

TrueSelf



Support Fair Play Compete Clean Everyday
齊來支持公平競賽 運動榮榮人人愛

HKADC NEWSLETTER 香港運動禁藥委員會通訊

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Fight against doping COUNTS ON YOU - Athlete support personnel 運動員支援人員 - 打擊運動禁藥 全賴有您

No matter how perfect some testing and education programmes are, anti-doping efforts that target only athletes are far from successful. To effectively fight against doping, anti-doping programmes must not only involve athletes but also rely on the support of the society and the sport community. Let's find out the roles and responsibilities of athlete support personnel who work closely with each successful athlete.

Are you an athlete support personnel?

An athlete support personnel is someone who works closely with athletes to prepare them for competitions. They can be coaches, physicians, physiotherapists, paramedics, sports scientists, team administrators and officials, agents and parents.

Roles and Responsibilities of athlete support personnel

HKADC urge all athlete support personnel to take a proactive role in the fight against doping. According to the World Anti-Doping Agency's suggestion, athlete support personnel have the following roles and responsibilities:

- To be knowledgeable of and comply with all anti-doping policies and rules adopted pursuant to the Code and which are applicable to them or the athletes whom they support.
- To cooperate with the athlete testing programme.
- To use their influence on athlete values and behavior to foster anti-doping attitudes.

You are cordially invited to join our fight against doping

In order to enhance the knowledge of athlete support personnel on anti-doping issues and to improve communication between them and HKADC, athlete support personnel who has not joined the HKADC mailing list, are cordially invited to join.

Individuals included on the mailing list will receive important updates and anti-doping information from HKADC either through email or mail.

Examples of this information include, but not limited to, the HKADC Newsletter – TrueSelf, Advisory Notes posted on the HKADC website, reminders to athletes, etc.

So act now to sign up on the HKADC mailing list by sending an email to antidoping@hkolympic.org and providing your name, sport, capacity and email address.

要成功打擊運動禁藥問題，不可只針對參與比賽的運動員，無論檢測計劃及教育工作如何完善，只針對運動員的運動禁藥管制計劃，必然「事倍功半」。要有效打擊運動禁藥問題，有賴體育界及社會人士支持。今天讓我們了解一下，每個成功運動員背後必備的運動員支援人員，在運動禁藥問題上的角色及責任。

你是運動員支援人員嗎？

運動員支援人員是指跟運動員緊密合作，以幫助運動員準備及參與比賽的人士。例如教練、醫生、物理治療師、其他醫護人員、運動科學人員、運動隊伍中的管理及行政人員、經理人及家長等。

運動員支援人員的角色及責任

香港運動禁藥委員會期望各運動員支援人員，積極參與打擊運動禁藥問題。根據世界運動禁藥機構(WADA)的指引，運動員支援人員的角色及責任包括：

- 認識及遵守所有適用於他們及他們所支援的運動員的運動禁藥條例；
- 配合在運動員身上執行的運動禁藥檢測計劃；
- 利用他們對運動員的價值觀及行為的影響力，培養運動員對運動禁藥問題的正确態度。

誠邀您加入參與打擊運動禁藥工作

為了增加運動員支援人員對運動禁藥管制的相關知識，及加強他們跟香港運動禁藥委員會的溝通，現誠邀尚未加入〈香港運動禁藥委員會通訊名單〉的運動員支援人員加入此通訊名單。

News 最新消息

HKADC has produced updated and new issues of education pamphlets in July 2011. These new versions provide more comprehensive anti-doping information to athletes and athlete support personnel.

香港運動禁藥委員會已於7月推出更新及全新的運動禁藥小冊子。新版本的小冊子為運動員及支援人員提供更全面的運動禁藥資訊。

Important Dates 重要日期

23 September 2011

Athlete Outreach Programme at HKSI
運動員外展計劃於香港體育學院舉辦

30 September 2011

Year 2011 Q4 whereabouts submission deadline for testing pool athletes

藥檢名單的運動員遞交2011年度第四季行蹤資料的最後限期

The Committee 委員會

Chairman 主席

Prof. Frank FU, MH, JP
傅浩堅教授 MH, JP

Members 成員

Mr. PANG Chung, SBS
彭冲先生 SBS

Mr. Ronnie WONG, JP
王敏超先生 JP

Mr. NG Ching Kwok, SBS
伍靜國先生 SBS

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

已加入此通訊名單的人士，將通過電子郵件或郵件，收到本委員會的重要更新和運動禁藥管制資訊。相關資訊包括但不限於，香港運動禁藥委員會通訊 - TrueSelf、上載於本委員會網站的〈重要忠告〉及致運動員的提示等。

