

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
齊來支持公平競賽 運動完潔人人覺



歡迎加入!

打擊運動禁藥的生力軍!

Welcome aboard!

New members of the Anti-Doping Force!

每年都有一批表現達到合格水平或將代表香港到外地參賽的精英運動員加入香港運動禁藥委員會的藥檢名單，對他們來說這是傑出表現的確認，是運動事業的一個里程碑。

假若您剛剛成為我們的精英運動員一份子，本會謹此為您的成就送上衷心祝賀！在慶祝之餘，請注意這種身份轉變，亦會帶來相關必須履行的責任。

在遵守行蹤資料規條以外，所有運動員亦必須切記以下世界運動禁藥法規所訂明的各項角色與責任：

運動員之角色與責任

1. 熟悉並遵守運動禁藥管制規例
2. 可隨時準備接受藥檢
3. 對自己所服用及使用的任何物質負責
4. 告知醫護人員運動員不能接受任何禁用物質或方法，並有責任確保所接受的一切治療不會違規
5. 如在過去十年曾被任何非禁藥公約簽署組織裁定違規，必須向有關國際聯會及香港運動禁藥委員會申報
6. 若運動禁藥管制機構對違規個案進行調查，必須保持合作

打擊運動禁藥並非單憑運動禁藥管制機構一方之力，運動禁藥管制工作已經從“向禁藥宣戰”轉型為“保護清白的運動員”，因此公平競賽之得以持續實有賴各運動員的攜手合作，履行以上各項責任，即可對無禁藥的體壇作出寶貴貢獻。

Every year a new group of elite athletes will join the HKADC Testing Pools as their performance has reached the qualifying levels and will represent Hong Kong at international competitions. This is an acknowledgement of their outstanding performance and a milestone in their sport career.

Congratulations on your remarkable achievement if you have become one of our new elite athletes! While celebrating this joyous change, you should also be aware that there are some accompanying obligations as well.

Apart from observing the regulations on whereabouts submission, all athletes must bear in mind to fulfil the roles and responsibilities as set out in the World Anti-Doping Code:

Roles and Responsibilities of Athletes

1. To be knowledgeable of and comply with the Anti-Doping Rules.
2. To be available for sample collection at all times.
3. To take responsibility, in the context of anti-doping, for what they ingest and use.
4. To inform medical personnel of their obligation not to use prohibited substances and prohibited methods and to take responsibility to make sure that any medical treatment received does not violate these Anti-Doping Rules.
5. To disclose to their International Federation and to HKADC any decision by a non-signatory finding that the athlete committed an anti-doping rule violation within the previous ten years.
6. To cooperate with Anti-Doping Organizations investigating anti-doping rule violations.

The fight against doping is not just the obligation of doping control authorities. As the anti-doping industry is moving away from “fighting a war on doping” to “protecting the clean athlete”, fair play in sport can only be sustained through collaboration with all athletes. Observing the guidelines above will ensure your contribution to the clean sport community.

重要日期 Important Dates

31 March 2016

藥檢名單的運動員遞交2016年度第二季行蹤資料的最後限期

Year 2016 Q2 whereabouts submission deadline for testing pool athletes

委員會 The Committee

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齊來找不同

Spot the Differences

	尿液檢測 Urine Testing	VS	血液檢測 Blood Testing
工作人員 Personnel	<ul style="list-style-type: none"> 運動禁藥管制主任 Doping Control Officer 陪同人員 (如有需要) Chaperone (if necessary) 		<ul style="list-style-type: none"> 運動禁藥管制主任 Doping Control Officer 血液採集主任 (具認可抽血資格) Blood Collection Officer (who possesses qualifications in phlebotomy) 陪同人員 (如有需要) Chaperone (if necessary)
工具 Equipment	<ul style="list-style-type: none"> AB 尿液樣本瓶 AB urine sample kits 集尿杯 Urine collection cups 		<ul style="list-style-type: none"> AB 血液樣本瓶 AB blood sample kits 真空採血試管 Vacutainer tubes 消毒針 Sterile needles
準備 Preparation	<ul style="list-style-type: none"> 如有需要可補充水份 Hydration if needed 待運動員準備好便可提供樣本 Athlete to provide sample when ready to urinate 		<ul style="list-style-type: none"> 無須補充水份 No hydration needed 運動員在抽血前保持平常坐姿至少10分鐘 Athlete to remain in a normal seated position for at least 10 minutes prior to providing a sample
所需樣本 Sample required	<ul style="list-style-type: none"> 不少於90毫升尿液 At least 90ml of urine 		<ul style="list-style-type: none"> 約10毫升血液 Approximately 10ml of blood
特別聲明 Special Declaration	<ul style="list-style-type: none"> 無 None 		<ul style="list-style-type: none"> 過往三個月曾否接受輸血 Declare any blood transfusion(s) received during the previous 3 months
事後護理 Aftercare procedures	<ul style="list-style-type: none"> 無 None 		<ul style="list-style-type: none"> 接受抽血的手臂在30分鐘內應避免進行劇烈活動，以免造成瘀青 Athlete should not undertake strenuous exercise using the arm for at least 30 minutes to minimize potential bruising

