



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

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重要日期 Important Dates

31 March 2018

藥檢名單的運動員遞交2018年度
第二季行蹤資料的最後限期

Year 2018 Q2 whereabouts
submission deadline for testing
pool athletes

委員會 The Committee

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以鞏固的科學化網絡打擊運動禁藥— 世界運動禁藥機構認可實驗室

A Strong Scientific Network against Doping — World Anti-Doping Agency Accredited Laboratories

你有沒有想過每年有多少運動員的樣本被收集？而這些樣本會送到哪裡進行化驗呢？根據世界運動禁藥法規，所有經運動禁藥檢測採集的人體樣本都必須在世界運動禁藥機構(WADA)認可的實驗室或獲WADA批准的實驗室進行化驗。

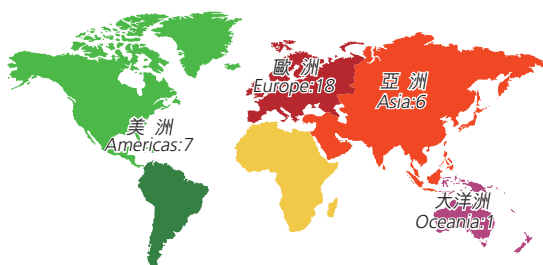
現時全世界只有32個WADA認可的實驗室，當中有6個位於亞洲（包括曼谷、北京、多哈、新德里、首爾及東京）。在2016年運動禁藥檢測統計報告中，這些實驗室在2016年間一共接收及化驗了256,879個樣本（當中包括212,208個尿液樣本、17,306個血液樣本及27,365個運動員生物護照樣本）。

實驗室要獲得世界運動禁藥機構的認可，必須要遵從兩個國際標準：(i) ISO/IEC 17025《測試及校正實驗室能力的國際性通用規定》；及(ii) WADA制定的實驗室國際標準(ISL)。除此之外，所有獲認可的實驗室的表現都受到嚴格監管，實驗室需要強制性參與「外部實驗質量評估計劃」(EQAS)，以持續評估實驗室的表現來評鑑其能力及提供機會予不同的實驗室比較化驗結果。

當實驗室不符合ISL的要求時，WADA有權暫時取消其認可資格。實驗室必須實行補救措施以修正其缺失，以獲准恢復相關運動禁藥管制活動。

在一連串嚴格監控下，無論樣本被運送到哪一個實驗室，運動員也可放心實驗室必定會在完整及一致的最高標準下對其樣本進行化驗及分析。

世界運動禁藥機構認可實驗室的世界分佈圖： Distribution of the WADA-accredited laboratories in the world:



資料來源 Source: <https://www.wada-ama.org/en/what-we-do/science-medical/laboratories/accredited-laboratories>

Have you ever wondered how many samples are collected from athletes every year and where are they analyzed? According to the World Anti-Doping Code, all human doping control samples should be analyzed only at World Anti-Doping Agency (WADA)-accredited laboratories or laboratories approved by WADA.

There are currently only 32 WADA-accredited laboratories around the world, including six in Asia (namely Bangkok, Beijing, Doha, New Delhi, Seoul, and Tokyo). With reference to the 2016 Anti-Doping Testing Figures Report, 256,879 samples (including 212,208 urine samples, 17,306 blood samples and 27,365 Athlete Biological Passport Samples) were received and analyzed in 2016 by WADA-accredited laboratories.

Laboratories are WADA accredited based upon compliance with the two international standards: (i) ISO/IEC 17025, the main international operating standard used by testing and calibration laboratories; and (ii) the WADA International Standard for Laboratories (ISL). In addition, the performances of all WADA-accredited laboratories are monitored by the mandatory participation in the External Quality Assessment Scheme (EQAS) which allows evaluation of laboratory competency through a continuous assessment of their performance and provides laboratories with opportunities to compare their results.

Whenever a laboratory does not meet ISL requirements, WADA may suspend the laboratory's accreditation and is required to take remedial steps to correct its deficiencies before it is allowed to resume anti-doping activities.

With such stringent monitoring, athletes can rest assured that the integrity and consistency of the lab analysis are of the highest standard no matter where their samples are sent to all over the world.

