

# 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 • Compete Clean Everyday  
齊家支持公平競賽 運動零禁藥人人覺

## 運動熱潮與禁藥風險 Sport Enthusiasm and Doping Risks



香港馬拉松、體育節、全港運動會、維港渡海泳……這些耳熟能詳的名字或許會勾起你過往參與這些賽事的美好回憶。近年多個本地體育盛會的參與情況皆越見踴躍，足證社會大眾更積極參與體育鍛鍊，確實令人鼓舞。在大眾更注重運動益處及自身健康體格之同時，我們亦必須提高警覺，慎防因追求美好體型或比賽成績而墮入運動禁藥的陷阱。

### 補充劑與身體健康

對只為享受運動樂趣或改善體能的業餘運動愛好者而言，運動禁藥聽似風馬牛不相及，然而，一些人或會因為渴求提昇表現而去找尋偏方或補充劑，以求立竿見影之效，同樣地，不少人亦被近年來備受傳媒及明星吹捧的健身熱潮影響，希望一夜之間能練得一身肌肉。補充劑因為常常以“天然”、“純正”、“健康”作廣告招徠，表面上似乎跟禁藥無關，但事實上因為被驗出含有未標明禁用物質而遭回收或禁售的補充劑實在不計其數，大量研究顯示補充劑有機會內含影響人體健康的危險物質。最令人印象深刻的是一名英國馬拉松跑手於2012年因服用含DMAA補充劑(Jack3d)而死亡的悲劇，DMAA是一種危險藥物，屬於刺激劑並受藥物條例監管。此外，健身人士普遍使用的補充劑亦有機會隱藏有類固醇物質，或會導致急性肝腎衰竭。總括而言，減肥、健身及性功能提昇產品都屬於高危險補充劑。另外我們要注意，除了健康考慮之外，運動員一旦被驗出使用禁用物質，不論故意與否，都會被視作違規而遭受處分。

### 藥檢篩選程序

為杜絕運動禁藥及捍衛公平競賽原則，大部分大型運動項目皆會安排藥物檢測。藥檢並不限於精英或職業運動員，某些項目的一般參加者皆有機會被選中進行檢驗。比賽中的運動員篩選原則一般是隨機抽樣、參考名次或針對性選取。精英運動員因為其個人資料受有關機構掌握監測，某些特殊情況如受傷、成績躍進或退休後復出皆有機會成為篩選因素。

### 體育精神

一旦談及體育精神這個基本原則，大概我們都能將箇中重點如誠實、公平、合作、尊重及勇氣等倒背如流，只要言行一致，憑真正實力參與比賽的已經是勝利者，定必受到大家尊重認同。就讓我們遠離禁藥、充分享受運動的真正樂趣吧！

The Hong Kong Marathon, Festival of Sports, Hong Kong Games, Harbour Race……these familiar titles may recall your good memories of competing in them. These days do see increasing numbers of participants in local sport events which shows an encouraging sight of more active participation in sport from the public. While it is good to see more people being aware of the benefit of exercise and their physical fitness, we have to stay alert to the risk of doping amidst the urges to get in better shape or achieve good results.

### Supplements and health

Doping may sound country miles away for amateur athletes who just want to have some fun or better physique from sport. Nonetheless, the desire to enhance performance may drive people to seek for potions or supplements to get immediate results, same for those who go after the vogue of muscles fuelled by the mass media and celebrities in these days. Supplements may seem irrelevant to doping and always carry the assuring images of being “natural”, “pure” or “healthy”. However, it is not uncommon to find supplements being recalled or banned because of the presence of unlabeled prohibited substance. Numerous studies suggest that supplement could contain dangerous substances that are harmful to our body. The most striking example was the incident in 2012 about the death of a United Kingdom marathon runner due to the use of a DMAA-containing supplement (Jack3d). DMAA is a dangerous stimulant being regulated as a pharmaceutical product. On the other hand, supplements commonly used by bodybuilders could contain hidden steroids which result in acute liver injury and kidney failure. Supplements of the highest risk are mainly products for weight loss, bodybuilding and sexual enhancement purposes. Apart from the health concern, athletes caught using prohibited substances will be liable for the rule violation and subject to sanction no matter the use is intentional or unintentional.

