

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

Keeping up with international trends in anti-doping (1)

緊貼運動禁藥管制的國際趨勢 (上)



Despite its relatively short history of less than 4 years, HKADC has always strived to implement a world class anti-doping programme in Hong Kong. In order to keep up with the latest international trends and development, the Head of Office and the Assistant Manager (Testing) of HKADC attended anti-doping conferences at London and Lausanne respectively in March. Let's share some of the latest international trends and development in anti-doping.

Scientific research

Scientific research always has a leading place in the anti-doping world. WADA provides funding and encourage scientists to develop new and improved detection methods for prohibited substances and methods. Recent funded research projects focus on Human Growth Hormone, EPO, Peptide Hormones, and Gene Doping, etc.

Intelligent testing and non-analytical investigations

While drug testing always remains an important part of the anti-doping effort, a more effective approach to plan and implement the testing programme has been engaged. By integration of intelligence into the testing plan, testing becomes unpredictable, more effective, and focused. Selection of athletes for testing could incorporate information on athlete's recent performance, result of Biological Passport, and other relevant intelligence. In view of this, there are increasing numbers of anti-doping organizations that cooperate with law enforcement parties in the fight against doping. The partnerships aim at collecting anti-doping intelligence through cooperation in the collection, storage, exchange of information. The intelligence not only helps test planning but also being used to combat all forms of illicit trade and to identify anti-doping rule violations other than the use of prohibited substances or methods by athletes. (to be continued on page 2)

儘管成立至今少於4年，香港運動禁藥委員會一直致力在香港實行世界級的運動禁藥管制計劃。為了掌握國際最新的運動禁藥管制趨勢和發展，本會的辦事處主管及助理經理(檢測)於3月分別參加了於倫敦及洛桑舉行的運動禁藥研討會，現在就讓我們分享一些國際最新的運動禁藥管制趨勢和發展。

科學研究

在運動禁藥管制的世界，科學研究一直處於領頭的地位。由世界運動禁藥機構提供資助，以鼓勵科學家開發及改良偵察禁用物質及方法的檢測技術。近年接受資助的研究項目有針對檢測生長激素、紅細胞生成素(EPO)、多肽類荷爾蒙及基因改造技術等。

情報導向檢測及檢測以外調查

藥物檢測一直是打擊運動禁藥中重要的一環，現行的檢測計劃在策劃及實施上都加強效果，利用情報策劃檢測，令檢測更難以預測、有效率和集中。當挑選運動員作藥檢時，可活用運動員最近的運動表現、生物護照結果及其他相關資訊。有見及此，越來越多的運動禁藥管制機構已跟執法部門建立夥伴關係，從而進一步打擊運動禁藥的問題。夥伴關係的目的為收集、儲存和互通跟運動禁藥相關的消息。有關情報不但有助策劃檢測計劃，更能打擊非法銷售，及找出採用禁用物質或方法的運動員以外，違反其他運動禁藥規條的個案。

(第二頁繼續)

News 最新消息

HKADC Anti-Doping Rules have been modified and the new version is in force with immediate effect. Please see Page 3 to find out more. 香港運動禁藥委員會的運動禁藥條例已作出修訂，並即時生效。詳情載於本通訊第3頁。

Important Dates 重要日期

26 June 2012
Athlete Outreach Programme at HKSI
運動員外展計劃於香港體育學院舉辦

30 June 2012
Year 2012 Q3 whereabouts submission deadline for testing pool athletes
藥檢名單的運動員遞交2012年度第三季行蹤資料的最後限期

4 July 2012
Pre-Games Anti-Doping Talk for London 2012 Olympic Games
2012年倫敦奧運會賽前運動禁藥教育講座

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. Article newly added into the Advisory Notes is:

Substance Alert:
Methylhexanamine in Supplements

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：

違禁物質警告－補充劑中的甲基己胺

The Committee 委員會

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張炳槐先生

(continue from page 1)

Strengthen partnerships globally and domestically

Globally, anti-doping organizations, including National Anti-Doping Organizations and International Federations, are encouraged to work together in the fight against doping. Domestically, cooperation with local law enforcement parties as discussed above could be valuable. Partners could benefit from synergies and additional expertise. Successful examples have been seen in both education programmes and testing activities.

All the above trends are contributing to the fight against doping. We will continue to discuss how other means are used to combat doping in the next issue.

(接第一頁)

加強全球及本地的合作夥伴關係

全球性方面，各運動禁藥管制機構，如國家運動禁藥管制機構和國際體育聯會，應聯手合作打擊運動禁藥。本地方面，正如前文提及，運動禁藥管制機構與執法部門合作也有一定作用。透過合作計劃，夥伴可以從協同作用和額外的專業知識中受惠，成功的個案已在教育計劃及檢測活動中得見。

上述的各種趨勢都為打擊運動禁藥作出貢獻，在下一期的通訊，我們將繼續討論其他打擊運動禁藥的手段。

Steroids: Not Worth the Risk!