請注意以下各項同樣適用於尿液及血液檢測:

- 檢測通知程序
- 運動員對樣本採集前所有飲食負有最終責任
- 運動員必須一直在運動禁藥管制主任或陪同人員的視線範圍內，直至所有程序完成為止
- 樣本的真確性及安全受到保障，所有樣本皆被妥善保存，並在嚴密監控程序及有關分析指引下進行運送
- 運動員必須就過去七天內曾服用的藥物及補充劑作出申報
- 運動員必須按照運動禁藥管制主任的指示，仔細檢查藥檢記錄單並在核對無誤後簽署作實

Please be reminded that the following procedures are the same for both types of testing:

- Athlete notification
- Athlete is accountable for any food or beverage consumed prior to Sample provision.
- Athlete has to remain within direct observation of the DCO/Chaperone at all times until the completion of all procedures.
- The integrity of the Sample is maintained. All Samples are properly stored and dispatched in accordance with the Chain of Custody and relevant analytical guidelines.
- Athlete must declare any medication and/or supplements used in the past 7 days.
- Athlete must check and sign the Doping Control Form as requested by the DCO.

模擬個案 Case Study

Jenny 是一名全職運動員，經常到海外訓練和比賽，最近正努力為下個月舉行的亞洲錦標賽積極備戰。由於近日天氣反覆，Jenny 不小心患上感冒，加上各地的溫差令 Jenny 病情日漸嚴重，咳嗽不止。

為了幫助 Jenny 盡快康復，重拾狀態，Jenny 媽媽提議煲特效中藥材湯為 Jenny 補身，據說可以治療咳嗽，增強免疫力。不過，Jenny 對於媽媽的提議有點擔心，因她不肯定中藥材是否含有運動禁用物質。

Being a full-time athlete, Jenny always participates in training sessions and competitions overseas. She has been working hard recently for the Asian Championships coming soon next month. Out of the blue, Jenny caught a cold during the recent erratic weather changes. The temperature variations in different countries further aggravated her condition, causing severe coughing.

To help Jenny recover as soon as possible, Jenny's mother suggested Jenny to try her special Chinese herbal medicine, which was known to be good at healing cough and boosting immunity. However Jenny was a bit concerned about this suggestion, worrying if the herbal medicine contained prohibited substances.

Jenny:



運動員應否服用中藥？

Should athletes consume Chinese herbal medicines?



Jenny 的擔心是否正確呢？
Is Jenny's worry correct?

完全正確！ Spot on!

- 由於中藥材種類繁多，至今仍未有一套國際認可的方法去確認每款中藥材的成份是否含有運動禁用物質。加上市面上的中成藥或藥材湯一般由幾款至幾十款中藥材混合製成，在不能肯定是否含有運動禁用物質的情況下，運動員的藥物檢測有可能呈陽性反應。
- 中藥材由種植、生產、以至製作/烹煮過程均沒有統一的標準，運動員不能百分百保證服用的中藥材沒有受污染或不合運動禁用物質。
- There is still no internationally approved method to identify whether the ingredients of each type of Chinese herbs contain prohibited substances owing to their huge variety. Furthermore, Chinese proprietary or herbal medicines available on market are usually produced by mixing a few or dozens of herbs which may result in athletes being tested positive.
- There is no standard procedure for the planting, production, and preparation of Chinese herbal medicines. Athletes cannot guarantee that the medicine is not contaminated or free from prohibited substances.

