



Hong Kong Anti-Doping Committee
香港運動禁藥委員會

TRUESELF

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重要日期 Important Dates

30 June 2017

藥檢名單的運動員遞交2017年度第三季行蹤資料的最後限期

Year 2017 Q3 whereabouts submission deadline for testing pool athletes

委員會 The Committee

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全球運動禁藥管制資訊：

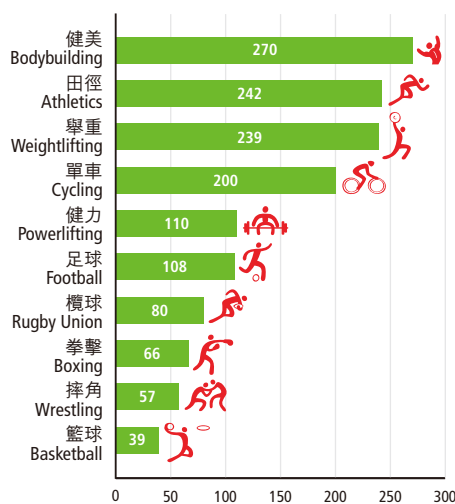
違反運動禁藥管制規條

Global Anti-Doping Information: Anti-Doping Rule Violations (ADRVs)

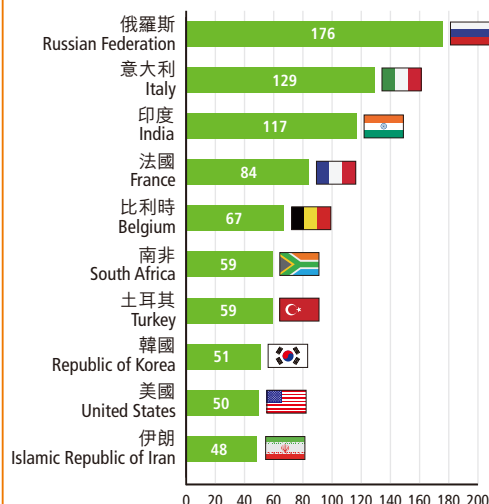
世界運動禁藥機構 (WADA) 剛發佈了2015年違反運動禁藥管制規條報告。於2015年間一共有1,929宗違規個案，當中1,901宗涉及運動員違規而其餘28宗則與運動支援人員有關。

The World Anti-Doping Agency (WADA) has recently issued the 2015 Anti-Doping Rule Violations (ADRVs) Report. There were 1,929 ADRV in total, among them 1,901 cases involved violation by athletes while the 28 cases were related to athlete support personnel.

全球十大最多違規個案的運動項目 The Sports with highest number of ADRVs worldwide – TOP 10



全球十大最多違規個案的國籍 The Nationalities with highest number of ADRVs worldwide – TOP 10



* 資料來源: 世界運動禁藥機構 (WADA) - 2015年違反運動禁藥管制規條報告

Source: World Anti-Doping Agency (WADA) – 2015 Anti-Doping Rule Violations (ADRVs) Report

https://www.wada-ama.org/sites/default/files/resources/files/2015_adrvs_report_web_release_0.pdf

由世界運動禁藥機構 (WADA) 制定的「世界運動禁藥法規」(World Anti-Doping Code)，是全球運動禁藥管制活動所根據的基礎及環球性文件，目的是保障運動員在無禁藥的環境下公平競賽的權利。「世界運動禁藥法規」列出了十項會構成違反運動禁藥管制規條的情況及行為。有關規條內容可參閱本會通訊《TrueSelf》第26至30期內的「學懂規條」專欄。

Created by the World Anti-Doping Agency (WADA), the World Anti-Doping Code (the Code) is the fundamental and universal document for protecting the right of Athletes to compete in a doping-free environment in sport. There are 10 specific circumstances and conduct which constitute Anti-Doping Rule Violations as stated in the Code. For details of the rules, please refer to the column, "Know the Rules", of the 26th to 30th issue of TrueSelf.

