

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



A "Global Tour" of Doping Scandals and the Lesson for HK(1) 環球禁藥醜聞曝光 — 香港體壇何去何從(上)

The previous months have seen a number of doping scandals around the world which alarm us of the rampant doping situation not limited by cultures or races. We will show you snapshots of these cases in two consecutive issues, bringing out the threats of doping in sports.

United States

Lance Armstrong - The doping scandal of Lance Armstrong shocked the sports world. Although Armstrong had denied persistent allegations of doping throughout his career by claiming that he had never been tested positive, massive information indicated that Armstrong played a key role in one of the most sophisticated, professionalized and successful doping programme that ever exists, all finally confessed by him in January 2013. The verdict of cancelling his 7 Tour de France titles and imposing a lifetime ban from sports shattered both his heroic image and sports career.

Anti-aging Clinic - In early 2013, Anthony Bosch, a self-claimed "anti-aging doctor" running a clinic in Miami was alleged of providing performance-enhancing drugs to baseball players and other athletes. Bosch, who had no medical license was also accused of using forged documents to obtain prohibited substances for his clients. It is believed that similar clinics also operate in other cities in the States.

過去幾個月在世界各地陸續有運動禁藥醜聞曝光，令我們警覺到禁藥問題已經甚為猖獗，亦無分種族文化。我們將會連續兩期報導有關個案，提高大家對運動禁藥禍害的警惕。

美國

岩士唐 - 岩士唐的禁藥醜聞確實令整個體育界大吃一驚，雖然岩士唐一直強調自己的藥檢報告從來沒有問題，並再三否認使用禁藥的指控，但大量證據顯示他其實一直策劃及主理經營一個專業化的採用運動禁藥計劃，該計劃可謂史無前例地組織嚴密、且成功運作多時。而岩士唐最終也在2013年1月對其所作所為直認不諱，連續七屆環法單車賽冠軍的榮譽終被褫奪，再被判以終身停賽，一代單車英雄的形象頃刻灰飛煙滅，實教人惋惜。

抗衰老診所 - 於2013年初，在美國邁阿密開設診所，自稱“抗衰老醫生”的Anthony Bosch被指向棒球及其他項目運動員提供提升表現藥物。這位“醫生”根本沒有正式醫生執照，故更被指以行使偽造文件獲取禁用藥物，以供應運動員顧客所需。有消息指類似診所很有可能也在美國其他州份悄悄經營。

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Important Dates 重要日期

15 June 2013
Anti-doping information counter at HKSI
2013年6月15日
於體育學院舉辦運動禁藥資訊站

30 June 2013
Year 2013 Q3 whereabouts submission deadline for testing pool athletes
2013年6月30日
藥檢名單的運動員遞交2013年度第三季行蹤資料的最後限期

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:

Sample Letter to Doctors from Athletes

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：

運動員給醫生的樣本信函

The Committee 委員會

Chairman 主席

Prof. Frank FU, MH, JP
傅浩堅教授 MH, JP

Members 成員

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Dr. TSE Tak Fu, BBS, JP
謝德富醫生 BBS, JP

Dr. Simon YEUNG
楊世模博士

Mr. CHEUNG Ping Wai
張炳槐先生

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Australia

Australia had its "blackest day in sport" on 7 February 2013 when the Australian Crime Commission revealed the widespread drug use in Australian professional sport and highlighted links between professional sports and organized crime. It was suspected that coaches, sport scientists and support personnel have orchestrated the use of banned drugs including unapproved substances. Even worse, criminal organization not only might have supplied the banned substance, but also involved in match fixing and manipulation of sports betting. The local anti-doping agency has initiated a massive investigation into the matters before individuals could be asserted for any wrongdoings.

It's a wakeup call

The use of prohibited substance is threatening the integrity of sports and not limited by nations. Comparing to these scandals, Hong Kong is so far still relatively clean. But how bad is the situation in other countries? How should we get prepared to stay immune to such widespread contamination? We will continue to show you more vivid examples and analyze the situation in the next issue.

(接第一頁)

澳洲

2013年2月7日對澳洲體育界可說是“最黑暗的一天”，因澳洲犯罪委員會於當天的公布指出澳洲職業運動員使用禁藥相當普遍，更指出職業運動界與有組織犯罪集團存在千絲萬縷的關係。他們懷疑教練、運動科學及其他支援人員一直有份策劃禁用藥物的使用，其中更包括了一些未經許可的物質。而更令人擔憂的是，報告亦指出犯罪集團或許不單止於供應禁用藥物，更可能參與操控賽果和運動博彩。當地運動禁藥管制機構已開展大規模調查，以圖正式檢控相關人士。

一記當頭棒喝

運動禁藥的採用已不分國界，正在衝擊運動界的道德底線，相對這些醜聞，香港迄今猶幸尚算清白，但周遭其他地區的禁藥使用情況究竟有多猖獗呢？在這蔓延全球的藥害污染下，我們又應如何部署以捍衛香港這潔淨的賽場呢？我們在下一期通訊將會繼續和大家分享其他個案及深入探討。

Recent education efforts 近期教育活動剪影

Anti-Doping Seminar for Coaches & Other Athlete Support Personnel (30 April 2013)

「運動禁藥管制 — 教練及其他運動工作者須知」講座 (2013年4月30日)

