

TrueSelf

HKADC NEWSLETTER 香港運動禁藥委員會通訊 Issue 17 • December 2013
第十七期 2013年12月



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

The revised World Anti-Doping Code – Strengthens the efforts to fight against doping in sports

新修訂之世界運動禁藥法規 – 加強打擊運動禁藥的力度

The World Anti-Doping Code (the Code) is the foundation of the fight against doping. At the World Conference of Doping in Sports held in Johannesburg, South Africa on 12-15 November 2013 close to 1,000 participants from all over the world participated and witnessed the completion of the latest Code revision. The newly revised Code will become effective on 1 January 2015 and the table below highlights the key changes.

世界運動禁藥法規為打擊運動禁藥的法理基石。於2013年11月12至15日在南非約翰內斯堡舉行的世界運動禁藥會議中，接近1,000位來自世界各地的與會者參與並見證了新法規的修訂完竣。新修訂之法規將於2015年1月1日生效，主要修訂重點見於下表。

Anti-doping rule violations (ADRV) 違反運動禁藥管制規條	The whereabouts requirement will be strengthened. An accumulation of 3 whereabouts failures within 12-month period, instead of 18-month period, will be considered a rule violation. Athlete/individual ignores advice from anti-doping organization (ADO) and continues to associate with individual serving a period of ineligibility for ADRV will have violated the rule. 有關行蹤資料的要求將被收緊。因行蹤資料失誤累計達3次而被視為違反規條，其有關的期限計算，已由原來18個月縮短為12個月。任何運動員/人士無視運動禁藥管制機構的勸告，並繼續與因違反規條而遭受停賽處分的人士合作串通，將被視作違反規條。
Investigation 調查工作	All ADOs will be required to actively collect anti-doping intelligence for the purposes of test planning, target testing and investigation into possible ADRV(s). 所有運動禁藥管制機構將要主動收集禁藥管制方面的情報，以協助制訂檢測計劃、針對性測試及對潛在違規作出調查。
Testing 藥物檢測	Risk assessment should be incorporated into test planning. The types of testing, types of sample collected and sample analysis menu should vary according to sports, disciplines, categories of athletes and other relevant factors. 制訂檢測計劃時須納入風險評估。且因應不同的體育項目、體育細項、運動員類別及其他有關因素，對檢測類型、樣本採集種類及樣本分析項目作出調整配合。
Sanction 違規處分	Upon conviction, individual committing the first time violation could be sentenced for 4 years of ineligibility rather than 2 years. Conditions for reduction of the sanction are more clearly defined, e.g. unintentional use of specified substance(s) and contaminated product(s), providing substantial assistance in discovering or establishing ADRV. 一旦被裁定違規，初次觸犯者的停賽年期可由目前的兩年增加至四年。處分寬減的條件有更具體的界定，例子包括：無意中誤用某些指定物質或受污染產品、為揭發或成功指控違規行為提供重要協助。
Education 教育工作	Importance of education is further emphasized. ADOs and various sporting bodies are expected to conduct or cooperate with relevant bodies on anti-doping education. Education should not be directed to athletes only. Value-based education for athletes and athlete support personnel is considered essential. Particular focus on young people through implementation in school curricula is expected. 教育工作的重要性被進一步確認，禁藥管制機構及不同體育組織須要直接推行或與其他相關機構合作籌組教育工作。教育工作並不只限於運動員，為運動員及運動支援人員設計以價值為本的教育活動被視為必需，並應通過學校課程向青少年灌輸正確價值觀。
Role of government 政府角色	Governments are obligated to put in place measures to allow information sharing with ADOs and sharing of data among ADOs. 政府有責任制訂措施以便與禁藥管制機構共用資料，及促進禁藥管制機構之間的訊息交流。
Others 其他	Statute of limitation will be increased from 8 to 10 years. Use of prohibited substance by athlete support personnel should be regulated by relevant bodies and disciplinary rules should be in place. 訴訟時效將由八年延長至十年。相關機構必須對運動支援人員使用禁用物質的情況作出監管，並訂立處分規則。

In the year ahead, HKADC will launch a series of information sessions and education programmes for the local sports community to prepare itself to comply with the revised Code by 1 January 2015. **BE PREPARED.**

