



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

TRUE SELF

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重要日期 Important Dates

31 December 2017

藥檢名單的運動員遞交2018年度第一季行蹤資料的最後限期

Year 2018 Q1 whereabouts submission deadline for testing pool athletes

13 – 14 January 2018

外展教育計劃於2018年香港馬拉松嘉年華期間在維多利亞公園舉行
Outreach Education Programme at the Hong Kong Marathon Carnival 2018 at Victoria Park

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2018年度禁用清單經已推出

The 2018 Prohibited List Released

世界運動禁藥機構(WADA)已推出2018年度禁用物質及方法清單(禁用清單),並將於2018年1月1日生效。

WADA每年都會更新禁用清單,並在其生效前數個月預先公布,以確保運動員及支援人員有足夠時間熟悉新的禁用清單及其修訂、覆檢運動員正在服用的藥物,以及在必要情況下申請治療用藥豁免(TUE)。

任何物質或方法如經WADA判斷符合以下其中兩項條件,均會被考慮列入禁用清單:

1. 單獨使用該物質或方法、或與其他物質或方法並用,能提升或有可能提升運動表現;
2. 使用該物質或方法對運動員有實際或潛在的健康風險;
3. 使用該物質或方法會違反體育精神。

另外,任何物質或方法如有可能遮蔽其他禁用物質及方法的使用,亦有可能被列入禁用清單。

本會慎重建議所有運動員及支援人員詳閱2018年度禁用清單及其修正摘要及註釋。舉例其中一項主要變更:酒精已在2018年度禁用清單中被刪除。

2018年度禁用清單及詳盡的修正摘要可於WADA的網頁(www.wada-ama.org)下載。

香港運動禁藥委員會亦印備袋裝版2018年度禁用清單供運動員使用。如欲索取袋裝版禁用清單,歡迎聯絡本會。

The World Anti-Doping Agency (WADA) has published the 2018 List of Prohibited Substances and Methods ("The Prohibited List"), which will come into force on 1 January 2018.

The Prohibited List is updated annually and is released a few months before it comes into effect to ensure athletes and their support personnel have sufficient time to familiarize themselves with the List and its modifications, review any medications they use and apply for a Therapeutic Use Exemption (TUE) if required.

A substance or method shall be considered for inclusion on the Prohibited List if WADA determines that it meets any two of the following three criteria:

1. The substance or method, alone or in combination with other substances or methods, enhances or has the potential to enhance sport performances;
2. The use of the substance or method represents an actual or potential health risk to the athletes; or
3. The use of the substance or method violates the spirit of sport.

A substance or method shall also be included in the Prohibited List if it has the potential to mask the use of other prohibited substances or methods.

All athletes and their support personnel are strongly advised to familiarize themselves with the 2018 Prohibited List and the Summary of Major Modifications and Explanatory Notes which lists out all the changes made. For example, one of the major changes is that alcohol has now been excluded from the 2018 Prohibited List.

The 2018 Prohibited List and the full summary can be downloaded on WADA's website (www.wada-ama.org).

HKADC has also produced a pocket-size 2018 Prohibited List for athletes' use, please contact HKADC office if you would like a copy.



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

運動員生物護照：用作打擊禁藥的個人化工具

Athlete Biological Passport: A personalized tool to stamp out doping

為加強對清白運動員的保護，世界運動禁藥機構 (WADA) 將於 2018 年開始強制所有運動禁藥機構執行「運動員生物護照 Athlete Biological Passport (ABP)」中的血液單元。因此，由 2018 年起世界各地的運動員，包括香港運動員，將有更多機會進行血液檢測。

From 2018 onwards, athletes all around the world, including Hong Kong athletes, will have to undergo more blood testing. This is due to the mandatory implementation of the Athlete Biological Passport (ABP) hematological module by all Anti-Doping Organizations as mandated by the World Anti-Doping Agency (WADA) to ensure greater protection to the clean athletes.

甚麼是「運動員生物護照 ABP」? What is Athlete Biological Passport?