齊來支持公平競賽
運動禁藥人人愛
Support Fair Play
Compete Clean Everyday

查核藥物禁用狀況的好幫手：



A Useful Tool for Checking the Prohibition Status of your Medicine: 運動禁藥資料庫 DrugInSport www.druginsport.hk



許多常用於治療疾病或傷患的藥物都有可能含有禁用物質。因此，運動員在使用任何藥物前（無論曾否服用過該藥物），應先檢查其禁用狀況。根據「嚴格責任原則」，無論運動員是否故意攝入，都必須為其體內發現的禁用物質負責。

Athletes are strongly advised to check every single medication before use, even if you have used it before, as many common medications for treating illnesses or injuries may contain prohibited substances. According to the strict liability principle, athlete is responsible for any prohibited substance found in his or her body, no matter if the prohibited substance is used intentionally or not.

查核藥物的禁用狀況： 該做和不該做 Check your medicine: Do's and Don'ts



✓ 該做 Do's

- 下載 DrugInSport 手機應用程式，以便隨時隨地使用。
Do download the DrugInSport app for use anytime, anywhere on your mobile.
- 無論是醫生處方的藥物或自行購買的成藥，運動員亦必須於使用前查核其禁用狀況。
Do check your medicine before use whether it is prescribed by your doctor or bought over the counter at a pharmacy.
- 使用外用藥物（即透過口服以外途徑採用的藥物，如藥膏、吸入器、滴劑、噴霧劑等）前，亦應查核其禁用狀況。
Do check your topical medicine, inhaler, drops or sprays as they are also considered as medicine but just used in a different route of administration.
- 確保你輸入正確的品牌、藥物名稱或藥物成份。
Do ensure that you use the correct spelling of the brand, medicine name or medicine ingredient.
- 利用藥物的香港註冊編號（例：HK-0001）作出搜尋，以獲得準確的搜尋結果。
Do search with the Hong Kong registration number of a medicine (eg, HK-0001) to obtain accurate results.
- 如有任何疑問，請直接向「香港運動禁藥委員會」查詢。
Do contact HKADC directly if you have any medicine related enquiry.

✗ 不該做 Don'ts

- 即使你找不到某種藥物的禁用資料，亦不應假設可安全使用。
Don't assume a medicine is permitted in sport if you cannot find information on it.
- 請勿使用 DrugInSport 搜尋補充劑、草本產品或中藥，DrugInSport 未能對其禁用狀況提供資料。
Don't search for supplements, herbal products or Chinese medicine in DrugInSport. No advice would be given on such products.
- 請勿使用 DrugInSport 搜尋在海外購買的藥物，DrugInSport 只能提供香港註冊藥物的資料。
Don't search for medicine purchased overseas. DrugInSport is for medicine registered in Hong Kong only.

服用運動禁藥的副作用

Side Effects of Doping



刺激劑
Stimulants

賽內禁用
Prohibited in-competition only

刺激劑(又稱興奮劑),例如安非他明及可卡因能影響中樞神經系統。服用刺激劑使人增加警覺性、減低倦意和加強運動員的競爭意欲及侵略性。

Stimulants (e.g. amphetamine and cocaine) are substances that act on the central nervous system. Stimulants can increase alertness, reduce tiredness, increase competitiveness and aggression in athletes.

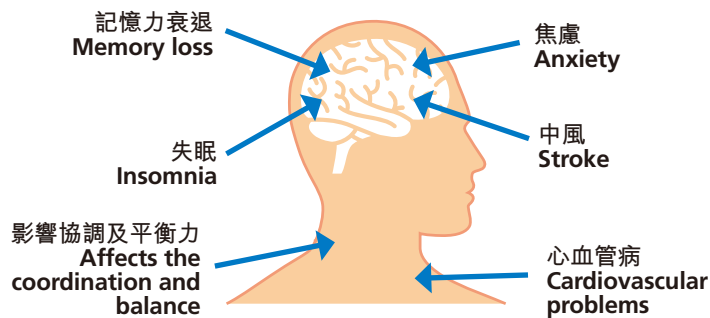


運動員 Athlete

刺激劑可有潛在副作用?
Any potential side effects of using Stimulants?

