

# 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

第二十三期 • 2015年6月  
Issue 23 • June 2015

Support Fair Play • Compete Clean Everyday  
商家支持公平競賽 運動零禁藥人人覺

## 運動員被納入藥檢名單， 是實力的確認！

### Inclusion in the Testing Pool — Proof of Ability!

保特、美斯、林丹、莎蓮娜威廉絲、李慧詩……有甚麼共同之處？他們是著名的頂級運動員乃毋庸置疑，但你是否知道他們受到運動禁藥管制規條的監管，被納入相關組織的藥檢名單，需要定期遞交行蹤資料和接受無預警賽外檢測嗎？

#### 藥檢名單是甚麼？

絕大部分的國際體育聯會及國家運動禁藥組織均已成立藥檢名單，負責管理運動員的行蹤資料及進行藥物檢測。

制定藥檢名單是整個運動禁藥管制計劃中不可或缺的一部分，由於部分禁用物質的檢測期限非常短，收集藥檢名單中運動員的行蹤資料，可以讓運動禁藥組織隨時隨地為運動員進行無預警賽外檢測。當全世界所有的運動員受到相同的行蹤資料和檢測政策的規管，那便可以保障運動員在公平環境下競賽的權利。

#### 誰人會被納入藥檢名單？

一般而言，國際體育聯會將經常參與最高級別國際賽事的運動員，或根據年度世界排名，將該運動項目的運動員納入其藥檢登錄名單。而國家運動禁藥組織，則會按照比例，成立有合理人數的藥檢名單，確定這些運動員受有關機構監測。

以本港為例，本年度共有24個運動項目，約290名受香港體育學院精英訓練資助及個別受禁藥管制運動項目的運動員，被納入香港運動禁藥委員會的藥檢名單，而其他代表香港參與國際綜合項目運動會的運動員，賽前也會被納入名單內，同樣也會受到禁藥檢測。換句話說，被納入藥檢名單的運動員，都是有實力的優秀運動員。

#### 藥檢名單運動員的責任

作為藥檢名單中的運動員必須遵守有關行蹤資料要求，按季度於限期內向運動禁藥組織呈交每季準確和最新的行蹤資料（如住宿地址、訓練及比賽的資料），以便隨時隨地準備接受禁藥檢測。

藥物檢測計劃之所以能有效防範和打擊運動禁藥，有賴運動員及其支援人員的通力合作，就讓我們共同建立一個無禁藥的公平競賽環境，在保障運動員權利的同時，也增強公眾對公正體育的信心。

What is in common for Usain Bolt, Lionel Messi, Lin Dan, Serena Williams and Lee Wai Sze? They are without doubt the best players in their respective sports. But do you know that they are bound by the anti-doping rules, being included in testing pools of relevant authorities and therefore required to submit whereabouts and subjected to doping tests without advance notice?

#### What is a Testing Pool?

Most International Federations (IFs) and National Anti-Doping Organizations (NADOs) have established testing pools to manage whereabouts of their athletes and carry out doping tests accordingly.

The compilation of testing pools is crucial to the overall anti-doping programme. Whereabouts information collected from athletes of the testing pools enables doping control agencies to carry out no-advance-notice drug tests anytime and anywhere, as some prohibited substances have only very short detection time periods. A fair competition environment could only be maintained as long as all athletes around the world are being governed by the same whereabouts and testing policies.

#### Who will be included in the testing pools?

In general, IFs compile their testing pools by including those athletes who regularly participate in top tier international events or referring to the world rankings of the specific sport. NADOs, on the other hand, establish testing pools of reasonable numbers of people and proportions to make sure the athletes are duly monitored.

In Hong Kong, the HKADC testing pools include about 290 athletes from 24 disciplines who are receiving the Elite Training Grant offered by the Hong Kong Sports Institute or selected from sports targeted for doping control. Athletes representing Hong Kong in international multi-sports games will also be included for carrying out pre-games doping tests. In other words, those included in the testing pools are talented outstanding athletes.