「運動員生物護照 ABP」透過長時間的數據搜集，記錄、觀察及剖析個別運動員體內某些生物標記的變化，以間接地偵測運動員身體有否受運動禁藥物質或其方法影響，而並非直接檢驗運動員身體樣本是否含有禁藥物質。這些數據資料同時有助提高目標檢測及相關調查工作的效率。

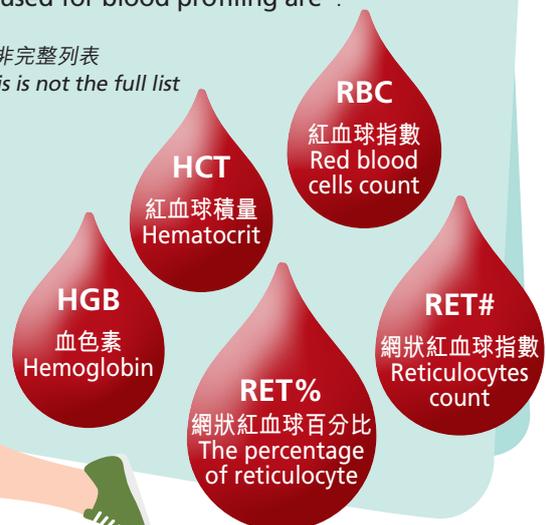
It is the profiling and monitoring of selected biological variables of each individual athlete over time to indirectly reveal the effects of doping rather than attempting to detect the doping substance or method itself. The information is used to enhance the effectiveness of direct target testing and investigations.



ABP 的血液單元參數是什麼? What are the parameters being measured for the ABP hematological module?

以下是部分用作血液數據分析的量度參數例子*：
Examples of parameters that are measured and used for blood profiling are*:

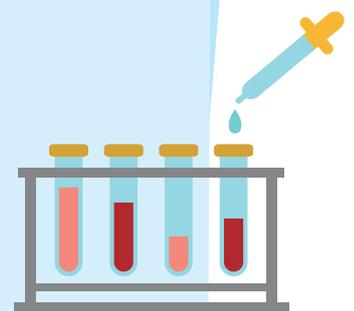
* 並非完整列表
This is not the full list



運動員在抽取樣本時有什麼事項需要注意? What to expect at sample collection for athletes?

如運動員在提供血液樣本前曾進行劇烈運動，運動員可能會被要求休息 2 小時，方可以進行血液樣本收集。此外，運動員亦需要報告近期曾經進行過的活動，例如高地訓練、失血、捐血或輸血等。

Athletes maybe required to rest for 2 hours without strenuous exercise before the blood sample can be collected. Also, athletes have to report on recent activities such as high-altitude training, blood lost, donation or transfusion.





血的疑惑 (二)

The Mystery of Blood (2)

完成血液檢測之後，運動員的血液樣本會如何運送到世界運動禁藥機構(WADA)認可的實驗室作化驗呢？

Upon completion of a blood testing, how is an athlete's blood sample being delivered to a World Anti-Doping Agency (WADA) accredited laboratory for analysis?

根據WADA的指引，血液樣本需要在抽取後72小時內進行化驗。為了防止樣本受到運送延誤和外來溫度變化影響而變質，在運送時必須把樣本放置在特製的「手提冷凍箱」中冷藏並使用「溫度紀錄儀」監察每分鐘的溫度變化。According to WADA's Guidelines, blood sample analysis should be conducted within 72 hours from collection. To prevent the sample from possible degradation due to delivery delays and temperature changes, the sample must be stored in the **cool box** during transportation, together with the **temperature data logger** to monitor the temperature changes in every minute.