### Selection for doping tests

Doping tests are being carried out in most large scale sport events to deter any possible use of prohibited substances and uphold the spirit of fair play. The tests are not limited to elite, professional athletes only as participants of some events may have the chance to be selected. Selection of athletes for doping tests during a competition will usually be random, by the finishing positions or targeted. For those elite athletes whose personal details are being kept track of by the relevant authorities, factors like injury, sudden major

improvement in performance or coming out of retirement may also be considered during the selection process.

### Spirit of Sport

Back to the ethics for playing sport, we would easily recite the core values such as honesty, fair play, teamwork, respect and courage. Practising what you preach, those competing with their true selves are already winners of the games and gain respect from fellow competitors. Let's keep the sports ground clean and enjoy the pure fun of sports!

### 重要日期 Important Dates

**2015年3月7 - 13日**

外展計劃暨展覽於2015體育節開幕活動(奧海城2期)期間舉辦

**2015年3月31日**

藥檢名單的運動員遞交2015年度第二季行蹤資料的最後限期

**7 - 13 March 2015**

Outreach Programme & Display at the Festival of Sport Opening Programme 2015 at Olympian City 2

**31 March 2015**

Year 2015 Q2 whereabouts submission deadline for testing pool athletes

### 委員會 The Committee

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# 藥檢用具大檢閱(一)

## Testing Kits on Parade (1)

作為運動員或運動支援人員，如果對藥檢用具具有基本認識及留意當中的一些細節，必定可以令藥檢過程更順暢及更有保障。我們會一連數期介紹當中最常見的用具「集尿杯」、「AB樣本瓶」及「尿液比重測量儀器」，三款用具各有其獨特功能但又互相關連，大家萬勿錯過。

今期我們率先看看「集尿杯」的用途及注意事項。

As an athlete or a member of athlete support personnel, you can help make the testing procedures smoother and more orderly if you familiarize yourself with the testing kits and their details. We are going to introduce the most commonly used tools, namely the **Urine Collection Vessel**, **AB Sample Bottles** and **Refractometer** in the coming issues. They all have their specific functions and yet work closely with each other. You couldn't afford to miss them.

Let's take a look at the **Urine Collection Vessel** first and see what we should pay attention to.



(圖1)  
集尿杯及綠色杯蓋  
(Fig. 1)  
The Urine Collection  
Vessel & Green Cap



(圖2)  
沿包裝袋側虛線撕開  
將集尿杯及綠色杯蓋  
取出  
(Fig. 2)  
Tear along the  
perforated line and  
take out the Urine  
Collection Vessel and  
Green Cap

(圖3)  
杯身印有10至180毫  
升刻度  
(Fig. 3)  
Measurement marks  
from 10 to 180 ml

(圖4)  
手掌按壓綠色杯蓋並  
聽到兩響「啲、啲」聲  
以確定完全蓋好(緊記  
拿穩杯身)  
(Fig. 4)  
Pressing down the  
Green Cap, two slight  
clicks can be heard  
when the cap snaps  
into place (Remember  
to hold the vessel with  
another hand)



(圖5)  
注意:運動員本身亦應  
避免觸碰杯的內部，  
以免污染樣本  
(Fig. 5)  
Athletes should not  
touch the inside of  
the vessel to avoid  
any contamination



(圖6)  
注意:聽從運動禁藥管  
制主任指示才撕掉綠  
色杯蓋上灌孔的封條  
(Fig. 6)  
Remove the foil  
covering the pouring  
hole of the cap only  
after being instructed  
by the DCO



(圖7)  
如何將「集尿杯」內的  
樣本一滴不「漏」倒進  
「AB樣本瓶」呢?  
(Fig. 7)  
How to pour samples  
into **AB Sample  
Bottles** without  
making a mess?