類固醇：不值得冒險

What comes to mind when you hear the word “steroids”? Is it Muscles, Big, or Strong? How about **Dangerous, Cheating, and Illegal**?

Anabolic steroids mimic the male sex hormone – testosterone and could be taken orally or through injection. Both athletes and average people could use anabolic steroids for performance enhancement or for a better physique.

Cheating

Cheating with the use of steroids had a long history in sports. The most famous doping case involved steroids could be Ben Johnson being tested positive for stanozolol at the 1988 Olympic Games in Seoul.

Currently, steroids are **prohibited in sports at all times** both in- and out-of-competition. With today's advanced testing technology, steroids can be readily detected. Cheating with steroids could completely destroy your sports career.

Illegal

In Hong Kong, it is an offence if a pharmaceutical product classified as a poison is not sold with a proper licence or under the supervision of a registered pharmacist (Pharmacy and Poison Ordinance Cap. 138). In general, products containing steroids are classified as poisons under the said Ordinance in.

In addition to the ineligibility to participate in sports, criminal prosecution and resulting sentence of fine and imprisonment could also be the possible consequences of selling and obtaining prohibited substances on internet and black market.

當你聽到「類固醇」的時候，第一時間聯想到什麼？肌肉、大隻、或強壯？還是**危險、作弊和違法**？

模仿雄性激素 – 睾酮的類固醇，可以透過口服或注射使用，運動員和一般大眾都可能使用類固醇以增強表現或改善體形。

作弊

使用類固醇作弊在運動界中歷史悠久，其中最為人熟悉的個案，可說是賈•莊遜在1988年漢城奧運會中，被驗出曾採用司坦唑醇。

現時，類固醇無論在賽內或賽外均一律在**所有運動項目中被禁用**。以當今先進的檢測技術，類固醇已經可以很容易被檢測，因此採用類固醇作弊可以完全摧毀你的運動生涯。

Dangerous 危險性

Abuse of anabolic steroids can lead to serious health problems 濫用類固醇會嚴重損害健康：

Cardiovascular 心血管	High blood pressure 高血壓 Decrease HDL 降低高密度膽固醇
Hepatic 肝臟	Damage to liver 損害肝臟
Psychological 心理	Aggression 攻擊性行為 Mood swings 情緒不穩定 Mania 躁狂 Depression 抑鬱 Withdrawal dependence 藥物依賴
Others 其他	Men: acne, premature baldness, breast enlargement, impotence, reduction of sperm production Women: lowering of voice, growth of hair on face and body, cessation of breast development, abnormal menstrual cycle, growth of clitoris Children: stunted growth, premature puberty 男性: 暗瘡、過早脫髮、乳房增生、陽痿、減少製造精子 女性: 聲綫變厚、面上及身體毛髮增生、乳房停止發育、月經週期異常、陰蒂增生 小童: 影響發育、青春期提早出現

違法

在香港，一般含有類固醇的產品，根據「藥劑業及毒藥條例第138章」，均被分類為毒藥，而在沒有領取合適牌照及沒有註冊藥劑師監督下售賣被分類為毒藥的藥劑製品即屬違法。

透過互聯網或黑市銷售或購買運動禁藥，除了會被褫奪參與任何體育競賽的資格外，更有可能被刑事起訴而導致被罰款和監禁。

Modifications in HKADC Anti-Doping Rules and Whereabouts Policy

「香港運動禁藥條例」及「行蹤資料政策」修訂



香港運動禁藥條例及其相關政策是香港運動禁藥管制計劃的基礎。作為一份與時並進的文件，條例會因應體育環境改變而經常作出檢討。有關文件最近就作出了下列數項修訂。

已退役運動員重返比賽的要求

在條例修訂前，所有曾經被納入「香港運動禁藥委員會」藥檢名單的退役運動員，若要重返比賽均必須於首個比賽六個月前，向有關組織提交行蹤資料。修例後，打算復出參加**非國際賽事**的退役運動員，已無須再在賽事前事先提交行蹤資料。至於打算復出**國際賽事**的退役運動員，則須要根據有關國際體育聯合會所訂的相關規例，在賽事舉行3至12個月前，提交行蹤資料。

「香港運動禁藥委員會」藥檢名單的納入條件

因應精英訓練資助計劃加入精英A+及精英B+兩個新類別，「香港運動禁藥委員會」的行蹤資料政策，亦作出相關修訂，把新類別的運動員分別納入藥檢名單A及名單B內。

「行蹤資料失誤」/「違反行蹤資料要求」紀錄的重新分類

現時，藥檢名單內不同級別的運動員所須提交的行蹤資料及未能符合有關要求的後果皆有所不同。當運動員於藥檢名單中身份有變，任何既有的「行蹤資料失誤」或「違反行蹤資料要求」紀錄，不應直接對調。就此，行蹤資料政策加入了重新分類的方法，以一個公平的機制來處理有關紀錄。

