

TrueSelf

HKADC NEWSLETTER 香港運動禁藥委員會



Support Fair Play Compete Clean Everyday
齊來支持公平競賽 運動聖潔榮人愛

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In-competition testing 101 賽內禁藥檢測101

In-competition testing is testing conducted in connection with a competition. It could happen at major games, international championships, and even local competitions in Hong Kong. Don't ever think that only the winners would be tested. Athlete could also be randomly selected. Notification for testing often takes place right after competitions when the competition results could be confirmed. However, athletes participating at major games should aware that in-competition tests can occur anywhere, including athlete's hostel and practice venue during the games period.

Sounds like it is very demanding for athletes. Do athletes have any rights of their own? Are there any advices for them?

- Under permission of the Doping Control Officer, athlete could attend prize presentation, media interview, and similar activities before reporting to the Doping Control Station.
- Be ready to go through the testing procedure after the tiring competition. For the winners, any celebration has to wait until the test is over. For the poor losers, hold your temper and cooperate.
- Bring a jacket to the Doping Control Station as it is often air-conditioned. You don't want to catch a cold!
- If needed, you could eat before providing the sample. However, be extremely careful in choosing you food and declare it in the Doping Control Form.



賽內禁藥檢測是指與比賽相連而進行的檢測，它可以在大型運動會、國際錦標賽，甚至在香港的本地賽事中進行。千萬不要以為只有優勝者才須進行檢測，其他運動員也可能會被隨機測試。運動員通常在比賽確認結果後立即收到檢測通知。然而，參與大型運動會的運動員應注意，在運動會期間，賽內禁藥檢測可以在任何地方進行，包括運動員宿舍和訓練場地。

看起來賽內檢測對運動員十分苛刻。運動員在檢測中有什麼權利？有沒有任何忠告？

- 在得到運動禁藥管制主任的許可，運動員在到運動禁藥檢測站前，可以先參加頒獎典禮、接受媒體訪問和類似的活動。
- 在疲累的比赛過後，須完成整個藥物檢測程序。優勝者須完成檢測程序後，才進行慶祝活動。而不幸落敗的，亦須要控制情緒及保持合作。
- 帶一件外套到運動禁藥檢測站，你不想在有空調的站內著涼！
- 如有必要，你可以在提供樣本之前進食。不過，你需要非常小心地選擇你的食物，並紀錄在藥檢紀錄表格上。

News 最新消息

Mr. LO Yun Sum and Mr. WONG Chun Nam have been appointed as Vice-Chairmen of the Anti-Doping Appeal Panel since 8 December 2010. 運動禁藥上訴專責委員會成員的黃鎮南先生及盧潤森先生，由2010年12月8日起獲委任為該專責委員會副主席。

Important Dates 重要日期

31 March 2011

Year 2011 Q2 whereabouts submission deadline for testing pool athletes
藥檢名單的運動員遞交2011年度第二季行蹤資料的最後限期

12 & 13 March 2011

Education Outreach Programme at Festival of Sport Opening Programme at Shatin Town Hall Plaza
假沙田大會堂露天廣場的體育節開幕典禮中舉辦外展推廣計劃

Advisory Notes 重要忠告

A complete summary of important messages to help avoiding inadvertent violation of anti-doping regulations are available at HKADC website. Advisory Notes added recently include:

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」包括：

1. Substance Warning: Oxethazaine
切勿誤用含奧昔卡因(Oxethazaine)產品
2. Substance Warning: Methylhexanamine
切勿誤用含甲基己胺(Methylhexanamine)產品
3. Gentle Reminder – Violation of the laws of Hong Kong by selling and obtaining prohibited substances on internet and black market
善意提示—網上或黑市買賣運動禁藥均屬違法

The Committee 委員會

Chairman 主席

Prof. Frank FU, MH, JP
傅浩堅教授 MH, JP

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Dr. Simon YEUNG
楊世模博士
Mr. CHEUNG Ping Wai
張炳槐先生

HKADC promotes "Fair Play" at Hong Kong Marathon Expo 香港運動禁藥委員會於馬拉松嘉年華中推廣“公平競賽”

For a second straight year, HKADC hosted an outreach booth at the Marathon Expo held at the Victoria Park on 12 and 13 February 2011. The main theme of this year's HKADC Outreach Programme was "Support Fair Play, Compete Clean Everyday".
香港運動禁藥委員會於2011年2月12日和13日，連續第二年在維多利亞公園舉行的馬拉松嘉年華舉辦外展推廣計劃，今年推廣計劃的主題為「齊來支持公平競賽，運動零禁藥人人愛」。



Anti-Doping Quiz 運動禁藥有獎遊戲

*Taking the challenge on anti-doping knowledge and winning a prize
挑戰對運動禁藥的認識和贏取禮品*



Pose for Pictures 拍照留念

*I am the champion by training hard and competing clean
我的冠軍來自艱苦訓練和公平競賽*



Signature Campaign 簽名運動

*Support the anti-doping movement by providing signature
簽名支持運動零禁藥*



Exhibition 展覽

*The supporters come from all walks of life. Let's be firm to ask all athletes to stay dope free
來自各界的支持者，使我們更堅定地要求所有運動員遠離運動禁藥*





HKADC was encouraged by the good response to the Outreach Programme, which saw participation by over 1100 people. The strong support from the Expo participants made this programme a great success.

