

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
香港支持公平競賽 運動零禁藥人人愛

Energy drinks for me or **NOT** for me? 能量飲品 — 「適合我/不適合我」



The sale of energy drink has been growing in recent years. For the athletes, the potential problem of using energy drink could be more than you have expected.

What is energy drink?

Energy drinks should not be mixed up with sports drinks. The latter, mainly containing carbohydrates and electrolytes, is designed to help the body to rehydrate. Energy drinks, on the other hands, are meant to 'mobilize energy' by stimulating the nervous system. Most of these products contain caffeine, a selection of B vitamins, taurine (an amino acid), glucuronolactone (a carbohydrate) and sometimes herbal substance(s).

Threats to the athletes

In addition to the listed health risks, the use of energy drink by athlete could also cause serious consequences – a positive drug test.

Cocaine, currently being classified as stimulant in the Prohibited List, is prohibited in-competition. Various formulae of Red Bull found in Germany, Taiwan, and Hong Kong have been detected with the presence of cocaine in 2009. The related products were recalled from the market after the incident.

Composition of these energy drinks could be different in different countries even they are named the same. One could contain no cocaine, but the other with the same name could. The situation is further complicated by the possibility of obtaining parallel imported products in the local market. Nobody can be 100% sure that these energy drinks are free from prohibited substance(s).

To use or NOT to use energy drinks –
Be a wise athlete!

能量飲品的銷售量近年來一直在增長。作為運動員，使用能量飲品可能比你想像中有更多的潛在問題。

什麼是能量飲品？

能量飲品不應該與運動飲料混為一談，後者含有碳水化合物和電解質，旨在幫助補充人體水分。而能量飲品則透過刺激神經系統帶起「提神作用」，這些飲品大多添加了咖啡因、多種維他命B、牛磺酸（一種氨基酸）及葡萄糖醛酸內酯（碳水化合物），有時候更含有草本物質。

對運動員的風險

除了以上列明的健康風險，運動員飲用能量飲品更可能導致嚴重的後果 – 陽性檢測。

可卡因現時在禁用清單中被列為刺激劑，是賽內禁用的物質。2009年，德國、台灣和香港的不同紅牛處方均被檢驗出含有可卡因，有關的產品在事故後立即在市場中被回收。

這些能量飲品雖然在不同國家有著相同的名字，但當中的成分可有所不同，有的可能不含可卡因，有的帶著相同名字卻含有可卡因。令情況更加複雜的是，於本地市場獲得的能量飲品可能是水貨。所以沒有人可以百分百肯定，這些能量飲品沒有含有違禁物質。

遠離能量飲品 –
做個醒目運動員！

Health Risks 健康風險

- Dehydration 脱水
- Cardiac dysrhythmia 心律失常
- Elevated blood pressure 提升血壓
- Seizures 癲癇
- Kidney failure 腎衰竭
- Increase blood viscosity 增加血液黏性
- Increase the risk of heart attack or stroke 增加心臟病或中風的風險
- Fatalities 死亡

Some of these problems may be related to the improper intake of energy drinks, such as drinking them with alcohol or in greater quantities than recommended.

這些問題一般與不當飲用能量飲品有關，如同時飲用含酒精飲料或飲用超過建議的分量。

Studies suggested that the adverse effects caused by energy drinks may be due to the interactions between constituents in energy drinks and with alcohol and exercise.

有研究表示，能量飲品對健康造成的不良影響，可能與能量飲品的成分、酒精和運動的相互作用有關。



Important Dates 重要日期

25 March 2013

Elite Training Seminar & Anti-doping information counter at HKSI
於體育學院舉辦精英運動員講座及運動禁藥資訊站

31 March 2013

Year 2013 Q2 whereabouts submission deadline for testing pool athletes
藥檢名單的運動員遞交2013年度第二季行蹤資料的最後限期

30 April 2013

Anti-doping Seminar for Coaches and Sport Personnel

「運動禁藥管制 – 教練及其他運動工作者須知」講座

Advisory Notes 重要忠告

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

Death of a London Marathon runner caused by a DMAA-containing 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：

倫敦馬拉松選手服用含DMAA成份補充劑致死

The Committee 委員會

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Are you ready? 2013 Multi-sport Games 2013年綜合運動會 你準備好了嗎？



It will be a busy sporting year for our Hong Kong athletes in 2013 as a number of multi-sport games are coming up such as the Asian Indoor & Martial Arts Games and the East Asian Games! Other than wishing success to our athletes, HKADC would like to remind them on their anti-doping responsibilities.

Submit whereabouts & Testing

Athletes will have to submit whereabouts and be subjected to no advance notice out-of-competition testing by HKADC before their departure for the games. During the games period, athletes may also be required to submit whereabouts and will be subjected to in-competition testing by the games organizer.

