



TRUESELF

重要日期 IMPORTANT DATE

15 SEPTEMBER 2024

藥檢名單的運動員遞交2024年度第四季行蹤資料的截止日期
Year 2024 Q4 whereabouts submission deadline for testing pool athletes

董事局成員 BOARD OF DIRECTORS

主席 CHAIRPERSON

傅浩堅教授, BBS, MH, JP
Prof. Frank H. K. FU, BBS, MH, JP

副主席 VICE-CHAIRPERSON

謝德富醫生, BBS, JP
Dr. TSE Tak Fu, BBS, JP

名譽司庫 HONORARY TREASURER

楊世模博士, MH, JP
Dr. Simon S. M. YEUNG, MH, JP

董事 DIRECTORS

湯偉倫先生, BBS, MH, JP
Mr. Tong Wai Lun, BBS, MH, JP

張維醫生, BBS
Dr. Julian W. CHANG, BBS

黃守明醫生
Dr. Stephen S. M. WONG

羅銘初博士
Dr. Anne M. C. LO

許揚先生
Mr. Taylor Y. HUI

蘇志雄博士
Dr. Raymond C. H. SO

余國樑先生, BBS, JP
Mr. Tony K. L. YUE, BBS, JP

容樹恒教授, MH, JP
Prof. Patrick S. H. YUNG, MH, JP

如何申請 治療用藥豁免?

How to apply for a Therapeutic Use Exemption (TUE)?

運動員可能患有需要特定藥物治療的疾病，但藥物有機會含有禁用清單上的禁用物質/方法。運動員需要於服用該藥物/使用該方法前申請治療用藥豁免(TUE)並獲得批准，才能使用。

申請治療用藥豁免旨在確保運動員能夠獲得必要的醫治，同時仍能維持參與高水準的比賽，又不影響運動比賽的誠信。要獲得治療用藥豁免，運動員必須提供詳細的醫療文件並接受嚴格的審查流程，流程包括：

Athletes may have an illness that requires a particular medication, and it might contain prohibited substance/method listed on the Prohibited List. In this case, athletes must apply for a Therapeutic Use Exemption (TUE) before using the medication.

TUE is designed to ensure that athletes can receive necessary medical treatment while still competing at a high level without compromising the integrity in sports. To obtain a TUE, athletes must provide detailed medical documentation and undergo a rigorous review process, which typically involves:

TUE 申請程序 TUE Application Procedures

1 聯絡中國香港運動禁藥管制機構 Contact ADOHK

以確認須向中國香港運動禁藥管制機構遞交TUE 申請 (國際級運動員須向所屬國際聯會查詢有關申請TUE 詳情)
To confirm that the TUE application should be submitted to ADOHK (For those who are International-Level Athletes, please contact the respective IF for TUE application Details)

2 下載TUE申請表格 Download the TUE Application Form

於中國香港運動禁藥管制機構網頁
on ADOHK website
(www.antidoping.hk)



3 填寫申請表格 Complete the Form

請醫生協助填寫申請表格並附上詳細醫療報告
Ask for doctor's assistance to fill out the Form and attach comprehensive medical report

4 遞交申請表格 Submit the Application

應盡早申請，或在需要獲批TUE 前最少30 天遞交申請表格
Submit the application as soon as the need arises, or at least 30 days before the TUE is required.



實用貼士提提你 Tips to Remind You

- ✓ 有用藥需要，或在需要獲批TUE (例如參加比賽) 前最少30 天，預先向所屬機構/ 主辦機構申請。TUE application should be made as soon as the need arises, or at least 30 days before the approval is required (e.g. participating in a competition).
- ✓ 當您獲處方藥物時，請務必檢查最新的WADA 禁用清單。
Always check the latest WADA Prohibited List when you get a prescription.
- ✓ 確保您與您的醫生準確地填寫治療用藥豁免申請表及連同您的醫療報告一併提交。
Make sure the TUE application is, completely & accurately filled out by you and your physician with medical report when submitted.
- ✓ 如果您的藥物劑量有任何變更，您必須申請新的 TUE。
If you have any changes in dosage, you have to apply for a new TUE.
- ✓ 緊記您的TUE 到期日 — 您須在有效日期屆滿前最少30天重新遞交申請，您可於您的手機或行事曆中設定提醒。
Remember your TUE expiry date – submit a new TUE application at least 30 days before the expiry date. Put a reminder in your phone or calendar well in advance of the expiration date.