#### Responsibilities of Testing Pool Athletes

According to the requirements on whereabouts information, athletes of the testing pools have to provide accurate and updated information of their whereabouts (e.g. residence, training and competition schedules) on a **quarterly** basis to the doping control agencies, so as to facilitate doping tests to be done anytime and anywhere.

The effectiveness of a testing programme in deterring drug use relies on the support from athletes and support personnel. Let's create a drug-free environment for fair play in sport together, protecting the rights of athletes and also promoting public confidence in clean sport.

#### 重要日期 Important Dates

**2015年6月21日**  
外展計劃於2015奧運歡樂跑(香港迪士尼樂園度假區)舉辦

**2015年6月30日**  
藥檢名單的運動員遞交2015年度第三季行蹤資料的最後限期

**21 June 2015**  
Outreach Programme at 2015 Olympic "Fun" Run at Hong Kong Disneyland Resort

**30 June 2015**  
Year 2015 Q3 whereabouts submission deadline for testing pool athletes

#### 重要忠告 Advisory Notes

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：

A complete summary of important messages to help avoid inadvertent violation of anti-doping regulations are available at HKADC website. The article newly added into the Advisory Notes is:

**男子涉非法售賣類固醇予健身人士被捕**

**Man arrested for illegal sale of steroids to bodybuilders**

#### 委員會 The Committee

**主席 Chairman**  
傅浩堅教授 MH, JP  
Prof. Frank FU, MH, JP

**成員 Members**  
王敏超先生 JP  
Mr. Ronnie M. C. WONG, JP  
霍啟剛先生  
Mr. Kenneth K. K. FOK  
伍靜國先生 SBS, JP  
Mr. NG Ching Kwok, SBS, JP  
謝德富醫生 BBS, JP  
Dr. TSE Tak Fu, BBS, JP  
楊世模博士  
Dr. Simon YEUNG  
陳柏灣先生  
Mr. CHAN Pak Wan



## 藥檢用具大檢閱 (二) Testing Kits on Parade (2)

當運動員順利將尿液樣本收集到上期介紹的「集尿杯」後，尿液樣本是如何在不被污染的情況下運送到實驗室作化驗呢？關鍵在於今期的主角「AB樣本瓶」。

As soon as the urine sample is collected in the **Urine Collection Vessel** which has been introduced in the previous issue, let's take a look at how the sample is delivered to the laboratory for analysis in an uncontaminated manner. **AB Sample Bottles** are in the limelight in this issue.

### AB樣本瓶 (圖1)

運動員會獲提供最少三套樣本瓶套裝以作選擇(套裝盒內載有: 橙色A瓶、藍色B瓶及兩個防水膠袋)(圖2)。運動員應小心檢查有關容器，確定完好無損並須覆核瓶身、瓶蓋、套裝盒上的7位數字編號是否相同(圖3)。運動禁藥管制主任將指示運動員把集尿杯內的樣本倒進A瓶和B瓶至瓶身標示分量(圖4)。為防止樣本意外濺出，緊記將集尿杯口緊貼AB樣本瓶口並小心倒出，切勿「遙距」倒出(圖5)。運動員然後分別將A、B瓶蓋扭緊鎖上，而只有「世界運動禁藥機構」認可的實驗室才可使用特製工具開啟瓶蓋進行化驗。

#### ⚠️ 注意事項：

- 如發現包裝或樣本瓶有破損或有已被開啟跡象，請勿使用並選擇另一個。
- 「A」、「B」瓶蓋在扭緊時會發出「喀、喀……」聲，繼續向順時針方向扭緊直至響聲停止(圖6)。

#### 💡 小知識：

為符合「國際航空運輸協會」(IATA)對運送尿液樣本的要求，因此A、B瓶必須分別放進附有吸水劑的防水膠袋內以運送至WADA認可的實驗室作化驗(圖7)。

**下期預告：**為求盡快完成藥檢，有些運動員會在等候期間飲用大量清水，為何此舉反而可能令藥檢時間加長呢？

### AB Sample Bottles (Fig.1)

The athlete will be provided with a minimum of three sets of sample bottles to choose. Each set of testing kit includes: **A bottle** in orange, **B bottle** in blue and two leak-proof plastic bags (Fig.2). All items should be checked carefully for damage or defects. The 7-digit sample code numbers on the bottles, caps and package should be identical (Fig.3). The Doping Control Officer will instruct the athlete to pour the sample into the **A and B bottles** from the urine collection vessel up to the volume marks (Fig.4). To avoid making a spill, the **Urine Collection Vessel** has to touch the rim of **AB Sample Bottles** during the process. Never pour the samples from a distance (Fig.5). Then the **A and B bottles** should be secured with caps by the athlete. Only World Anti-Doping Agency (WADA) accredited laboratories can remove the bottle caps with special tools to carry out the analysis required.

