

重要日期 Important Date

15 DECEMBER 2022

藥檢名單的運動員遞交
2023年度第一季
行蹤資料的截止日期

Year 2023 Q1 whereabouts
submission deadline for
testing pool athletes

1 JANUARY 2023

2023年度禁用清單
正式生效

The 2023 Prohibited List
comes into effect

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2023年度禁用清單 將於2023年1月1日生效 The 2023 Prohibited List will come into force on 1 January 2023

世界運動禁藥機構 (WADA) 經已推出2023年度禁用清單, 並將於**2023年1月1日**生效。香港運動禁藥委員會強烈建議運動員及運動支援人員細閱2023年度禁用清單及其詳盡的修正摘要(只有英文版), 以免誤用2023年禁用的物質及方法。

2023年度禁用清單的部份主要修正如下:

1. WADA澄清**糖皮質激素(Glucocorticoids)**耳部給藥的用法並不禁用。
2. M1. 操控血液及血液成份的例子新增了 **Voxelotor** (一種可以增加血含氧量的物質), 於任何時間(賽內及賽外)禁用。
3. **迷你高爾夫球(Mini-Golf)** 會被列入賽內禁用P1. β 阻斷劑的運動項目之一。
4. **潛水運動(Underwater Sports)** 的所有附屬項目如自由潛水(freediving)、魚槍獵魚(spearfishing)及目標射擊(target shooting) 將於任何時間(賽內及賽外)禁用 P1. β 阻斷劑。

除了以上主要修正外, WADA特別提及一項重要更新: 將於**2024年1月1日**起於賽內禁用**麻醉劑曲馬朵(Tramadol)**。濫用曲馬朵所導致的劑量依賴性風險如身體依賴、鴉片成癮及過量服用實在令人擔憂, 因此很多國家已經將曲馬朵列為受管制藥物。此外, WADA所資助的研究亦確認服用曲馬朵有提升運動表現的可能。為了向運動禁藥管制持份者廣泛宣傳此更新, 以及讓醫生有充分時間處理如何於運動禁藥管制層面上安全使用曲馬朵作臨床用途, 此更新將會延至2024年才執行。

2023年度禁用清單及詳盡的修正摘要可於香港運動禁藥委員會網頁(www.antidoping.hk)下載。本會亦印製了袋裝版的2023年度禁用清單供運動員使用。歡迎聯絡本會辦事處索取袋裝版禁用清單。

The World Anti-Doping Agency (WADA) has published the 2023 Prohibited List (the List), which will come into force on **1 January 2023**. Athletes and athlete support personnel are strongly advised to familiarize themselves with the List and the Summary of Major Modifications and Explanatory Notes (the Summary) to avoid inadvertent use of substances and methods that are prohibited for 2023.

The Major Modifications on the 2023 List include but not limited to the following:

1. It has been clarified that **otic administration of Glucocorticoids** is not prohibited.
2. **Voxelotor**, which increases oxygen saturation in the blood, was added as an example under M1. Manipulation of Blood and Blood Components will be prohibited at all times.
3. **Mini-Golf** has been included as a sport where P1. Beta-Blockers are prohibited in-competition.
4. P1. Beta-Blockers will be prohibited at all times for **Underwater Sports** in all subdisciplines of freediving, spearfishing and target shooting.

In addition, WADA has highlighted an important update to **prohibit the narcotic Tramadol in-competition** effective **1 January 2024**. Tramadol abuse, with its dose-dependent risks of physical dependence, opiate addiction and overdoses in the general population, is of concern and has led to it being a controlled drug in many countries. Research studies funded by WADA have also confirmed the potential for Tramadol to enhance sports performance. The delay in implementation is to provide an additional year for broad communication of this change to the anti-doping community and to allow sufficient time for the medical practitioners to address the safe use of Tramadol for clinical purposes within anti-doping.

The 2023 Prohibited List and the Summary can be downloaded on HKADC's website at www.antidoping.hk. HKADC has also produced a pocket-sized version of the 2023 Prohibited List for athletes' use, please contact HKADC Office if you would like a copy.

運動禁藥管制教育外展

「中大運動醫學日」及「香港殘奧日2022」

香港運動禁藥委員會於10月下旬分別在香港中文大學運動醫學團隊主辦的「中大運動醫學日」及香港殘疾人奧委會舉辦的「香港殘奧日2022」設置外展攤位。兩場外展攤位共吸引了近3,000名公眾人士到訪。參加者透過問答遊戲活動認識更多有關運動禁藥管制的知識，並加深了解本會的工作。攤位更展示了運動員在藥檢過程中的權利和責任的資訊圖表、藥檢用的集尿杯及樣本收集瓶，讓大眾了解更多運動禁藥檢測的程序。

本會將繼續透過不同渠道和平台把純潔體育、公平競賽及運動零禁藥等正面資訊推廣給各位運動員、運動支援人員、運動愛好者和公眾人士，令大家享受運動樂趣的同時，亦能體現運動零禁藥的精神！



香港殘奧日2022
Hong Kong Paralympic Day 2022



Education Outreach Counter at the "CUHK SMART Fun Day" & "Hong Kong Paralympic Day 2022"

Hong Kong Anti-Doping Committee (HKADC) successfully held two Education Outreach Counters at "CUHK SMART Fun Day" and "Hong Kong Paralympic Day 2022" hosted by CUHK Sports Medicine Team and Hong Kong Paralympic Committee respectively in late October. The two fascinating events had attracted nearly 3,000 participants visiting our booth. Through a fun-filled online quiz, participants were able to learn more about anti-doping and HKADC work. Participants were also able to explore the doping tests procedures by the showcase of Sample Collection Kit, Urine Collection Vessel and infographics about Athlete's Rights and Responsibilities during Sample Collection Session.

HKADC will continue to nurture the clean sport and fair play values in the community, and to promote anti-doping message to athletes, athlete support personnel, sports enthusiasts and the general public through different channels and platforms. Let's enjoy the fun of sports and demonstrate fair play with the spirit of sport.



運動禁藥管制通知及 確認程序簡介會

Briefing Session on Doping Control Notification and Identification Procedures

香港運動禁藥委員會於2022年8月發表了「通知及確認程序：步驟指引」。此指引是為了加深各運動員、教練及支援人員對賽外藥物檢測程序的了解，以助檢測工作順利進行。

本會同時於2022年9月22日以現場及網上視像形式舉辦了「運動禁藥管制通知及確認程序簡介會」以闡述標準的檢測工作流程及加強與各持份者的溝通。是次簡介會有幸邀請到港協暨奧委會義務秘書長王敏超先生致開幕辭，並在體育總會代表、教練及運動員的支持下成功舉行。

本會將繼續與大家共同攜手，為香港締造一個無運動禁藥的比賽環境，促進公平競賽。

Hong Kong Anti-Doping Committee (HKADC) published a "Notification and Identification Procedures: A Step-by-Step Guideline" in August 2022. The Guideline aims to enhance the understanding of athletes, coaches and support personnel on the out-of-competition doping test procedures in order to smoothen the process of doping tests.

HKADC thereupon held the "Briefing Session on Doping Control Notification and Identification Procedures" (the session) in a hybrid fashion on 22 September 2022, to explain the standard procedures of conducting doping tests and to strengthen the communication with our stakeholders. We are honoured to have Mr. Ronnie WONG, Honorary Secretary General of the Sports Federation & Olympic Committee to deliver an opening speech for the session. With the support from the National Sports Association representatives, coaches and athletes, the session was successfully held.

HKADC will continue to work with everyone to preserve a doping-free environment for fair play in sport in Hong Kong.

