

# TrueSelf

HKADC NEWSLETTER 香港運動禁藥委員會通訊 Issue 12 • September 2012  
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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 (2)

### 緊貼運動禁藥管制的國際趨勢 (下)



In the last issue, we discussed how scientific research, intelligent testing, non-analytical investigations and partnerships enhance the anti-doping programme. In this issue, we continue with other international trends in the fight against doping.

#### More flexibility in sanction to be imposed

There is a debate in the need for more flexibility in the sanction imposed on individual who has violated the anti-doping rule. The standard two-years-ineligibility for the first time violation may not be the best option for all cases.

On one hand, a more lenient approach should be applied on athletes who are not intentionally cheating. Athletes who accidentally intake prohibited substance through tainted supplement or contaminated food could be treated more fairly.

On the other hand, the increase sanction in aggravating circumstances should be more frequently applied. For instance, the use of multiple prohibited substances, the administration of prohibited substance to the minors, and the violation involving a doping plan for multiple athletes should result in more severe sanction.

#### Review of World Anti-Doping Code (the Code)

The Code is the fundamental reference for implementing anti-doping programme across all sports and all countries. In order to respond to the latest trends and issues in the fight against doping, the Code will need to be reviewed and modified periodically. Review of the Code and the five International Standards, being led by the World Anti-Doping Agency, is now ongoing. Being part of the anti-doping fraternity, HKADC is actively participating in the process.

HKADC is committed to implement a world-class anti-doping programme in Hong Kong. By keeping up with the international trends in anti-doping, we would be able to protect the right of athlete to compete on a level playing field.

在上期通訊中，我們討論了如何利用科學研究、情報導向檢測、檢測以外調查及合作夥伴關係來改善運動禁藥管制計劃。在這一期的通訊，我們會繼續討論其他打擊運動禁藥的國際趨勢。

#### 實施更靈活的處分

在處分違反運動禁藥管制規條人士的問題上，是否須要實施更具靈活性的處分也有一番的辯論。首次違反運動禁藥管制規條而被處分停賽兩年的標準，可能不是對所有個案為最佳選擇。

一方面，對於那些不是存心欺騙的運動員，應採用一個更溫和的做法。運動員如不慎採用含有違禁物質的受污染補充劑或食物，應得到更公平的對待。

另一方面，在處理嚴重個案時，應該多施以嚴厲的處分。例如：使用多種違禁物質、於未成年人士身上應用違禁物質，以及涉及多個運動員使用禁藥計劃的個案，理應受到更嚴厲的處分。

#### 檢討世界運動禁藥法規

世界運動禁藥法規(法規)是所有國家及所有運動項目實施運動禁藥管制措施時作為參考的基本原則，為了針對打擊運動禁藥的最新趨勢和問題，法規有需要作定期的檢討及修改。由世界運動禁藥管制機構領導，法規及五個國際標準現正接受檢討，作為運動禁藥管制的同行，香港運動禁藥委員會正積極參與檢討過程。

香港運動禁藥委員會致力於本港推行國際認可的運動禁藥管制計劃，掌握國際最新的運動禁藥管制趨勢，委員會得以保障運動員在公平環境下競賽的權利。

#### News 最新消息

HKADC launched revamped website in August  
香港運動禁藥委員會於8月推出全新網頁

E-poster and Slogan Design Competition –  
“Drug Free and Fair Play in Sport” will be  
opened for entries in mid-September  
「運動零禁藥·公平競賽」電子海報及標語創作比賽於9月中起接受報名

#### Important Dates 重要日期 24 September 2012

Athlete Outreach Programme at HKSI  
運動員外展計劃(香港體育學院)

#### 30 September 2012

Year 2012 Q4 whereabouts submission deadline  
for testing pool athletes  
藥檢名單的運動員遞交2012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 athletes to avoid inadvertent violation of anti-doping regulations are available at HKADC website. Article newly added into the Advisory Notes is:

#### Friendly reminder on “atypical” anti-doping rule violations

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：

#### 善意提醒：「非典型」的違反運動禁藥管制規條

#### The Committee 委員會

##### Chairman 主席

Prof. Frank FU, MH, JP  
傅浩堅教授 MH, JP

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## E-Poster and Slogan Design Competition – unleashes secondary students' creativity

### 電子海報及標語創作比賽 – 讓學生們發揮創作才華！

Secondary students of Hong Kong will soon have the opportunity to unleash their creativity and to contribute to the anti-doping programme at the same time!

To encourage the young generation to express their support for drug free and fair play in sport, the Hong Kong Anti-Doping Committee will roll out an E-Poster and Slogan Design Competition in September 2012. The theme of the contest is "Drug Free and Fair Play in Sport". Through the contest, we would like to encourage youngsters to showcase their talents while disseminating the messages of fair play in sport.