注意
Attention:

運動員服用中藥前應慎重評估風險，同時考慮其他可行及相對安全的方法。
Athletes must assess the risks involved before using Chinese herbal medicines. Other feasible and safer options should be considered as well.

藥檢最前線 迎接新挑戰

Staying at the Doping Control Frontline - Facing the New Challenges

「專業•可靠•公正」用來形容香港運動禁藥管制主任 (DCO)的工作最貼切不過。為確保DCO團隊能持續地以此宗旨面對藥檢工作的新挑戰，本會在2015年12月12日為團隊進行了強制性的年度專業培訓。

培訓內容包括檢討香港運動禁藥委員會過去一年在教育及藥檢工作的成效，以及講解有關世界運動禁藥法規及藥檢工作的重要資訊。另外，我們更透過問答及分享環節，測試及提升DCO的專業水平和實際執行藥檢工作的能力。站在最前線的DCO團隊會以不斷學習、精益求精的態度，繼續為香港締造無運動禁藥的公平競賽環境。

The work of Doping Control Officers (DCO) could be best described by the principles of being "Professional, Reliable and Impartial". HKADC organized a mandatory annual professional training on 12 December 2015 for our DCO team to ensure that they will continue to apply the same principles when facing the coming challenges in doping control.

The training included a review of HKADC's work on its education and testing programmes in the past year, as well as key updates on the World Anti-Doping Code and doping control programme. Their professional standards and technical know-how were also assessed and enriched through a quiz and a sharing session during the training. Through continuous learning and improvement, our DCO team at the frontline will keep preserving a doping-free environment for the fair play of sport in Hong Kong.



犯規? NO way!

Breaking the rules? No way!

2015年新修訂之世界運動禁藥法規(WADC)已經實施一年，為加深大家對有關法規的認識，本會在未來數期將重溫十項運動禁藥管制規條，與大家溫故知新，繼續攜手維護公平競賽。今期先為大家重溫規條一及二，主要針對運動員本人直接違反規條的情況。

[規條一] 運動員身體樣本含有禁用物質或其代謝物

• 若運動員所提供的樣本(尿液或血液)被驗出呈陽性化驗結果，即屬違規，並受嚴厲處分。根據嚴格責任原則，無論故意與否，運動員仍須要為自己體內發現的任何運動禁用物質負責。

[規條二] 運動員採用或意圖採用運動禁用物質或方法

• 只要透過可靠的證人、證供、文件記錄，以及如生物護照等收集運動員樣本的分析數據，證實運動員有採用或意圖採用運動禁用物質或方法，便可指證運動員違規。

The new 2015 World Anti-Doping Code has come into force for a year. HKADC will revisit the 10 Anti-Doping Rules in the coming issues so as to reinforce your understanding on the rules, keeping up the momentum in supporting fair play. Let's look into Rule 1 and 2 in this issue, which mainly involve rule violations committed by athletes themselves.

Rule 1 — Presence of a Prohibited Substance or its Metabolites in an Athlete's Sample

• If the sample (urine or blood) given by an athlete is tested positive, a violation is committed and serious penalties will follow. According to the principle of strict liability, athletes are held responsible for any prohibited substance found in their samples, no matter if the violation is intentional or not.

Rule 2 — Use or Attempted Use by an Athlete of a Prohibited Substance or Method

• A rule violation is established when there is valid proof indicating the athlete has used or attempted to use a prohibited substance or method. Such proof may include witnesses, evidence, record documents or analysis data of athletes' samples such as Biological Passports.

注意 Attention:

在特殊情況下，相關的運動支援人員亦會接受調查:

- 有未成年運動員違規
- 某運動支援人員所管理的運動員中有多於一人違規

Attention: Investigation into the related athlete support personnel will be carried out if:

- A minor athlete has violated the Anti-Doping Rules
- More than one athlete supported by the athlete support personnel has violated the Anti-Doping Rules.

考考你 Q&A

運動員必須履行的責任包括：
Roles and Responsibilities of athletes include:

- | | |
|--|--|
| (a) 隨時準備會被抽選進行藥檢
To be available for sample collection at all times. | (c) 對自己所攝取或使用的物質負責
To take responsibility for what they ingest and use. |
| (b) 通知醫務人員不能使用禁用物質或方法作治療
To inform medical personnel of their obligation not to use prohibited substances or methods on treatment | (d) 以上皆是
All of the above |

Answer: (d)