Check medication and TUE

Athletes must check prohibition status of the medication they are using or going to use on *DrugInSport* (www.druginsport.hk). Those

requiring the use of prohibited substance/method to treat a documented medical condition must apply for the Therapeutic Use Exemption (TUE) in advance from their International Federation, Olympic Council of Asia or HKADC.

Anti-doping information

Athletes should actively seek anti-doping information such as knowing their rights and responsibilities during the testing procedure or on how to avoid inadvertent doping through visiting HKADC's website at www.antidoping.hk.

“ Never make yourself regretted for not following the above advices. ”

亞洲室內暨武術運動會、東亞運動會……一連串的綜合運動會將於年內接踵而至，香港的運動健兒們真的忙得不可開交！除了預祝各健兒們出師告捷，香港運動禁藥委員會亦藉此再次提醒各位下列有關禁藥方面的注意事項：

提交行蹤資料及檢測

運動員須要如常提交行蹤資料及在出發赴賽前接受香港禁藥委員會的無預先通知賽外藥物檢測。在比賽期間運動員仍須提交行蹤資料，並接受賽會安排的賽內藥物檢測。

檢查用藥及治療用藥豁免

運動員請務必到「運動禁藥資料庫」(www.druginsport.hk) 查看正在服用或將會服用藥物的禁用狀況。如病況需要使用禁用物質或方法，則必須於事前向所屬國際體育聯會、亞洲奧林匹克理事會或香港運動禁藥委員會提交治療用藥豁免申請。

運動禁藥管制資訊

不論是想多了解檢測過程中一己的權利與義務，或是如何避免誤服禁藥，運動員都應多瀏覽香港運動禁藥委員會網頁 www.antidoping.hk，主動接收有關運動禁藥管制資訊。

「緊記以上告誡諄諄，莫要事後悔恨連連！」

Sowing the seeds of Fair Play 培育公平競賽的種子



Nurturing the culture of fair play, which is fundamental to the fight against doping, is a long term effort of instilling the sport ethics to the community. Effort targeting the general public is therefore equally important as our work on elite athletes. Our recent education programmes organized for both general public and elite athletes have been well-received and seen very active participation, kicking off to a good start for the year.

Following the success in past years, the Marathon Expo was organized on 16 - 17 February this year in the Victoria Park to help marathon runners and the public learn more about anti-doping knowledge and sports ethics. The two-day event loaded with both

knowledge and entertaining games has attracted over 1200 visitors, proving another great success.

The anti-doping session conducted at the Olympism Camp newly launched by SF & OC on 20 - 22 February was another targeted programme for our elite athletes. The activity-based module proved to be very effective in helping the participants enhance their knowledge and be cautious about the risks of inadvertent doping.

With continuous efforts and determination, HKADC is trying our best to prepare the ground for fair play in sports through various education programmes.

培育公平競賽文化是打擊運動禁藥的關鍵工作，須要持之以恆地向公眾灌輸正確的運動道德觀；因此在我們專注於教育精英運動員之餘，面向市民大眾的教育宣傳同樣必須兼顧。本會近日分別為公眾人士及精英運動員舉辦的教育活動皆取得積極成效，為新一年的工作揭開精彩序幕。

承接往年的成功，本會在2月16日至17日於香港維多利亞公園舉行的「香港馬拉松嘉年華」舉辦了《外展推廣計劃》，幫助參賽人士及市民多了解運動禁藥管制知識和正確的運動道德文化。兩天活動寓知識於遊戲，成功吸引了逾一千二百位市民踴躍參與。

另外，港協暨奧委會於2月20至22日為精英運動員首次舉辦的《奧林匹克活動營》亦包含了認識運動禁藥的環節，透過遊戲活動，運動員不僅對運動禁藥有更深入的認識，亦對誤用禁藥的風險提高了警覺。

香港運動禁藥委員會將一如既往地通過多元化的教育宣傳活動，決心努力不懈地為香港體壇開墾一片零禁藥的土壤。



模擬個案 Case Study

Eric is an elite athlete who has been submitting whereabouts and subject to out-of-competition testing anytime, anywhere. Unfortunately he injured himself at an overseas competition and required operation in December. Since he was distracted with the operation, he missed the deadline (31 December) for whereabouts submission and was asserted for whereabouts failure. Eric explained his situation and believed that he could be exempted from submitting whereabouts since he would not be able to train or compete in the immediate future.