The competition is open to all secondary students in Hong Kong. Entries will be divided into two categories – Lower Forms and Upper Forms. The winner, the first runner-up and the second runner-up in each category will be awarded a cash prize of \$5,000, \$2,500 and \$1,000 respectively.

Apart from cash rewards, selected submissions will be posted on the HKADC website, Facebook page, and exhibited at other venues. What's more, a total of 12 entries will be used to produce a calendar for promoting Drug Free and Fair Play in Sport!

More details of the competition will be available in mid-September. Please join our concerted efforts to promote this meaningful activity and contribute to keep sport clean!

全港中學生即將有機會參與一個既能發揮創意、又可對運動禁藥管制計劃作出貢獻的活動！

為鼓勵青少年表達對運動零禁藥及公平競賽的支持，香港運動禁藥委員會將於2012年9月推出「電子海報及標語創作比賽」。比賽的主題為「運動零禁藥·公平競賽」。透過這個比賽，我們希望鼓勵年青人，在傳遞公平競賽的訊息的同時，展示他們的創作才華。

比賽為香港中學生而設，並分為初中組和高中組兩個組別。每組的冠、亞、季軍，分別可獲現金獎五千元、二仟五百元和一仟元。

除現金獎外，被選出的參賽作品將被上載於香港運動禁藥委員會網頁及FACEBOOK專頁內，及在其他公開場合展覽。此外，其中十二份參賽作品更會被製成年曆，用作推廣運動零禁藥及公平競賽的重要訊息。

比賽詳情會於9月中公佈。請大家與我們攜手推廣這個甚具意義的活動，共建「運動零禁藥」世界！

## A "CLEAN" HK Delegation to the London 2012 Olympic Games

### 至「清白」的中國香港代表團 啟程到2012倫敦奧林匹克運動會



To ensure that the Hong Kong Delegation sent to London for the 2012 Olympic Games is CLEAN, HKADC has

- conducted a pre-games Anti-Doping Talk on 4 July 2012;
- distributed an "anti-doping survival kit" to each competing athletes;
- conducted a total of 23 pre-games tests out of the 42 competing athletes.

為確保前往2012倫敦奧運會的中國香港代表團為「清白」，香港運動禁藥委員會進行了以下的活動：

- 於2012年7月4日舉辦了賽前運動禁藥教育講座；
- 向每位奧運選手派發「運動禁藥管制錦囊」；
- 在42名的代表運動員當中，進行了23個的賽前檢測。

It was the first time Joy entered into a local competition of her sport. Joy's performance outweighed all her competitors and she received her very first gold medal in her sports career. Representative of the Doping Control Team, a chaperon, approached Joy at the end of the prize presentation and notified Joy that she has been selected for drug test.

Due to some reasons, Joy was not willing to submit a sample for drug test. She discussed the situation with her friends and the group came up with the conclusion that Joy could simply run away from the test.

Joy told her chaperon that she would like to take some photos with her friends before providing a sample. The group then took photos under supervision of the chaperon. All of a sudden, Joy's friend blocked the way between Joy and the chaperon. When the chaperon finally freed herself from the crowd, Joy has already disappeared from the venue.

Joy首次參加其運動項目的本地賽事，她的表現勝過所有的競爭對手，並且獲得她運動生涯中的首枚金牌。運動禁藥管制小組的代表，一名陪同員，在頒獎禮完畢後，接洽並通知Joy，她已被挑選作藥物檢測。

基於某些原因，Joy不願意為藥物檢測提供樣本，跟朋友商討對策後，他們決定Joy只需逃走以避過測試。

Joy告訴她的陪同員，她在提供樣本前先要和朋友拍照，眾人在陪同員的監測下拍照。突然之間，Joy的朋友阻隔了陪同員與Joy之間的通道，當陪同員終於擺脫了人群，Joy已經從場地消失。

# 模擬個案 Case Study

## What will happen to Joy?

Joy will be asserted of violating Article 2.3 of the HKADC Anti-Doping Rules (the Rules).

According to the Article, any athlete refusing or failing without compelling justification to submit to sample collection after notification, or otherwise evading sample collection has violated the Rules. Her competition result achieved at the event will be disqualified and she will be sanctioned for ineligibility to participate in sports.

## Joy會面對什麼?

Joy將被指控違反香港運動禁藥委員會的運動禁藥管制規條（「規條」）第2.3條。

根據規條，運動員在接受藥檢通知後，在沒有令人信服的理由下，拒絕、未能提交樣本或逃避藥物檢測皆屬違反規條。她在該比賽所得的成績會被取消，並會被褫奪參與體育活動的資格。

## What does ineligibility means to an individual who is not an athlete?

An individual during the period of ineligibility is not allowed to participate in any capacity in sports. He/she could not bear any office in any sport organization (e.g. being a coach, team manager, team official, sponsor, etc).