### 集尿杯(圖1)

當運動員準備好排尿提供樣本，就可以選擇獨立封口的集尿杯。運動員在仔細檢查及確保有關容器完好無損及未曾被開啟後，運動員將由性別相同的運動禁藥管制主任或陪伴人員陪同上洗手間。運動員在洗手後，取出集尿杯(圖2)並退下或調整衣物，讓運動禁藥管制主任親眼目睹尿液樣本從運動員身體排出的整個過程。運動員須提供最少九十毫升尿液樣本(圖3)然後蓋上綠色杯蓋(圖4)。

#### ⚠️ 注意事項：

- 如發現包裝袋及相關容器有破損或有已被開啟跡象，請勿使用並選擇另一個。
- 集尿杯一經取出，切勿讓任何人士觸碰(包括運動禁藥管制主任)，以免污染樣本(圖5)。
- 綠色杯蓋上灌孔的封條應在樣本準備倒進「AB樣本瓶」前一刻才撕掉(圖6)。

#### 💡 小知識：

運動員應先用清水洗手及抹乾，然後才撕開包裝並取出集尿杯及杯蓋以免容器被手上殘留物污染。

下期預告：公開如何將「集尿杯」內的樣本一滴不「漏」倒進「AB樣本瓶」的秘訣(圖7)。另外，運動員在選定「AB樣本瓶」後有甚麼必須要核對清楚呢？

### Urine Collection Vessel (Fig.1)

When the athlete is ready to give his/her urine sample, he/she will be given a choice of individually sealed collection vessels. Having confirmed that the equipment is intact and has not been tampered with, the athlete visits the toilet and is accompanied by a DCO/chaperone of the same gender. After washing his/her hands, the athlete takes the collection vessel (Fig.2) and adjusts clothing to let the DCO directly observe the sample provision. The green cap (Fig.4) must be put on tightly after a minimum of 90 ml urine is provided (Fig.3)

#### ⚠️ Points to note

- Please choose a new one if the collection vessel is damaged or has been tampered with.
- Once the collection vessel is taken out from the packing, only the athlete should handle it. Nobody else including the DCO should touch it to ensure that the sample will not be contaminated. (Fig.5)
- The removable foil covering the pouring hole of the green cap should only be removed when the sample is ready for transferring into the **AB Sample Bottles**. (Fig.6)

#### 💡 Tips:

Athletes should always wash their hands only with water and dry them completely before opening the packing and handling the collection vessel, as dirt on hands may cause contamination.

Highlights of the next issue: Disclosing the trick of pouring samples into **AB Sample Bottles** without making a mess (Fig.7). What athletes should check after choosing the **AB Sample Bottles**?

# 模擬個案 Case Study

Edmond是一名新晉的體能教練，近年來不少運動員經他的特訓下，都能在比賽中獲取佳績，這不但令他聲名大噪，更讓他成為體育界炙手可熱的星級教練。

在一次世界錦標賽中，一名青年運動員，在賽後的藥物檢測中被發現使用提昇運動表現的禁藥，追問下更道出他備戰時有定期服食Edmond聲稱是配合訓練營養需要的「大力丸」，該運動員正面臨停賽處分。

Edmond was a celebrity personal trainer who had risen to fame recently by being able to transform his athletes into medal winners.

A young athlete was caught using performance enhancing drug in a world championships event. Further investigations revealed that the athlete had been regularly given special "Power Pills" claimed to be nutrition supplements by Edmond. The athlete was liable for subsequent suspension.



## What happened to Edmond 會有什麼後果？

身為教練的Edmond因為被發現與他合作的未成年運動員違規，會自動受到運動禁藥管制組織的調查，一旦發現他參與任何跟違反規條的串通行為，一律會被視作違規，並同樣地受到處分。

As the coach of a minor athlete who has violated the rules, Edmond will be investigated by the anti-doping agency. If there is any proof of complicity involving anti-doping rule violations, he will be sanctioned accordingly as well.