#### ⚠️ Points to note :

- Please choose a new one if the package or bottles are damaged or have been tampered with.
- The bottle caps will "click" when being tightened. Just keep turning clockwise until there is no more "click" (Fig.6).

#### 💡 Tips:

According to the regulations laid down by IATA on shipment of urine samples, the **AB Samples Bottles** have to be packed inside leak-proof bags containing absorbent materials for delivery to WADA accredited laboratories (Fig.7).

**Highlights of the next issue:** Trying to get the test done as soon as possible, some athletes choose to drink much water before the test. But how would it make the test even longer the other way round?



(圖2)  
套裝盒內容

(Fig. 2)  
Content of the testing kit



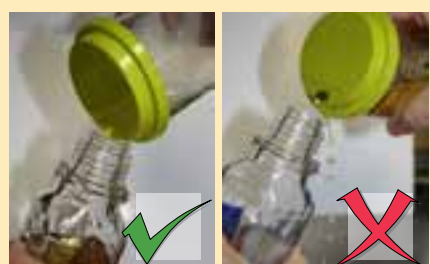
(圖3)  
仔細檢查套裝盒、瓶身、瓶蓋上的7位數字編號是否相同

(Fig.3)  
Check if all 7-digit code numbers are identical



(圖4)  
「A」、「B」瓶身上的刻度分別標示60及30毫升

(Fig.4)  
Volume marks on A & B bottles indicate 60 ml and 30 ml respectively



(圖5)  
將「集尿杯」口緊貼「AB」樣本瓶口並倒出，切勿「遙距」倒出。

(Fig.5)  
Urine collection vessel has to touch the bottle rim during pouring samples. Never do it from a distance.



(圖6)  
順時針方向扭緊瓶蓋，切勿用力過度

(Fig.6)  
Tighten the cap by turning clockwise. Don't overtighten it.



(圖7)  
小心將樣本放入附有吸水劑的防水膠袋並封好

(Fig.7)  
Put the sample inside the leak-proof bag with absorbent materials and seal it.

# 模擬個案 Case Study



Steve是一個百分百投入的運動員，不論比賽練習皆悉力以赴，除了努力改善體能技術外，亦時刻要求自己保持活力充沛，希望縱使每日忙個馬不停蹄，仍可勝人一籌。

某天Steve出席集訓，在熱身期間飲用了幾瓶能量飲品，有隊友好奇問及能量飲品是否真的可以放心飲用，Steve毫不猶豫地回答：「當然喇！不過是能量飲品罷了，有甚麼好擔心呢？」

Steve was a very dedicated athlete and always tried to give his best during practice or competition. Apart from honing his physical fitness and technique, Steve always tried to keep himself vigorous amidst the hectic daily schedule, so as to gain an edge over the others.

One day Steve came to his training session and consumed a pack of energy drinks during warm-up. A teammate having noticed that asked Steve if the drink was safe to use. Without blinking an eye, Steve replied that, "Of course! It's only energy drink. There's nothing to worry about."

Steve對嗎？能量飲品真的毫無問題嗎？  
Is Steve correct? Are energy drinks always safe to use?

Sorry!  
No!

## 事實1 Fact 1

能量飲品為求能讓使用者有一種精神奕奕的感覺，往往添加了大量刺激劑，普遍是咖啡因。

To provide a perception of wakefulness and energy, energy drinks always contain a large dose of stimulants, usually caffeine.