To further promote anti-doping movement and solicit public support to fair play, HKADC will deliver another Outreach Programme at the Festival of Sport Opening Programme at Sha Tin Town Hall Plaza on 12 and 13 March 2011. A wide variety of fun-filled games and activities will be showcased during the event.

外展推廣計劃吸引了超過1100人參加，香港運動禁藥委員對是次活動的踴躍反應感到鼓舞。得到嘉年華參加者的鼎力支持，令本推廣計劃得到空前的成功。

為了進一步推廣無禁藥運動和爭取市民支持公平競賽，香港運動禁藥委員將於2011年3月12和13日，假沙田大會堂露天廣場，在體育節開幕節目中再次舉辦外展推廣計劃，各式各樣有趣的遊戲和活動將在活動期間推出。

Case study 模擬個案

As an athlete, do you know that WADA and your International Federation (IF) have the right to conduct test on you?

Peter is an athlete in HKADC's testing pool. He has been submitting his whereabouts to HKADC through ADAMS. Like many other athletes, he occasionally forgets to update his whereabouts when his schedule deviates from the routine. In a test arranged under the IF-WADA testing arrangement, Peter was not present at the location as specified by his submitted whereabouts.

What would happen to Peter? Will Peter be charged for a whereabouts failure?

Peter was included in the HKADC testing pool 'B' but not in the IF's RTP. His obligation in whereabouts was determined by HKADC. Being in testing pool 'B', it is not compulsory for him to provide the 60-min timeslot for each day. His mistake in not updating his whereabouts and therefore his unavailability for test could not be treated as a Missed Test. He received warning on the occasion and education on the importance of updating whereabouts was reinforced.



作為運動員，你知不知道世界運動禁藥組織 (WADA) 以及國際體育聯會 (IF) 有權對你進行藥物檢測？

Peter是香港運動禁藥委員會藥檢名單內的運動員，並透過ADAMS提交他的行蹤資料予香港運動禁藥委員會。跟很多運動員都一樣，當他的日常行程出現變更時，他有時忘記更新行蹤資料。在一個由IF與WADA安排的藥物檢測中，Peter沒有在他所提交的行蹤地點出現。

Peter會發生什麼事？Peter 會否被指控行蹤失誤？

Peter是香港運動禁藥委員會藥檢名單B的運動員，但他卻不屬於IF的藥檢登錄名單，香港運動禁藥委員會全權決定他的行蹤資料責任。作為藥檢名單B的運動員，他沒有被強制要求提供每天指定的六十分鐘時段，所以由於他沒有更新行蹤資料而造成的錯失，並不構成「遺漏檢測」。他已就事件接受警告，並進一步接受更新行蹤資料的教育。

LESSONS LEARNT 教訓

- 1. Always update your whereabouts;**
及時更新你的行蹤資料；
- 2. Inform and seek HKADC's advice should you receive assertion of anti-doping rules violation from other anti-doping organizations.**
當其他運動禁藥組織指控你違反運動禁藥管制條例時，盡快通知及尋求香港運動禁藥委員會的意見。

Thinking about Retirement? Information you need to know! 考慮退役？你需要知道的資訊！

If you belong to the Registered Testing Pool (RTP) of an International Federation (IF) and/or HKADC and have decided to retire from your sport, you must formally notify these organizations before you retire.

Unless these organizations inform you that they have acknowledged your retirement and removed your name from their RTP, you must continue to submit your whereabouts and expect to be tested anytime, anywhere. Same as retirement from a job, you have to plan ahead for it!

If you change your mind later and decide to come out of retirement to resume competition, you may not do so unless:

- you have formally notified your IF and/or HKADC 6 months before you expect to return to competition.
- you comply with whereabouts requirement and make yourself available for unannounced out-of-competition testing during the period before actual return to competition.

如果你是國際體育聯會(IF)和/或香港運動禁藥委員會的藥檢登錄名單(RTP)內的運動員，並已決定從你的運動項目退役，你必須在你退役之前，正式通知這些組織。

除非這些組織通知你，他們已收到你的退役通知，並把你的名字從他們的藥檢登錄名單中移除，否則你必須繼續提交你的行蹤資料，並準備隨時隨地接受藥物檢測。跟在工作中退休一樣，你必須預先計劃！

如果你隨後改變主意，並打算重新參與比賽，你必須：

- 在重返比賽前6個月，已預先通知國際體育聯會和/或香港運動禁藥委員會。
- 在正式重返比賽前，遵守行蹤資料的要求，並隨時接受無預警的賽外檢測。





Q&A 考考你

The Canadian Centre for Ethics in Sport has recently sanctioned a football coach for 2-year ineligibility from sport. The coach did not allow doping control personnel to access his players for out-of-competition tests. Which anti-doping rule violation has this coach committed?

加拿大運動禁藥中心最近向一位足球教練作出處分，禁止其參與體育兩年。原因是該教練阻止運動禁藥管制主任，在賽外檢測中接觸其運動員。該教練究竟違反了那一條運動禁藥規條而被罰？

Answer: Tampering with Doping Control
答案：干預運動禁藥管制程序