隊醫回覆 Team Doctor's Reply

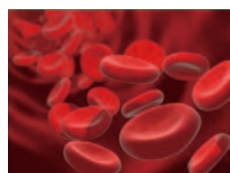
下圖顯示服用刺激劑的潛在副作用。
The picture below shows the potential side effects on the use of stimulants.



運動愛好者 Sports Enthusiast

使用紅血球生成素會帶來什麼潛在副作用呢?
What are the potential side effects of using EPO?

隊醫回覆 Team Doctor's Reply



血液變稠令血壓上升
Blood becomes more viscous and causes blood pressure to rise



心臟病
Heart attack



中風
Stroke



肺栓塞
Pulmonary embolism



紅血球生成素
Erythropoietin (EPO)

賽內及賽外禁用
Prohibited at all times
(both in- and out-of-competition)

紅血球生成素(EPO)能刺激紅血球的產生,從而增加血液的帶氧量。使用紅血球生成素可增加耐力及縮短康復時間。

EPO can stimulate the production of red blood cells in order to increase the oxygen carrying capacity of blood. The use of EPO can increase exercise endurance and reduce recovery time.

凝聚全球力量 維護公平競賽

Unifying Global Effort to Protect Clean Sport

「世界運動禁藥機構」(WADA)在2016年雖然面對前所未有的嚴峻考驗，但同時亦獲得了團結全球力量以維護公平競賽的契機。因此在今年三月破紀錄地有超過740位環球代表匯聚瑞士洛桑，出席「WADA 2017年度會議」，而「香港運動禁藥委員會」亦有派員與會。

為期三天的年度會議主題為「迎接禁藥挑戰 締造純潔未來」。透過不同的環節，WADA向所有與會代表闡述以下重點方向：

- WADA已加強監察所有與運動禁藥管制相關的機構及組織，確保「世界運動禁藥法規」(World Anti-Doping Code)能確切執行。
- Speak Up! 一個專為舉報「違反運動禁藥管制規條」(Anti-Doping Rule Violations)而設的平台經已推出，以便舉報人士能在安全的情況下向WADA提供相關資料。
- 所有與運動禁藥管制相關的機構及組織，包括各地政府必須聯手，向「運動零禁藥」的共同目標進發。

「香港運動禁藥委員會」將繼續緊貼國際步伐，聯手締造一個無運動禁藥的比賽環境，促進公平競賽。



play true

The Way Forward – Roundtable

2017 WADA Symposium

13 March 2017, Lausanne, Switzerland



Despite facing unprecedented challenges in 2016, the World Anti-Doping Agency (WADA) saw an invaluable chance to unite global effort to protect clean sport. In March 2017, a record number of over 740 delegates from around the world, including the representative of Hong Kong Anti-Doping Committee, assembled in Lausanne, Switzerland to attend the “WADA 2017 Annual Symposium”.

The theme of the 3-day Symposium was “Tackling our Challenges and Strengthening the Future of Clean Sport”. Through various sessions, WADA elaborated to attendees on the following focal points:

- WADA’s enhanced compliance monitoring program to ensure World Anti-Doping Code would be executed.
- Speak Up!, the Agency’s enhanced investigations and whistleblower program for Anti-Doping Rules Violations, was launched to encourage athletes and others to come forward within a safe and confidential environment.
- All stakeholders should work together in a constructive and cooperative manner towards the common goal of clean sport.

The Hong Kong Anti-Doping Committee would continue to keep pace with the global fight for clean sport and collaborate with all stakeholders to preserve a doping-free environment for fair play in sport.



在2015年違反運動禁藥管制規條報告內的1,929宗違規個案當中涉及了多少個運動項目？

How many sports/disciplines were involved in the 1,929 Anti-Doping Rule Violations of year 2015 as reported by the World Anti-Doping Agency?

- (a) 65 (b) 75 (c) 85 (d) 95

答案 Answer : (c)