1. Speakers of the Seminar Dr. YUNG Shu Hang Patrick and Yvonne YUAN, PhD, together with the Chairman of HKADC Prof. Frank FU, MH, JP
講者容樹恆醫生、袁慧儀博士與香港運動禁藥委員會主席傅浩堅教授合照
2. A house full of attentive coaches and athlete support personnel
會場座無虛席，出席教練及運動支援人員皆全神貫注
3. Participants got a chance to work with our education materials hands-on
參加者於教育資訊攤位認真學習禁藥管制知識



Outreach counter at the Inter School Indoor Rowing Competition (10 May 2013)

中學校際室內賽艇比賽 (2013年5月10日)

4. Let's support Fair Play!
齊來支持公平競賽！
5. Competitors learned more about the spirit of fair play
參賽者對公平競賽有更深入的認識
6. Introduction by HKADC staff
香港運動禁藥委員會工作人員悉心講解

模擬個案 Case Study

Mary is a promising elite athlete who representing Hong Kong in numerous competitions. As part of the routine, Mary was selected for drug test after participating in a local event. It was a nightmare when she was notified that her sample returned with positive result and she was asserted of anti-doping rule violation. Mary has been suffering from asthma and has taken medicine prescribed by her doctor. She believed that she could be exempted from sanction since she has detailed proof of her medical need.

Mary身為精英運動員，代表香港參賽無數，前途無可限量。但在一次賽後的常規藥物抽檢，Mary竟被告知樣本呈陽性反應，觸犯了禁藥管制規條，可說是晴天霹靂！原來Mary一直有哮喘毛病，並服用過醫生的處方藥物，但她因為可提供詳細的病歷記錄，所以信心滿滿地認為自己應該可以免於受罰。



Is she correct? **NO**
她的想法對嗎？當然不！

Consequences of being tested positive without a valid Therapeutic Use Exemption (TUE)

A TUE is needed before an athlete uses a prohibited substance or method for treating a medical condition, except for emergency or exceptional circumstances. In the absence of a valid TUE, the positive test could lead to sanctions including ineligibility and disqualification of competition results.

在未獲治療用藥豁免前使用禁藥，一旦藥檢出現陽性報告的後果

運動員因治療所須而使用禁用物質或方法，除危急或特殊情況外，事前必須預先申請治療用藥豁免。如沒有有效的治療用藥豁免，陽性檢驗結果將會按例被視作違規，判以停賽及取消比賽成績等處罰。

Lessons learnt 教訓

- Inform the doctor that you are an athlete.
告訴醫生您是運動員
- Show the 'Letter to Doctor' to help you to explain your obligations as an athlete.
出示“給醫生的樣本信函”以解釋您須要承擔的責任
- Show the current 'Prohibited List' to help the doctor to avoid prescribing prohibited substances/methods to you.
出示最新的“禁用清單”以協助醫生處方藥物時避免使用禁藥
- Check prohibition status of the prescribed medicine(s) at **DrugInSport** (www.druginsport.hk) **BEFORE** use.
服用前到「運動禁藥資料庫」 (www.druginsport.hk) 查詢處方藥物的禁用狀況
- Apply for TUE if prohibited substance/method has to be used to treat the medical condition. Start using only AFTER TUE has been granted.
如必須使用禁用物質或方法作治療，則必須申請治療用藥豁免，並在獲得批准後方能開始用藥

Retrospective TUE application is uncommon and **NOT** recommended
補辦治療用藥豁免並非非常規程序，
並不建議採用

HKADC's appearance on Roadshow

香港運動禁藥委員會

現身 **RoadShow** 路訊通

To promote the work of HKADC and to invite the general public to support 'Fair Play', a Roadshow video is produced to be aired in June 2013. This video features the importance of HKADC in the sport community and briefly introduces our works to the audiences. Missed our showing on Roadshow? You can revisit the video on our website again at www.antidoping.hk!

為了推廣香港運動禁藥委員會的工作及鼓勵大眾更支持公平競賽，我們於2013年6月將推出「路訊通」(Roadshow)宣傳短片。短片主要簡介香港運動禁藥委員會的職能及在相關工作方面的建樹。假若您在坐巴士的時候錯過播出時間，可以隨時到本會網頁再次輕鬆瀏覽短片 www.antidoping.hk!



WADA Symposium

世界運動禁藥機構年度會議

Ms. Winter WONG, Assistant Manager (Liaison) of HKADC, attended the WADA Anti-Doping Organization Symposium held on 19-20 March 2013 at Lausanne, Switzerland. The Symposium provided updates on the latest Code review progress which could help HKADC to be better prepared to implement the forth coming revised Code that will come into force in 2015. Discussion on the implementation of new anti-doping strategies such as the use of investigations and intelligence was also the main focus of this year's Symposium.

香港運動禁藥委員會助理經理(聯絡)黃冬兒女士於2013年3月19至20日出席了在瑞士洛桑舉行的世界運動禁藥機構年度會議。該會議向與會者報告了最新的禁藥法規檢討工作進展，有助本會就2015年行將落實的更新法規預先作好準備；會議亦廣泛討論了諸如偵查行動及情報收集等打擊禁藥的最新策略，也是今屆會議的另一焦點。



Q&A
考考你

Lance Armstrong was suspended from participation in sports because of doping. How long is his suspension period?

岩士唐因使用禁藥被罰停賽，停賽期有多久？

- (a) 2 years 2年 (b) 3 years 3年
(c) 5 years 5年 (d) Life time 終身

Answer 答案: (d)