## 事實2 Fact 2

健康成年人每日咖啡因的安全攝取量是400毫克，大約等同3至4杯咖啡。但這個安全份量會受體重、年齡、健康狀況等因素而因人而異。過量的咖啡因會影響健康，引致暈眩、腹瀉、失眠及頭痛，更嚴重的反應可能包括嘔吐、產生幻覺及心律異常。

The daily safe limit of caffeine intake is 400 mg for a healthy adult, which equates to roughly 3 to 4 cups of coffee. However, a safe amount of caffeine is different for everyone, as it depends on weight, age, and overall health. Overdoses of caffeine will pose risks to our health, causing dizziness, diarrhea, insomnia and headache. More serious symptoms of caffeine overdose may include vomiting, hallucinations, and irregular heartbeat.

## 事實3 Fact 3

在2004年以前咖啡因曾一度被列為運動禁藥，現在雖則不再禁用，但仍然受世界運動禁藥機構的監察計劃所監控，留意有否出現濫用情況。

The use of caffeine in sport was once limited before 2004. Although currently it is not prohibited, it is being monitored under WADA's Monitoring Programme to detect patterns of misuse in sport.

完全遠離能量產品及其他巧立名目的飲品，就是最安全的方法。

The safest solution is to avoid energy products and fancy drinks all together.

# 校園運動禁藥教育講座

## Anti-Doping Education Talks for Schools

為配合2015世界運動禁藥法規所提倡，教育活動應針對年青人及以價值為本，香港運動禁藥委員會計劃於本年度推出特別為中學生而設的運動禁藥教育講座。講座內容將包括：體育的精神和價值、何謂運動禁藥、運動禁藥管制歷史及發展及服用禁藥對健康的影響等。

本會希望透過教育講座，將運動禁藥知識融入校園，盡早向年青人灌輸正確的運動價值，除了為未來的體壇接班人作好準備，更可在校園內外締造一個無運動禁藥的健康公平競賽環境。歡迎學校向本會查詢有關詳情。

HKADC is going to offer tailor-made education talks for secondary students this year so as to stay aligned with the value-based and youth oriented approach in anti-doping education as highlighted in the 2015 World Anti-Doping Code. The talks will include topics on: Values and Spirits of Sport, Definitions of Doping, History and Development of Doping Control, and Consequences of Doping etc.

By means of organizing education talks for schools, HKADC aims at instilling the correct sport ethics to young people as early as possible. Not only will this programme help our future sport stars start on the right track at an early stage, but also create a doping-free healthy environment either inside or outside the campus. Please contact HKADC for details.



## 與國際禁藥管制趨勢同步邁進

### Keep abreast of the international fight against doping

香港運動禁藥委員會辦事處代表於2015年3月分別出席了世界運動禁藥機構年度會議及打擊運動禁藥國際會議，掌握了最新的運動禁藥管制發展。主要議題包括2015禁藥條例執行、禁藥管制的科學分析、偵查及情報資料應用等。本會將按照國際標準，推行符合世界運動禁藥機構要求的禁藥管制計劃，務求令香港得以繼續保持一個公平的競賽環境。

Representatives of the Hong Kong Anti-Doping Committee attended two international conferences in March, the 2015 World Anti-Doping Agency (WADA) Symposium and the Conference on Tackling Doping in Sport 2015, to keep up on the latest development of anti-doping strategies. 2015 Code implementation, science of anti-doping, use of investigation and intelligence were some of the key topics that were discussed. HKADC will continue its effort to preserve a doping-free environment in Hong Kong by following the international standards and implementing a comprehensive, WADA compliant anti-doping programme.



考考你  
Q&A

香港運動禁藥委員會的藥檢名單，包括了哪類運動員？

Who are included in the testing pools of the Hong Kong Anti-Doping Committee?

- (a) 體育學院精英訓練資助計劃中的運動員  
Athletes receiving the Elite Training Grant from Hong Kong Sports Institute
- (b) 須受禁藥管制的運動項目的個別運動員  
Selected athletes in sports targeted for doping control
- (c) 代表香港於國際綜合項目運動會參賽的運動員  
Athletes representing Hong Kong at multi-sports games
- (d) 以上全部  
All of the above

Answer: (d)