請立刻行動，並將您的「姓名」、「運動項目」、「身份」及「電郵地址」電郵致 antidoping@hkolympic.org，以正式加入〈香港運動禁藥委員會通訊名單〉。

Doping Control Procedures: What you need to know

禁藥檢測程序你要知

Do you sometimes wonder why certain steps are done during the doping control procedures? Here are some common questions you may have in mind. Take a look!

Why is an athlete being escorted and under constant supervision after notification of a doping test?

This is to make sure that the athlete cannot engage in dishonest behaviors such as carrying a urine bag with "clean" urine or injecting "clean" urine into his/her bladder before providing a "sample" for the doping test.

Why is an athlete being asked to wash his/her hands before providing a urine sample?

This is to prevent the athlete from interfering with the urine sample. It is possible that athlete could store up trace amount of chemical underneath his/her finger nail and then transfer it into the urine to make the laboratory unable to detect any prohibited substance present in the sample.

Why is the specific gravity of the urine sample being measured on site? What should athletes be aware of?

Specific gravity of the sample reflects if the concentration of the sample is suitable for analysis in the laboratory. If the reading is outside of the required range, athletes will be asked to provide additional sample(s). Fig. 1 and 2 show the most commonly used devices for measuring specific gravity.

Urine for measuring specific gravity will only be obtained from the residue in the collection cup. In order to prevent the sample to be delivered to the laboratory being contaminated, never allow the Doping Control Officer to obtain urine sample for measurement from the collection cup before the sample has been poured into the A and B bottles or directly obtain sample from the A or B bottles.

Why do athletes have to declare the medicine and supplement taken in the past 7 days?

The laboratory will use such information to assist in its analysis of the urine sample. Furthermore, in case the sample returns with a positive result, this information could be an evidence to support an athlete's claim of inadvertent doping. It is therefore highly recommended that all medicine and supplement used during the period should be reported.

By the way, our sample kit will have a new look (Fig. 3) in the coming future. Check it out!



Fig.1 圖1



Fig.2 圖2

你有沒有想過在禁藥檢測程序中，為什麼要完成一些特定的步驟？以下是一些常見的問題，可能曾經在你腦海中出現過，讓我們來看看！

為什麼運動員在收到檢測通知後，會一直被陪同及受到監察？

這是為了確保運動員不能從事不誠實的行為，例如在提供尿液樣本前，利用攜帶載有「假冒」尿液的容器或注射「假冒」的尿液進入他/她的膀胱以破壞檢測。

為什麼運動員在提供尿液樣本前，會被要求先清洗雙手？

這是為了防止運動員干擾尿液樣本。因為運動員有可能在指甲縫中儲存少量化學物質，並放到尿液中，從而令實驗室無法從樣本中檢測到任何的禁用物質。

為什麼須要在即場量度尿液樣本的比重？運動員須要注意什麼？

尿液樣本的比重反映樣本的濃度是否適合實驗室作分析，如果讀數低於規定的範圍，運動員會被要求提供額外的樣本。圖1及圖2顯示最常用作量度比重的工具。

除此之外，只有剩餘在集尿杯的尿液會用作量度比重。為了防止受污染的樣本被送往實驗室，請不要讓運動禁藥管制主任在未曾將樣本倒入「A」和「B」瓶前，在集尿杯取得尿液量度比重，或直接從「A」或「B」瓶中取得樣本量度比重。

為什麼運動員必須申報過去7天所服用的藥物和補充劑？

因為實驗室會利用有關的資料協助分析尿液樣本。此外，若然樣本檢測結果呈陽性反應，這些資料可能是證明運動員誤用運動禁藥的證據。因此，我們強烈建議運動員必須要申報所有於這時段曾服用的藥物和補充劑。

藉此機會，讓我們看看樣本瓶的新包裝(圖3)！



Fig.3 圖3

The 7Cs of *DruginSport* 運動禁藥資料庫 「至醒7式」

For any clean athlete, it would be a nightmare to realize after a drug test that he/she has been mistakenly using a medicine that contains a prohibited substance. Under the strict liability principle, athletes are ultimately responsible for any substance entered the body. Therefore, athletes should ALWAYS check their medicine before use.