香港運動禁藥委員會將於來年推出一系列資訊講座及教育活動，以協助本地體育界做好準備，切實履行2015年1月1日生效的新修訂法規。**作好準備。**

Important Dates 重要日期

31 December 2013

Year 2014 Q1 whereabouts submission deadline for testing pool athletes

2013年12月31日

藥檢名單的運動員遞交2014年度第一季行蹤資料的最後限期

8 - 9 February 2014

Outreach Education Programme at the Hong Kong Marathon Expo 2014 at Victoria Park

2014年2月8-9日

外展教育計劃於2014香港馬拉松嘉年華會(維多利亞公園)期間舉辦

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. Articles newly added into the Advisory Notes are:

Supplement warnings

- Products containing unlabeled stimulants
- Amphetamine-like compound found in products

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：

補充劑警告

- 含未註明刺激劑產品
- 產品中發現類似安非他命合成物

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The Myths on Whereabouts Failure

行蹤資料失誤的迷思！



Do you know an athlete who fails to comply with the whereabouts requirements repeatedly may be subjected to sanction of ineligibility? According to the whereabouts policy, athletes included in the HKADC Testing Pool are required to submit their whereabouts on a quarterly basis before deadlines. A cumulative of 3 whereabouts failures within an 18-month period may lead to more stringent whereabouts requirements and even suspension from competition.

As such, the seriousness of not being able to submit or maintain accurate whereabouts information cannot be overemphasized. However, in extraordinary situations or with valid reasons, athletes who travel a lot may still be not able to submit whereabouts information on time. Athletes therefore have the rights to give explanation supported by valid proof and related documents within 14 days after being notified of an assertion on whereabouts failures.

Some common explanations are collated below. Can you tell which ones will not be taken matter forward as whereabouts failures?

以下綜合了一些常見解釋，你認為那些最終不會被定案為行蹤資料失誤？

A	I had difficulties in accessing ADAMS while in Mainland China. Yet whereabouts for 1 st – 5 th of the next month was submitted via SMS before the deadline. 因身處國內，於登入運動禁藥管制行政管理系統 (ADAMS) 遇上困難，並於限期前已發短訊提交下月份1至5日的行蹤。
B	I was injured in a competition and therefore had difficulties submitting whereabouts. Seeing that it would not be possible for me to participate in any training or competition in the near future, I had no whereabouts information to submit. 不幸地在一次賽事中受傷，其傷患令輸入行蹤資料時有困難，亦於短期內無法受訓或比賽，所以未能及沒有行蹤資料提交。
C	I had undergone an emergency treatment for an accident occurred before the deadline and therefore failed to submit my whereabouts on time. Records of hospitalization and doctor's certificates were submitted as explanations afterwards. 因意外於限期前緊急入院進行治療，從而未能準時提交行蹤，隨後連同入院紀錄及醫生證明書作解釋。
D	Owing to work changes and heavy office commitments, the coach was not able to confirm the training schedule for the coming 3 months before the deadline. 因近來調職及工作繁忙，令教練未能於限期前制定隨後三個月的訓練計劃。
E	I did not receive any notification from HKADC because I had changed my contact details and been busy travelling recently. 因近日更改個人聯絡方法，並因忙於頻繁旅程，未能收到委員會發出的提示。
F	I had already retired for months but forgot to inform HKADC. 已退役多個月，但忘記通知委員會。

Answer 答案：C & F

你是否知道運動員在多次未能遵守行蹤資料要求下，可被罰停賽？根據行蹤資料政策，被列入「香港運動禁藥委員會」（委員會）藥檢名單（名單）的運動員，均須要於每年四個限期前按季度提交完整的行蹤資料，如運動員於18個月內累積任何3次行蹤資料失誤，可被要求遵守更嚴謹的監管，更是被罰停賽！

由此可見，運動員未能提交或保持行蹤資料準確的嚴重性實在不容忽視。然而經常南征北討的運動員，亦有可能在迫不得已及備有合理的原因下，未能準時提交行蹤。因此，運動員亦有權就疑似匯報失誤/違反行蹤資料要求指控的14日內，連同有力的證據及相關文件作出解釋。

Reasons for NOT taking matter forward as whereabouts failures:

不會被定案為行蹤資料失誤的原因：

C	There are valid proofs and documents showing the whereabouts failure was not a fault or ignorance of the athlete. 有力的證據及相關文件，證明行蹤資料失誤，並非因運動員本身過失或疏忽而導致。
F	The retirement arrangement was acknowledged by the relevant authority. Athletes who have decided to retire or withdraw from the Elite Training Grant should inform HKADC in writing as soon as possible. Whereabouts submission could be stopped only after acknowledgement from HKADC is received. 得到相關機構確認有關退役的安排。運動員決定退役或不再接受精英獎學金資助後，應盡快書面通知委員會，在得到確認後才停止行蹤資料。

Reasons for taking matter forward as whereabouts failures in other scenarios:

其他案例被維持定案為行蹤資料失誤的原因：

The responsibilities and deadlines for submitting whereabouts are clearly communicated to athletes when they are included into the Testing Pools. 當運動員被正式納入名單時，已清楚說明他/她提交完整行蹤的責任及限期；
Apart from submitting whereabouts through ADAMS, athletes can also use the corresponding form to submit the information via fax or post when it is not possible to access the internet. 運動員除了可以登入ADAMS提交行蹤外，如身處的地方未能連接上網，亦可利用表格，透過傳真或郵寄遞交；
Whereabouts information does not limit to training schedules. It could be other daily activities as well. 行蹤不止限於訓練，其他日常活動亦可；
Failing to provide valid proofs to substantiate the explanations. 未能提交有力證據支持解說。

“Be mindful of whereabouts submissions or be regretful over whereabouts failures”

“提交行蹤要小心，遲交失誤更難堪”

DON'T MISS THE DEADLINE!

模擬個案 Case Study



When it comes to supplements, Bob (who is an elite athlete) finds himself in a dilemma. He believes that he needs supplements in order to compete at the best of his abilities, and he feels that if he doesn't take supplements he is at a disadvantage. But Bob has also heard that using some supplements may cause positive anti-doping test. As a result, he wants a straightforward solution. He wants to know, "Is this particular supplement found in the market safe to be used?" and wants an answer to the question, "What supplements can I take?"

一談到使用補充劑的問題，身為精英運動員的Bob便感到左右為難，一方面他認為有需要服用補充劑以令自己能以巔峰狀態出賽，否則會落後於人；但另一方面他亦聞說服用補充劑有機會導致陽性藥檢結果。因此他希望有人可以就他的疑問給與一個直截了當的答案：“究竟某種市面上出售的補充劑是否安全？”、“到底我可以使用哪些補充劑？”

HKADC's advice to Bob

香港運動禁藥委員會給Bob的建議

Advice 建議 (1)

No one person or organization will be able to 100% guarantee the safety of any supplement. Supplements are regulated differently compared with medications. There may be hidden ingredients or contamination not listed causing a positive anti-doping test.

沒有任何人或機構能夠對某補充劑的安全性作出百分百的保證，因為對補充劑的監管有別於藥物，產品中有機會摻雜不明成份或污染物，隨時導致陽性檢測結果。

Advice 建議 (2)

Products that claim to be for sexual enhancement, bodybuilding or weight loss are danger signs and considered high risk.

聲稱具有提昇性功能、健美或瘦身等效用的補充劑都可視為危險訊號，屬高風險類別。

Advice 建議 (3)