## 個別非運動員的人士，「被褫奪參與體育活動資格」代表什麼?

個別人士被褫奪參與體育活動的資格期間，將被禁止以任何身份參與體育活動，他/她將不能在任何體育組織中擔當任何職位（如：教練、隊伍領隊、隊伍技術人員及贊助商等）。

## How about her friends?

Joy's friends could be in trouble as well. According to Article 2.8 of the Rules, anybody assisting, encouraging, aiding, abetting, covering up or any other type of complicity involving an anti-doping rule violation or any attempted anti-doping rule violation has violated the Rules. Their act of helping Joy to run away from the chaperon and therefore evaded from test is an obvious rule violation. They could be sanctioned for ineligibility to participate in sports.

## Joy的朋友又如何?

Joy的朋友同樣也會惹上麻煩。根據規條第2.8條，任何人士協助、鼓勵、支援、教唆、掩護或進行任何其他涉及違反或意圖違反運動禁藥管制規條的串謀行為，皆違反了有關規條。Joy的朋友幫助她從陪同員的監測下逃跑，從而逃避藥物檢測的行為，明顯已違反規條，他們同樣可被褫奪參與體育活動的資格。

All athletes and their support personnel should be familiar and comply with the anti-doping regulations. There will be serious consequences and no excuse will be accepted if the rule is violated.

所有運動員及運動員支援人員應熟識及遵守所有運動禁藥管制條例，一旦違反任何條例，任何藉口也不會被接受，並可引致嚴重後果。

# HKADC Website revamped 香港運動禁藥委員會推出全新網頁

Don't be surprised when you see a new look of us at your next visit to our website!  
當您下次造訪我們的網站時，或許你會感到耳目一新！

Yes, HKADC has revamped its website and the new homepage was launched in early August 2012! Building on all the best features from the previous version, the new look continues to provide our stakeholders with accurate information, important alerts and all other essential resources on anti-doping.

沒錯，香港運動禁藥委員會的網頁最近作出了全面革新，並已於2012年8月初推出！以舊網頁的優點作為基礎，嶄新的面貌繼續為各持份者提供運動禁藥管制相關的準確資訊、重要提示，及其他必要的資源。

Do not hesitate to visit our new website now at [www.antidoping.hk](http://www.antidoping.hk) and tell us what you think about it.

快來造訪我們的新網頁[www.antidoping.hk](http://www.antidoping.hk)，並告知我們你的意見。

The screenshot shows the HKADC website homepage with a green header. The header includes the logo of the Sports Federation & Olympic Committee of Hong Kong, China, and the text "Support Fair Play, Compete Clean Everyday". Below the header is a navigation menu with links: About us, What we do, Athletes & Supporting Personnel, Doctors, News & Events, Contact Us, and language options EN and 中. The main content area features a large "Advisory Notes" section with a yellow sticky note icon and a blue 3D hand cursor icon. Below this are four tabs: Advisory Notes, TrueSelf, DruginSport, and RealWinner. The "Advisory Notes" tab is active, showing a news article titled "HKADC Website revamped" dated 6 Aug 2012. The article text reads: "Don't be surprised when you see a new look of us at your next visit to our website! Yes, HKADC has revamped its website and the new homepage was launched in early August 2012! Building on all the best features from the previous versio.....". Below this is another article titled "Two Bodybuilders Sanctioned for Evading Sample Collection" dated 31 Jul 2012. The text reads: "The Hong Kong Anti-Doping Committee (HKADC) announced today (31 July 2012) that Ms. Luk Pak Yu and Mr. Pan Tong Fung of Hong Kong, China, athletes in the sport of Bodybuilding, both have been imposed a 4-year sanction for an anti-doping rule violation.....". To the right of the main content is a search bar and a "Update Whereabouts?" section with contact information for ADAMS: Email: whereabouts@hkolympic.org, Fax: (852) 2890 3677, SMS: (852) 6257 7099, Voicemail: (852) 6257 7099. Below this is an "Events" section with a "View Calendar" button and a list of events: "Athlete Outreach Programme - Colts 10's Rugby Tournament" (16 Sep 2012), "Athlete Outreach Programme - Hong Kong International Open Swimming Championships 2012" (8 Sep 2012), and "Athlete Outreach Programme - Squash" (21 Aug 2012). At the bottom of the page are links for "ADAMS", "Prohibited List", "FACEBOOK PAGE", and "Press Room".

Q&A  
考考你

A coach in athletics has violated the anti-doping rule and therefore being sanctioned for ineligibility. During the period of ineligibility, he/she can participate in sports as:

一名田徑教練因違反運動禁藥管制規條而被褫奪參與體育活動的資格。在「停賽」期間，他/她可以以下列那個身份參與體育活動：

- (a) Coach in Athletics 田徑隊伍教練
- (b) Team manager in Athletics 田徑隊伍領隊
- (c) Team official in the National Olympic Committee 國家奧林匹克委員會官員
- (d) Sponsor in Swimming 游泳隊伍贊助商
- (e) None of the above 以上皆非

Answer 答案: (e)