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

運動禁藥管制主任年度培訓2017

Doping Control Officers (DCO)

Annual Training 2017

本會於2017年12月16日為運動禁藥管制主任(DCO)團隊舉行了強制性的年度培訓。培訓內容包括講解執行藥檢工作的重要資訊及最新要求、分享賽內檢測的經驗及須知，以及重溫尿液樣本收集的標準程序。另外，我們更透過問答環節，測試及提升DCO對藥檢程序的認識和實際處理藥檢工作的能力。我們的DCO團隊將會繼續以專業的態度執行藥檢工作，為香港締造無運動禁藥的公平競賽環境。

Our team of Doping Control Officers (DCO) had undergone the mandatory annual training on 16 December 2017 organized by HKADC. The training aimed at emphasizing the important information and updated requirements on doping control service, sharing experience and points to note of in-competition tests, and revising the standard procedures of urine sample collection. Their understanding of the sample collection procedures and technical know-how were also tested and enriched through a Q&A session. Our DCO team will continue to provide doping control service in a professional manner in order to preserve a doping-free environment for fair play in sport in Hong Kong.



我們專業的DCO團隊
Our professional DCO team



所有DCO必須參與年度培訓，才能獲得來年的專業資格認證
All DCOs must attend the annual training to acquire accreditation for the next year



問答環節
Q&A session



派發新證件及制服
Distribution of new DCO ID card and uniform



運動禁藥管制主任會穿上印有「Doping Control Officer」的制服執行藥檢工作
DCO uniforms printed with "Doping Control Officer" for identification when providing doping control service

禁用方法 101

Prohibited Methods 101

你知道除了一些物質會在運動上被禁用外，還有一些方法亦會被禁用嗎？以下是部分由世界運動禁藥機構 (WADA) 公佈的2018年度禁用清單上列出的賽內及賽外的禁用方法。

Do you know that not only certain substances, but also certain methods, are prohibited in sport? As published on the Prohibited List by the World Anti-Doping Agency (WADA), here are some of the Prohibited Methods for both in-competition and out-of-competition in 2018.

M1

操控血液及血液成分 Manipulation of blood and blood components

例如：

- 施用／再引入血液或紅血球製品
- 以人為方式增加氧氣吸收、運輸或傳送氧氣

Such as:

- Administration/reintroduction of blood or red blood cell products
- Artificially enhancing the uptake, transport or delivery of oxygen



M2

化學及物理操作 Chemical and physical manipulation

例如：

- 改變運動禁藥管制所收集的樣本之完整性及有效性
- 除了因合理原因外，於 12 小時內靜脈輸注及／或注射超過 100 毫升

Such as:

- Alter the integrity and validity of samples collected during doping control
- Intravenous infusion and/or injections of more than a total of 100ml per 12 hours except for legitimate reasons



M3

基因禁藥 Gene doping

例如：

- 使用核酸聚合物／核酸類似物、基因編輯原體或正常／基因改造細胞

Such as:

- The use of polymers of nucleic acids/nucleic acid analogues, gene editing agents, or normal/genetically modified cells



教育活動多面睇 Education Programme Snapshots

遠離運動禁藥，成為真正的冠軍！
Stay away from prohibited substances,
be a real champion!



於室內攀石場為香港運動攀登集訓隊成員安排了一場別開生面的運動禁藥管制知識講座。
Anti-doping talk organized for the Hong Kong Sports Climbing Squad at an indoor climbing gym.



「渣打香港馬拉松嘉年華 2018」教育外展活動。
Education Outreach Programme at the "Standard Chartered Hong Kong Marathon Carnival 2018".

參加「香港速度滾軸溜冰公開賽」的運動員到訪本會攤位以示支持。
Athletes of the "Hong Kong Speed Skating Championships" showed their support at our booth.



香港賽艇運動員李嘉文於「2018香港體育學院開放日」讚好本會 Facebook 專頁。
Ms. LEE Ka Man, Hong Kong Rowing Athlete, liked our Facebook page at the "Hong Kong Sports Institute Open Day 2018".



一班香港體育學院獎學金的青少年運動員學懂向運動禁藥說不！
The Hong Kong Sports Institute Scholarship Athlete Junior Squad learned to say "NO" to doping.



本會致力在中學校園內宣揚體育精神和公平競賽的價值。
HKADC is dedicated to promote the spirit of sport and the concept of fair play in secondary schools.



向乒乓球精英運動員及教練講解藥檢名單運動員的行蹤資料要求。
Presentation to the elite table tennis athletes and coaches on the whereabouts submission requirements for testing pool athletes.



同學們正在仔細研究藥檢工具。
Students carefully studying the doping test equipment.