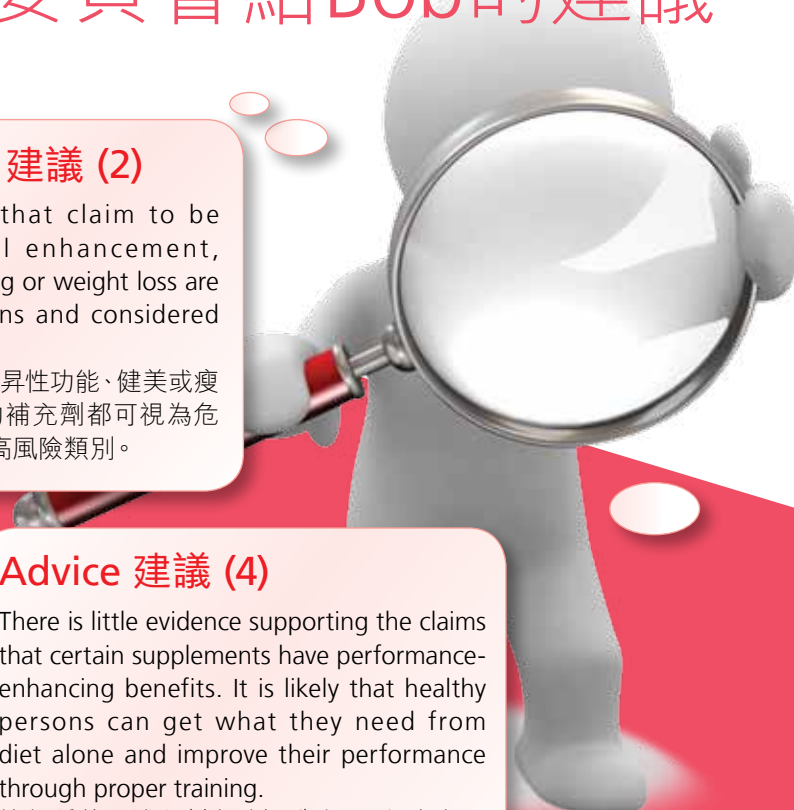
Under the strict liability principle, an athlete is responsible for whatever prohibited substances found in his/her sample, no matter if the violation is committed intentionally or unintentionally.

在嚴格責任原則下，不論是否故意服用，運動員必須對其體內檢測到的禁用物質負上全責。

Advice 建議 (4)

There is little evidence supporting the claims that certain supplements have performance-enhancing benefits. It is likely that healthy persons can get what they need from diet alone and improve their performance through proper training.

據聲稱某些補充劑有助提升表現，但事實上有關聲明並無充分證據支持。一個身體健康的人通過正常飲食便能獲取身體所需營養，通過適當訓練便可提昇表現。



Event Outreach Programmes in Top Gear

外展教育活動 全力衝刺



Fairness coming first in the Dragon Boat Race
龍舟競賽公平第一

To fight doping, HKADC spares no effort to promote the culture of fair play through various education programmes. All along we have been exploring opportunities to provide education to athletes, coaches, officials, spectators, and the others from as many sports as possible. During the period of September to November 2013, a total of 9 event outreach programmes were organized for different sports during competitions, including new attempts for sports like Wushu, Dragon Boat and Table Tennis. These outreach programmes have been well-received by more than 3,000 visitors and seen very active participation, nurturing a good environment for the growth of a drug-free sport culture.

香港運動禁藥委員會在打擊運動禁藥方面一向不遺餘力，通過各種教育活動，致力推廣公平競賽文化。我們一直努力找尋機會，盡量為更多來自不同體育範疇的運動員、教練、職員、觀眾人士等安排教育活動。在2013年9至11月期間，我們一共為不同的體育賽事舉辦了九次外展教育活動，其中包括為武術、龍舟及乒乓球賽事安排的首次嘗試。連串活動深受歡迎，吸引逾3,000名到訪者踴躍參與活動，有利於促進零禁藥競賽文化的開花結果。



Martial artists attempting anti-doping quiz
武林高手挑戰禁藥常識



Table-tennis players and audiences having fun
乒乓球手與觀眾樂也融融



泳手和家長認真學習禁藥知識
Young swimmers and parents learning attentively



Supporting fair play at the athletics ground
田徑場上不忘公平競賽



University swimmers flocking to our counter
大專泳手踴躍參與

Q&A 考考你

Being a coach, you were found to have frequent communication with Mr. Lance Armstrong. Which of the following is/are true?
身為教練的你，被發現與岩士唐有密切往來，下列哪項是正確？

- (a) Sanction imposed on Mr. Armstrong for having violated the anti-doping rule will be reduced
加諸岩士唐的禁藥違規處分會被寬減
- (b) You may have violated the revised version of the anti-doping rules (to be effective on 1 January 2015)
你可能已經觸犯了新修訂的禁藥管制規條 (將於2015年1月1日生效)
- (c) Your athletes could be targeted for doping control
你的運動員有可能成為禁藥檢測目標
- (d) Your athletes will be ineligible to compete at international level
你的運動員會喪失國際賽事的參與資格

Answer 答案: (b), (c)