sports prohibiting alcohol as a doping agent.

Electronic and mobile versions of the 2016 Prohibited List is now available for download on HKADC website and App Store respectively.



模擬個案 Case Study

The “Vanishing” Chris 的行蹤 “飄忽不定”?

Chris是一位精英運動員，剛於今年被納入香港運動禁藥委員會藥檢名單內。Chris尚未習慣提交行蹤資料，已經被所有訓練、比賽、學業填滿了他的每天日程。繁忙的生活令Chris開始忽略了提交及保持行蹤資料準確完整的重要性。一天，運動禁藥管制主任(DCO)根據Chris所提供的行蹤資料時間前往他就讀的學校準備進行藥檢，而Chris只提供了學校地址卻沒有填寫準確位置。由於DCO未能在學校找到Chris，DCO即日滙報藥檢未能成功。

Chris was an elite athlete who had just been included in the HKADC testing pool. Before he got familiar with the practice of whereabouts submission, Chris already found his schedule fully occupied with daily training, matches and lessons. He soon started to forget the importance of submitting and updating whereabouts under his hectic school life. The other day a Doping Control Officer (DCO) tried to find Chris at his school for a doping test according to the information submitted. The search was in vain as the DCO only had the school address but not the exact location of Chris. Therefore, the DCO reported this unsuccessful attempt to test on Chris.

✘ 提供不適當的地點! Giving an inappropriate venue!

- 學校或辦公室之類的私人場所，通常不允許未經許可人士出入；
- 當上課或工作期間，運動員亦未必能隨便離開崗位接受藥檢；
- Unless given permission, outsiders are usually not allowed to access private premises such as schools or offices.
- Athletes may not be available for doping tests when having lessons or working.

你認為Chris
在事件中犯了哪些錯誤?
What mistakes did Chris make?

✓ **正確做法：**選擇報交行蹤地點時，應考慮該地點是否適合即時進行藥檢。

The correct ways : Consider whether the venue is suitable for an immediate doping test when submitting whereabouts details.

✘ 未有提供準確的位置! Failing to give an exact location!

- 所提供的學校位置範圍太大，並不是準確的位置。
- 執行藥檢的DCO沒有責任在報交行蹤的範圍內進行搜尋。
- The school address provided covered too large an area, not showing an exact location.
- The DCO commissioned for the doping test was not supposed to search the whole area of the address provided.

✓ **正確做法：**報交行蹤位置一定要包括準確的樓層及房間號碼，以便DCO能直接找到運動員。

The correct ways : Accurate floor and room numbers must be included in the whereabouts provided so that the DCO can locate the athlete right away.

“鎖定”行蹤有方法: Ways to lock on whereabouts:

準確位置 Exact location

要包括場地名稱、地區名及街道號碼、大廈名稱、樓層及房間號碼
To include names of venues and districts, street numbers, names of buildings, floor and room numbers.

地點 Venue

確定自己每日可以進行藥檢的最佳地點 -
例如：訓練或比賽場地、住宿地點或其他日常活動的場地等
To identify the best venues for doping tests, e.g. training or competition venues, places of accommodation and routine activities.

保持更新 Updates

每季準時提交行蹤資料，若資料有變動，要立即更新。
To submit quarterly whereabouts information on time and make updates as necessary.

請注意! Attention!

若遇上任何提交行蹤資料上的困難或突發的意外時，就要立即通知本會。
Please inform HKADC if you encounter any contingencies or issues with submission of whereabouts.

血液檢測:

打擊運動禁藥無往而不利



Blood Testing: an effective part of anti-doping programme

運動員除了接受尿液檢測，亦有機會隨時隨地、於賽內或賽外被抽選進行血液檢測。目前國際趨勢是加強血液檢測工作，與尿液檢測相輔相成，以打擊愈趨複雜的用藥情況。

在某些情況下於尿液中無法驗出的額外物質例如輸血、血紅蛋白氧載體(HbOCs)及生長荷爾蒙等，於血液化驗中則無所遁形，更可以藉由監察血液指標(如：血球容積比、血紅蛋白、網織紅細胞等)，鑑定有否使用禁藥或違規行為。

當運動員被選中進行血液抽樣，整個過程會由一位血樣採集主任(BCO)陪同運動禁藥管制主任(DCO)進行。BCO是一位合資格的專業人士，專門負責抽取血液樣本，而DCO則確保整個樣本採集過程按規定進行。檢測只須約10毫升血液樣本，跟尿液樣本一樣，血液樣本的真確性和安全尤其重要，所以運動禁藥管制機構在處理樣本時亦必定十分謹慎。

再次提醒各運動員，不論血液或尿液樣本抽驗，請務必合作，切勿拒絕接受藥檢，否則將被視為違反運動禁藥規例而遭受處分。有關血液檢測的更多詳情，請瀏覽HKADC網頁。

Other than urine testing, athletes may also be selected for blood testing at any time and in any place, either in-competition or out-of-competition. The international trend nowadays for anti-doping organizations is to push for more blood testing, complementary to urine testing, to combat the more and more sophisticated means of doping.

Blood testing is the optimum way of detecting additional substances that in some cases may not be able to be detected in urine such as blood transfusions, haemoglobin based oxygen carriers (HbOCs) and Growth Hormone. It can also monitor the blood parameters (e.g. haematocrit, haemoglobin, reticulocytes) for indication of doping practices.

For athletes selected to provide a blood sample, a Blood Collection Officer (BCO) will accompany the Doping Control Officer (DCO) throughout the blood collection session. A BCO is a qualified professional who will perform the actual blood collection while the DCO will process the sample collection session. Only about 10 ml of blood is needed to be drawn for testing. Same as a urine sample, the integrity and security of a blood sample are of the utmost importance and therefore it is handled very carefully by anti-doping organizations.

Last but not least, athletes are reminded not to refuse to provide a blood (and/or urine) sample, or else they may be found guilty of an anti-doping rule violation and will face sanction. For detailed information on blood testing, please visit HKADC website.

考考你
Q&A

香港運動禁藥委員會在2015年舉辦了哪些新教育活動項目？

What is/are the new initiative(s) of education programmes organized by Hong Kong Anti-Doping Committee in 2015?

- (a) 中學教育講座
Education Talk for Secondary School
- (b) 奧運日歡樂跑外展攤位
Outreach at Olympic Day Fun Run
- (c) 首屆全國青年運動會賽前禁藥講座
Pre-games Seminar for the first National Youth Games
- (d) 以上皆是
All of the above

Answer: (d)