Eric是一位精英運動員，因此須按規定提交行蹤資料，並無論於何時何地都有可能接受賽外藥物檢測。不幸地他在一次海外賽事中受傷並須於十二月進行手術，由於手術住院的耽誤，Eric錯過了提交行蹤資料的限期（12月31日），並被裁定為犯了一次行蹤資料失誤。按照Eric的解釋，由於傷患原因，他根本無法於短期內受訓或比賽，因此他應被豁免提交行蹤資料。

Is Eric correct?
Sorry, it is NOT true.
Eric的想法對嗎？
當然不！他錯了！

Lessons learnt 教訓 (1)

Even though athletes have the opportunity to provide reasons for any apparent whereabouts failure, excuses such as taking break from training or competition due to injury, being unsure of future training schedules, or carelessness all cannot be used to overturn the assertion.

縱使運動員有機會對其行蹤資料失誤作出解釋，但一切藉口如因傷停賽休息、訓練日程未定或疏忽大意皆無法改變有關的違規裁決。

Lessons learnt 教訓 (2)

Athletes can have their representative to help submit their whereabouts if they chose. However, athletes are ultimately responsible for their whereabouts.

運動員可以選擇代表人為提交行蹤資料，但運動員本人仍要對所提交資料負上最終責任。

Lessons learnt 教訓 (3)

Athletes could face serious consequences for repeatedly not submitting whereabouts on time. For Pool A athletes, any combination of 3 Filing Failures and/or Missed Tests committed within an 18-month period could be sanctioned for ineligibility. For Pool B athletes, having accumulated 3 Whereabouts Non-compliance within an 18-month period could be transferred to Pool A and submitted to more stringent whereabouts requirement.

運動員如屢次漠視準時提交行蹤資料，將會面對嚴厲處分。名單A的運動員，如果在18個月內合共觸犯3次匯報失誤及/或遺漏檢測，將受到停賽處分；而名單B的運動員如果在18個月內3次不按規定提交所需行蹤資料，將會被撥入名單A並接受更嚴格的行蹤要求規管。

Annual summary on anti-doping activities a means to achieve 'CLEAN' sport

為體育總會發放 運動禁藥管制活動年度報告

In order to help National Sports Associations (NSAs) to better comprehend the scope of anti-doping activities of their sport, HKADC has furnished annual reports on anti-doping activities for 32 NSAs that have engaged in the HKADC programme last year. The reports, providing an overview of testing records, education activities and other relevant information, could be a good starting point for the planning of

anti-doping activities of these sports in the coming years.

HKADC is always ready to cooperate with the local sports community to tailor-make education programmes and other anti-doping initiatives to help to keep your sport 'CLEAN'.

Don't hesitate, step up to the plate and contact HKADC for any follow-ups.

為了讓體育總會更有效掌握相關運動項目曾參與的運動禁藥管制活動，委員會共為32個曾於過去一年參與本會教育計劃及/或藥物檢測計劃的體育總會編製「2012年度運動禁藥管制活動年度報告」。有關總會能透過報告對檢測記錄、教育計劃及其他的重要訊息一目了然，相信可以為日後制定運動禁藥管制的策略帶來積極成效。

透過與本地體育組織通力合作、度身定做合適教育項目及禁藥管制方案，委員會將全力協助各運動項目遠離運動禁藥、免受污染。

坐言起行，著手處理跟進工作，請即聯絡香港運動禁藥委員會。

Promoting "Fair Play" among the public 2013 Poster Exhibitions

向公眾弘揚「公平競賽」精神 2013海報展覽

With a view to addressing the accomplishment of the E-poster & Slogan Design Competition and promoting the awareness of drug free in sport among the general public, a series of exhibitions of the winning posters is being rolled out in full swing.

The series of exhibitions debuting in January has already been staged at the MTR Wanchai station, Hong Kong Sports Institute and a number of LCSD venues. Exhibitions in the coming months will see even greater publicity as some popular shopping centres such as Lei Tung Commercial Centre, Kai Tin Shopping Centre and Homantin Plaza have been enlisted as well.

Please visit our website (<http://poster.antidoping.hk>) to check the latest update of the exhibition details.



為彰顯<電子海報及標語創作比賽>的美滿成果及提高公眾對運動零禁藥的認知，我們正密鑼緊鼓地為得獎海報作品推出一連串的展覽活動。

海報展覽於一月開展，並已於灣仔地鐵站、香港體育學院、康文署轄下場館舉行。而端賴部分大型商場如利東商場、啟田商場及何文田廣場的鼎力相助，未來數月所安排的海報展覽必將人氣更旺。

要查閱展覽安排的最新詳情，請瀏覽本會網站。
(<http://poster.antidoping.hk>)



Which of the following ingredient in energy drinks may contain prohibited substance?

能量飲品內那種成份有可能是違禁物質？

- (a) Caffeine 咖啡因
- (b) A selection of B vitamins 多種維他命B
- (c) Taurine 牛磺酸
- (d) Glucuronolactone 葡萄糖醛酸內酯
- (e) Herbal substance with unknown ingredients 成份不明的草本物質

Answer 答案: (e)