手提冷凍箱 Cool Box

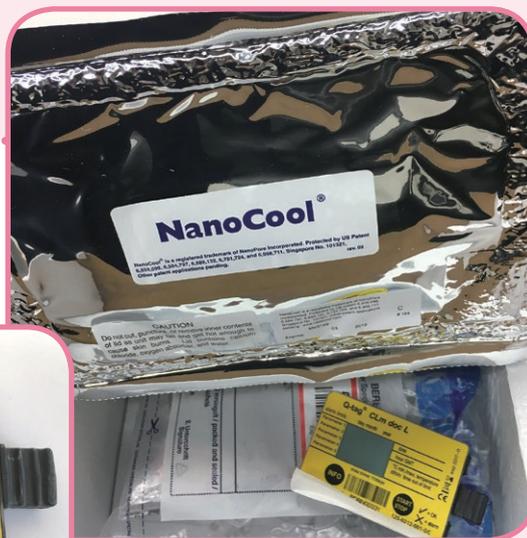
血液樣本會放置在「手提冷凍箱」並維持在攝氏2至8度之間，以確保樣本的質素。

The blood samples would be placed into the cool box for refrigeration in 2 – 8°C to preserve the quality of the samples.

溫度紀錄儀 Temperature data logger

「溫度紀錄儀」會連同血液樣本一同放進「手提冷凍箱」以紀錄樣本的運送時間及期間的溫度變化。實驗室會根據當中的數據評估樣本是否適合進行化驗。

The temperature data logger is placed in the cool box with blood samples to record the actual delivery duration and the temperature changes during transportation. The laboratory would determine whether the sample is suitable for analysis based on the data recorded.



運動禁藥管制小冊子換上全新形象!

Anti-Doping Education Pamphlets with new design!

為了加強運動員及運動支援人員對運動禁藥管制的認識，並提供最新的資訊，本會最近推出了以下十款小冊子的更新版本，不但內容更精簡，設計亦更繽紛奪目：

In order to enhance the anti-doping knowledge of athletes and athlete support personnel by providing them with the most updated information, HKADC has published new versions of the following ten education pamphlets with more streamlined content and striking design:

1	血液檢測及樣本收集	Blood Testing & Sample Collection
2	違反運動禁藥管制規條	Anti-Doping Rule Violations
3	補充劑	Supplements
4	服用運動禁藥的健康風險及其副作用	Health Risks and Side Effects of Doping
5	行蹤資料 – 目的、要求、提交方法	Whereabouts – Why, What, How
6	誤用運動禁藥	Inadvertent Doping
7	運動禁藥檢測程序 – 尿液檢測	Doping Control Procedures – Urine Testing
8	結果管理 – 陽性檢測結果	Results Management – Positive Test Result
9	販運運動禁藥的法律後果	Legal Implications of Trafficking Prohibited Substances
10	治療用藥豁免	Therapeutic Use Exemption

小冊子的電子版本可於本會網頁(www.antidoping.hk)下載。如欲索取印刷版的小冊子，歡迎聯絡本會。

Electronic versions of the pamphlets are available for download on HKADC website (www.antidoping.hk). If you would like to receive hardcopies of the pamphlets, please contact HKADC office directly.



世界運動禁藥機構公佈 WADA Publishes

"Parents' Guide to Support Clean Sport"

在年輕運動員的運動生涯中，家長擔當一個極重要的角色。家長為年輕運動員建立的個人道德標準，將成為他們在運動生涯中的行為及取向的指標。有見及此，世界運動禁藥機構(WADA)推出了一份運動員家長指引，名為“Parents' Guide to Support Clean Sport”。此指引為家長提供正確的體育精神及有關運動禁藥管制的重要資訊，涵蓋的主題包括宣揚良好的價值觀、確立健康的運動文化、飲食營養、補充劑的風險及使用運動禁藥的風險因素等。Parents play a crucial role in young athletes' sport career by nurturing their personal ethics, which then guides their behaviors and their approach to sport throughout their career. In this respect, the World Anti-Doping Agency (WADA) has published the latest education tool entitled "Parents' Guide to Support Clean Sport". The booklet equips parents of athletes with useful information about clean sport and anti-doping with topics on promoting good values, identifying a healthy sport culture, nutrition, the risks of supplements and doping risk factors.



“Parents' Guide to Support Clean Sport”可於世界運動禁藥機構(WADA)的網頁下載(只有英文版本)

To download the Parents' Guide, please visit WADA's website :

www.wada-ama.org/en/resources/education-and-prevention/parents-guide-to-support-clean-sport