With the introduction of *DruginSport* by HKADC in January 2011, a web-based database providing prohibited information of all registered pharmaceutical products in Hong Kong, athletes and athlete support personnel could now readily check the prohibited status of medicine. Let's go through the 7Cs below to help you make smart and safe search with *DruginSport*.

CHECK – check the spelling of your medicine. Products with similar names may have different prohibited status.

CONFRIM – cross-check name and registration number of the medicine being searched. Each product comes with a unique registration number.

COMPETITION - Prohibited status of a medicine could be different whether you are going to take it during a competition or not. Beware of the prohibited status of a medicine for both 'In-competition' and 'Out-of-competition'.

CONDITIONAL – some medicines are prohibited only in certain sports or through certain routes of administration. Read the remarks on the medicine for additional information.

Use with CAUTION – some medicines contain herbal substances and/or unknown chemical compositions. Associated risks have to be taken into account before use.

CHANGES – *DruginSport* is updated on 1 January each year to reflect annual changes on the Prohibited List. Pharmaceutical products newly registered in Hong Kong will be included in *DruginSport* at the quarterly updates as well.

CONSULT – if you cannot find information of your medicine on *DruginSport*, consult a sport physician or HKADC. Do not assume it is safe.

Last but not the least, if you have any comment or suggestion on the database, do feel free to contact us and let us know what you think.

對於任何清白的運動員，如果在藥物檢測後，發現自己誤用含有禁用物質的藥物，那絕對是一個惡夢。根據嚴格責任原則，運動員均須要為在他/她體內發現的任何運動禁用物質負責。因此，運動員應**時常**在採用任何藥物前查詢藥物的狀況。

隨著香港運動禁藥委員會於2011年1月推出提供香港註冊藥劑製品的禁用狀況的網上資源 *運動禁藥資料庫*，運動員及其支援人員已經可以隨時查詢藥物的禁用狀況。現在就讓我們透過以下的「至醒7式」，教你醒目又安心地使用 *運動禁藥資料庫*。

檢查 (CHECK) - 不要弄錯藥物名稱。名稱相似的產品，可能會有不同的禁用狀況。

核對 (CONFRIM) - 核對要查詢藥物的名稱和註冊編號，每個產品都有一個獨立的註冊編號。

比賽 (COMPETITION) - 某些藥物的禁用狀況，會取決於藥物是否在比賽期間被採用。因此，應同時留意藥物「賽內」和「賽外」的禁用狀況。

按條件採用 (CONDITIONAL) - 某些藥物只會在指定體育項目或經特定途徑採用時被禁用，查詢時應細閱附加的註解或資料。

慎用 (Use with CAUTION) - 有些藥物註明含有草本成份和/或化學成分不明的物質，採用該類藥物前應慎重考慮相關風險。

變動 (CHANGES) - *運動禁藥資料庫* 會根據世界運動禁用清單的變動，於每年1月1日作出更新；此外亦會根據香港註冊藥劑製品記錄的變動，每季更新。

詢問 (CONSULT) - 如果你未能於 *運動禁藥資料庫* 找到某藥物的禁用資料，請徵詢醫生或香港運動禁藥委員會，切勿假設藥物可被安全採用。

最後，如果你對 *運動禁藥資料庫* 有任何的意見或建議，歡迎隨時聯絡我們，並發表你的寶貴意見。

Case study 模擬個案

Mike had been training extremely hard to be selected into the team to represent Hong Kong in a major game for the very first time. Shortly after receiving the good news, he found out that one of the medicines he has been using for the past years contains prohibited substance.

Could Mike still represent Hong Kong? What should Mike do?