新名稱取代「藥檢登錄名單」

自「香港運動禁藥委員會」於2009年9月引入三級制的藥檢名單後，條例內的「藥檢登錄名單」一詞容易造成混淆。在不影響運動禁藥管制計劃的執行下，條例中「藥檢登錄名單」一詞在修訂後將被其他更合適的詞句取代。

上述修訂已被確認符合世界運動禁藥法規。香港運動禁藥委員會將繼續致力在本港推行國際認可的運動禁藥管制計劃。

欲進一步了解所有修訂詳情，可瀏覽本會網頁。

The HKADC Anti-Doping Rules (the Rules) and its related policies are the foundations of the Hong Kong Anti-Doping Programme. These living documents are constantly under review to suit the changing needs of the sports environment. Let's take a look at some of the recent modifications to them.

Requirements for retired athletes returning to competition

Before modification of the Rules, any retired athletes, previously included in the HKADC Testing Pools, would need to submit whereabouts for at least 6 months before returning to competition. After rule modification, retired athletes returning to **National Event ONLY**, will not be required to submit whereabouts before returning to competition. On the other hand, individuals returning to **International Event** have to comply with relevant regulations of their International Federation. Whereabouts submission could be required 3-12 months before the first event.

Inclusion criteria of HKADC Testing Pool

In respond to the introduction of Elite A+ and Elite B+ categories in the Elite Training Grant, the HKADC whereabouts policy has been modified to include athletes of the former into Testing Pool A and the later into Testing Pool B.

Re-classification of "Whereabouts Failure/ Non-compliance" record

Athletes in different testing pools have different whereabouts requirements and the consequences of non-compliance are different. When the athlete's status in the testing pools changed, any existing records on Whereabouts Failure (for Pool A) and Whereabouts Non-compliance (for Pool B or C) should not be inter-changeable. The revised Whereabouts Policy suggests principles on how these records should be reclassified to maintain a fair system.

Replacement of the term "Registered Testing Pool"

Since the 3-tier testing pools system was established in September 2009, the term 'Registered Testing Pool' used throughout the Rules could be misleading. Replacement of the term with other suitable terms could avoid misunderstandings and yet have no direct impact on implementation of the anti-doping programme.

The revised regulations remain to be in compliance with the World Anti-Doping Code. HKADC will continue to implement an internationally recognized anti-doping programme in Hong Kong.

To learn more about these modifications, visit our website.



Case Study 模擬個案

Nick is training very hard to prepare for the most important event of the year. He is so close to be selected to represent Hong Kong in the World Championship – a dream that has motivated him to compete every training session in the past 5 years.

Nick一直非常努力練習，以應付年中最重要比賽，他很大機會入選參加世界錦標賽的香港代表隊，這是5年來一直推動著他完成每次訓練的夢想。

The key competitor is using Performance Enhancing Drug (PED)?

主要的競爭對手正在使用提升運動表現的藥物?

His teammate, also the key competitor for the only qualifier place for the World Championship, could be using PED. Nick notices that this teammate is getting unreasonably strong, tends to be unable to control his temper, and getting a serious acne problem all over the body.

Nick的隊友，同時也是爭取世界錦標賽唯一席位的主要競爭對手，可能正在使用運動禁藥。Nick發現他的隊友變得不合理地強壯，無法控制自己的脾氣，更甚的是他全身出現嚴重的暗瘡。

Option 1 選擇一

Try to find a more powerful PED so that I could have the better chance to get the qualifier position.
嘗試尋找更強力的藥物，令我更有重大機會取得席位。

What will you do, if you were Nick?
如果你是Nick，你會怎樣做?

Option 2 選擇二

Give up training. There will be no chance to get the place under the circumstance.
放棄訓練，因此在此形勢根本沒可能取得席位。

Option 3 選擇三

Discuss the concern with the coach and report the observations to the authority.
與教練商討憂慮，並向有關機構舉報注意到的現狀。

The use of PED by athletes should be stopped to preserve the right of clean athletes to compete in a drug-free environment. Any information that could help HKADC to effectively combat the problem will be carefully handled and utilized. HKADC's professional input could help individual to avoid frustration over any possible misunderstanding or to remove a cheater from the system.

為保障清白運動員在無運動禁藥環境下作賽的權力，使用提升運動表現藥物的運動員應被叫停。任何有助香港運動禁藥委員會有效打擊運動禁藥問題的資訊，會經小心處理及利用。香港運動禁藥委員會的專業意見，可助你避免可能因誤會而引起的挫敗感或將騙子從制度中剔除。

Q&A 考考你

Which of the following is NOT a circumstance where athlete will be selected for drug testing?

運動員在什麼情況下，不會被要求作藥物檢測?

- (a) During competition 比賽期間
- (b) During overseas training 海外訓練期間
- (c) During domestic training 日常練習中
- (d) At home 在家中
- (e) None of the above 以上皆非

Answer 答案: (e)