

## 重要日期 Important Date

### 15 DECEMBER 2021

藥檢名單的運動員遞交  
2022年度第一季行蹤資料的  
截止日期

Year 2022 Q1 whereabouts  
submission deadline for  
testing pool athletes

### 1 JANUARY 2022

2022年度禁用清單正式  
生效

The 2022 Prohibited List  
comes into effect



## 2022年度禁用清單

### 將於2022年1月1日生效

### The 2022 Prohibited List

### will come into force on 1 January 2022

世界運動禁藥機構 (WADA) 經已推出2022年度禁用清單，並將於**2022年1月1日**生效。香港運動禁藥委員會慎重建議運動員及運動支援人員細閱2022年度禁用清單及其詳盡的修正摘要(只有英文版)，以免誤用2022年的禁用物質及禁用方法。

2022年度禁用清單的部份主要修正如下：

1. **糖皮質激素(Glucocorticoids)**的所有注射用法都於賽內期間禁用。如運動員需要於賽外期間使用糖皮質激素，他們應參考修正摘要內列出針對某些糖皮質激素所指定的「**最少洗脫期**」以減低出現陽性檢測結果的風險。
2. **沙丁胺醇(Salbutamol)**的每日劑量間距更改為**每8小時內不超過600微克**(之前為每12小時內不超過800微克)。
3. **BPC-157**被列於S0未經批准的物質(Non-approved Substances)內。

如運動員必須使用禁用清單內的物質或方法去治療傷病，他們必須取得獲批核的治療用藥豁免(TUE)後方可使用。詳情可參考本會網頁www.antidoping.hk的TUE小冊子。

2022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製了袋裝版的2022年度禁用清單供運動員使用，歡迎聯絡本會辦事處索取。

The World Anti-Doping Agency (WADA) has published the 2022 Prohibited List, which will come into force on **1 January 2022**. Athletes and athlete support personnel are strongly advised to familiarize themselves with the 2022 Prohibited List (the List) and the Summary of Major Modifications and Explanatory Notes (the Summary) to avoid inadvertent use of prohibited substances and prohibited methods.

The Major Modifications on the 2022 List include but not limited to the following:

1. All injectable routes of administration of **Glucocorticoids** are prohibited for In-Competition period. If the Glucocorticoid needs to be administered during Out-of-Competition period, Athletes should follow the **minimum washout periods** for certain specific Glucocorticoids listed in the Summary to reduce the risk of an Adverse Analytical Finding.
2. The daily dosing time intervals for **Salbutamol** are modified to **600 micrograms over 8 hours** starting from the time any dose is taken (previously 800 micrograms over 12 hours).
3. **BPC-157** is now prohibited under S0 Non-approved Substances.

Athletes who need to use a prohibited substance / prohibited method on the List to treat a medical condition must apply for a Therapeutic Use Exemption (TUE) before use. For details, please refer to the TUE pamphlet on our website www.antidoping.hk.

The 2022 Prohibited List and the Summary of Major Modifications and Explanatory Notes can be downloaded on WADA's website at www.wada-ama.org. HKADC has also produced a pocket-sized version of the 2022 Prohibited List for athletes' use, please contact HKADC Office for a copy.

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# FAIR PLAY AT Tokyo Olympics

## 公平競賽在東奧

東京 **2020** 奧運舉行期間，來自全球 **250** 位的「運動禁藥管制主任」  
聯同 **700** 位義工肩負今屆極具挑戰性的大規模藥檢重任，  
向超過 **4,255** 位參賽運動員採集了  
**6,200** 個尿液及血液樣本進行運動禁藥檢測。

During the Tokyo **2020** Olympics, **250** Doping Control Officers  
from around the world collaborated with **700** volunteers shouldered  
the large-scale and challenging doping control operations. A total of  
**6,200** urine and blood samples were collected from more than  
**4,255** participating athletes for doping tests.

為今屆東京奧運執行藥檢工作的「International Doping Control Officer (iDCO)」團隊，由來自全球各運動禁藥管制組織擁有豐富經驗的運動禁藥管制主任所組成。我們HKADC亦首次派員參加，助理經理(檢測)黃日華表示：「能夠成功在奧運如此大型的國際運動會中被挑選成為大會DCO，不僅為我個人的9年藥檢工作添上另一個難忘經歷，更重要的是對HKADC所培訓的DCO專業水平的一個肯定。」希望在未來的大型國際綜合運動會再有香港運動員登上頒獎台的同時，亦能夠有更多香港的DCO在國際層面上支持公平競賽。

The "International Doping Control Officer (iDCO)" team that performed doping control for the Tokyo Olympics was composed of DCOs with extensive experience from various National Anti-Doping Organizations around the world. HKADC also nominated Peter WONG, Assistant Manager (Testing), to participate for the first time, he said: "Being selected as one of the DCOs in the Olympic Games not only adds another unforgettable experience to my 9-year anti-doping work, but more importantly is an affirmation of the professional level of the DCOs trained by HKADC." We hope that while Hong Kong athletes will mount the rostrum again in major international multi-sport events, more DCOs from Hong Kong will assist in fighting against doping at the international level in the future.



資料來源 Source:

<https://ita.sport/news/tokyo-2020-ita-succeeded-in-fully-implementing-anti-doping-program-for-olympic-games-despite-challenging-covid-19-circumstances/>

## 運動禁藥管制教育外展

# 「賽馬會『肌』不可失大行動 中大運動醫學日」

Education Outreach Counter at the

**“Jockey Club MUS-FIT Action - SMART Fun Day”**

香港運動禁藥委員會一直致力向各位運動員及運動員支援人員、運動愛好者和公眾人士促進公平競賽的文化及推廣運動零禁藥的資訊。本會於8月21及22日在「賽馬會『肌』不可失大行動 中大運動醫學日」舉辦了運動禁藥管制教育外展活動，一共吸引了超過1,500名參加者蒞臨本會的展覽攤位。展覽攤位內展示了樣本收集瓶和集尿杯，讓參加者在參與網上問答遊戲的同時，亦有機會親自探索運動禁藥檢測程序的重要用具，提升他們對運動禁藥管制的認識。


Hong Kong Anti-Doping Committee (HKADC) fosters the correct sport ethics by promoting the message of fair play and clean sports message to athletes, athlete support personnel, sports enthusiasts and members of the public. HKADC's Education Outreach Counter at the “Jockey Club MUS-FIT Action - SMART Fun Day” was successfully held on 21 & 22 August 2021, attracting over 1,500 participants visited our booth. Participants were able to have a glimpse of the Sample Collection Kit and Urine Collection Vessel and learn more about anti-doping and sample collection procedures through the online games.



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 Hong Kong Anti-Doping Committee

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