### 運動支援人員解說 For athlete support personnel

運動支援人員必須遵守規條，作為參與體育工作的條件之一。他們同時也不得使用或管有任何運動禁用物質。這些都是新修訂的運動禁藥管制規條中，新增對支援人員進行監管的條例。

運動支援人員亦應該克盡己任，清楚認識新規條，並利用對運動員的影響力，培養運動員有良好的價值觀及正確的態度。

To step up the monitoring of athlete support personnel, the new 2015 anti-doping rules require all athlete support personnel to be bound by the rules as a condition of participation and not to use or possess any prohibited substance without valid justification.

Athlete support personnel have to try their best to familiarize themselves with the new rules and use their influence to nurture athletes with the correct values and ethics.

### 運動員解說 For athletes

運動員需要注意，2015新規條禁止運動員跟正被禁賽的支援人員(如教練、隊醫、經理人等)有專業或運動相關的合作，如運動員無視運動禁藥管制機構的勸告，繼續與相關人士進行業務合作，將被視作違規處理。

Athletes have to be aware that any professional or sport-related association with athlete support personnel (including coaches, team doctors and managers etc) who are serving period of ineligibility is prohibited under the new 2015 anti-doping rules. Athletes who ignore advice of the anti-doping agencies and keep associating with the individuals concerned will violate the anti-doping rules.



# 專業團隊 準備就緒！

## Our professional team is Ready!

本會已於2014年12月6日舉行了運動禁藥管制主任的強制性考核及年度培訓，以確保每位主任能按照國際準則為本會繼續執行職務。為配合2015世界運動禁藥法規的同步實施，當天培訓亦包括了法規重點介紹及本會工作匯報等。

Doping Control Officers (DCOs) of HKADC attended a mandatory recertification examination and annual training on 6 December 2014. All DCOs were required to demonstrate their competence in carrying out duties for HKADC according to international standards. They were also updated on the key changes of the 2015 World Anti-Doping Code, and the latest progress of the HKADC programmes as well.



## 全新教育短片 — 精彩浪接浪

### More New Education Videos on



大家還記得去年推出的三輯教育短片吧？因應好評如潮，本會現再接再厲，又再推出一系列全新教育短片，內容既生動有趣、且蘊含實用提示。

Do you still remember the three education videos we have released last year? With all the positive feedback, HKADC has again produced another series of education videos featuring lively plots with useful tips.

本系列共有五輯短片，涵蓋更多重要運動禁藥管制資訊。“為何需要執行藥檢？”及“禁用清單”兩輯已先後上載於YouTube頻道，並在本會網頁及Facebook專頁提供有關連結。其餘三輯將會按如下次序發放。

This series includes five episodes covering a lot more on key anti-doping topics. Episodes on “Why Doping Control?” and “The Prohibited List” have already been released in past months on YouTube with quick links posted on HKADC official website and Facebook Page. The other three will be released as scheduled below.

主題 Topics	發佈日期 Date of Release
為何需要執行藥檢? Why Doping Control?	2015年1月28日 28 Jan 2015
禁用清單 The Prohibited List	2015年2月28日 28 Feb 2015
違反運動禁藥管制規條 (1) Anti-Doping Rule Violations – Part 1	2015年3月28日 28 Mar 2015
違反運動禁藥管制規條 (2) Anti-Doping Rule Violations – Part 2	2015年4月28日 28 Apr 2015
行蹤資料 Whereabouts	2015年5月28日 28 May 2015

精彩內容不容錯過，請馬上到本會YouTube頻道先睹為快！  
Go check them out on the YouTube channel of HKADC!  
([www.youtube.com/HKAntiDoping](http://www.youtube.com/HKAntiDoping))

考考你  
Q&A

補充劑有甚麼潛在風險？

What is/are the potential risk(s) of supplements?

- (a) 含有未標籤禁用物質  
Containing unlabeled prohibited substances
- (b) 生產過程中有可能受到污染  
Contaminated during the manufacturing process
- (c) 導致陽性檢測結果  
Bringing positive test results
- (d) 以上全部  
All of the above

(d) Answer: 全部