Mike should immediately consult his physician if there is any alternative medicine that contains no prohibited substance that he could use to control his medical condition. Bad news! There is no alternative.

Mike then reviewed guidelines on Therapeutic Use Exemption (TUE) from the event organizer, his International Federation (IF), and HKADC. Event organizer expects that athlete should submit a record of TUE granted by the corresponding IF or National Anti-Doping Organization (NADO). His IF does not have any TUE system in place and advised that Mike should contact his NADO for assistance.

With help from his physician, Mike submitted a TUE application to HKADC. Both the physician and Mike were new to the procedure. Anyway, after a bit of hard work, the TUE application was finally readied for review by the TUE Panel of HKADC.

It was a highly debatable case for the 4-members TUE Panel. Although there is no alternative medicine for the athlete, it was highly undesirable for having a retrospective application. Mike had been using the medicine for years before submitting a TUE application. Mike's dream to represent Hong Kong for the very first time of his athletic career is vulnerable.

Lessons learnt

1. No matter you are participating in a sport event or not. Always check prohibited status of your medicine before use.
2. Remind your physician that no medicine containing prohibited substances should be prescribed to you. Except, if there is no alternative to treat your medical condition.
3. Be familiar with TUE guidelines of your sport and any major games that you are planning to take part.
4. Act fast. The process of granting TUE takes time.
5. Avoid retrospective TUE application. Only acute life threatening conditions will be considered appropriate for retrospective granting of TUE.
6. Seek HKADC's advice for any assistance needed for TUE application.



Mike一直非常努力的練習，最後被選入代表隊，並將第一次代表香港參與大型賽事。獲悉好消息後不久，他發現其中一隻他一直採用的藥物含有禁用物質。

Mike還可以代表香港隊嗎? Mike應該怎樣做?

Mike應立即諮詢醫生，是否有其他不含禁用物質的藥物可作替代，並用來控制病況。壞消息！沒有其它的選擇。

Mike隨後細閱賽事主辦單位、他所屬的國際體育聯合會(IF)及香港運動禁藥委員會的治療用藥豁免(TUE)指引。賽事主辦單位要求運動員提交由IF或國家運動禁藥組織(NADO)所批核的TUE，然而他所屬的IF並未有建立TUE的制度，並建議他聯絡NADO尋求協助。

Mike在醫生的協助下，向香港運動禁藥委員會提交TUE申請。由於Mike及他的醫生都是申請TUE的新手，在幾番努力後，終於準備好TUE的申請表，並由香港運動禁藥委員會的治療用藥豁免專責委員會進行批核。

專責委員會的四名委員，認為這是一個極具爭議的個案，雖然沒有合適的替代藥物，但補辦TUE是極不可取的做法，Mike在提交申請前一直在使用這種藥物。Mike要在他的運動生涯中第一次代表香港的夢想岌岌可危。

教訓

1. 無論你是否即將參與體育賽事，在使用藥物之前，先檢查它的禁用狀況。
2. 提醒你的醫生，你不能被處方任何含有禁用物質的藥物，除非沒有適用的替代藥物。
3. 熟悉你所屬的體育項目，及你打算參與賽事的TUE指引。
4. 盡快申請，批核程序需時。
5. 避免補辦TUE。補辦申請只適用於為急性疾病進行的緊急治療。
6. 有關TUE事宜，可尋求香港運動禁藥委員會的意見及協助。

Q&A 考考你

When a Doping Control Officer (DCO) approaches an athlete for sample collection, it is important for the athlete to check the DCO's identity. Which of the following is NOT an item normally found on the DCO's identity card?

接獲被要求接受禁藥檢測通知後，運動員必須先核實運動禁藥管制主任的身份。以下那一項資料通常不會出現在運動禁藥管制主任的的證件上：

- | | |
|---|--|
| (a) Photo of the DCO 運動禁藥管制主任的相片 | (b) Name of the DCO 運動禁藥管制主任的姓名 |
| (c) Telephone number of the DCO 運動禁藥管制主任的電話號碼 | (d) Name of the testing authority 禁藥檢測機構名稱 |
| (e) Gender of the DCO 運動禁藥管制主任的性別 | |

Answer (c)