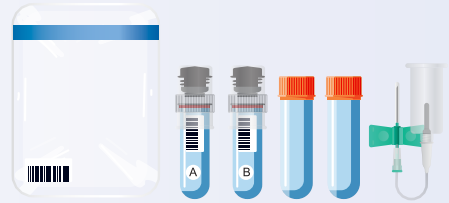
收集

血液樣本過程逐格睇

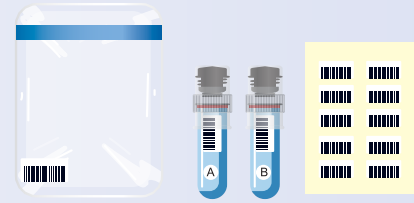
Collecting Blood Sample: Step-by-step guide



01 抽血前需要以雙腳著地的姿勢安坐最少10分鐘
Sit with feet on the floor for at least 10 minutes before drawing blood



02 挑選血液樣本收集瓶及真空採血管各一套
Choose one set of Blood Sample Collection Kit and vacutainer tubes



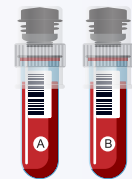
03 檢查在包裝、A/B瓶及條碼上的編號全部一樣
Check the sample code on the packing, A/B Bottles and barcodes all match



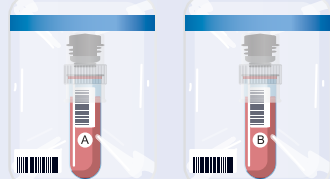
05 血液採集主任會從你的非慣用手抽血為防止瘀青，在抽血後最少30分鐘內不要進行手部劇烈運動
BCO will draw blood from your non-dominant arm. Do not exercise strenuously using the arm for at least 30 minutes to minimize any potential bruising



04 將條碼貼在每支真空採血管上
Place one barcode on each vacutainer tube



06 將真空採血管放進A/B瓶密封，然後直立存放15分鐘
Seal the vacutainer tube in A/B Bottles and store upright for 15 minutes



07 將A/B瓶放進運輸袋內密封
Put the A/B Bottles into the transport bags

抽取靜脈血液：全血VS血清 Draw Venous Blood: Whole Blood vs Serum

全血 Whole blood



紫色真空採血管
Purple Vacutainer Tubes

抽血量：每支採血管約3毫升
Volume required: around 3mL per tube

如用作建立運動員生物護照(ABP)，必須在運動員停止運動後**2小時**方可開始抽血
For Athlete Biological Passport (ABP), Athletes should not have exercised within **2 hours** before the blood draw

血清 Serum



黃色真空採血管
Yellow Vacutainer Tubes

抽血量：每支採血管約5毫升
Volume required: around 5mL per tube

如化驗生長激素，必須在運動員停止運動後**最少30分鐘**方可開始抽血
For analyzing for Growth Hormone (GH), Athletes should not have exercised within **at least 30 minutes** before the blood draw



加強運動禁藥管制教育 為運動員備戰賽事

Anti-Doping Education Intensifies Athletes Ahead of Games

中國香港運動禁藥管制機構(ADOHK)最近通過舉辦一系列的工作坊、外展攤位及教育講座等活動，積極與運動員及支援人員互動，以確保運動員充分了解賽事的運動禁藥管制條例和程序。

ADOHK特別為新加入藥檢名單的運動員舉辦工作坊，指導他們如何使用ADAMS系統或Athlete Central應用程式從而更新行蹤資料，並提醒運動員遵守規條的重要性。本機構亦在香港體育學院設置外展攤位，提醒及協助運動員提交行蹤信息。另外，ADOHK亦為體操隊及男子U20欖球隊舉辦運動禁藥管制教育講座，講解禁用物質、檢測程序及如何避免誤服運動禁藥等知識。

除此之外，ADOHK在中國香港奧運代表團出發前往巴黎奧運前舉行賽前運動禁藥管制簡介會，確保大家了解最新的運動禁藥管制資訊、適用於奧運的運動禁藥管制的規條、藥檢程序、填寫行蹤資料的要求及運動員權利和責任。ADOHK還準備了「巴黎2024奧運會運動禁藥管制規條摘要及小貼士」供運動員參考，為巴黎奧運的運動禁藥管制措施做好充分準備。



The Anti-Doping Organization of Hong Kong, China (ADOHK) has been actively engaging with athletes and support personnel through a series of workshop, outreach booth and seminars recently. These initiatives aim to ensure that athletes are well-informed about anti-doping regulations and procedures, particularly for them to prepare games.

ADOHK organized an Anti-Doping & Whereabouts Workshop for athletes newly included in the testing pool, guided them on how to update their whereabouts by utilizing the ADAMS system or the Athlete Central mobile application, and reminding them the importance of complying with the anti-doping rules and regulations. ADOHK established an outreach booth at the Hong Kong Sports Institute (HKSI) to remind and assist athletes in submitting their whereabouts. Additionally, ADOHK delivered anti-doping presentations to Gymnastics Team and Men's Rugby U20 Team, covering the topics of prohibited substances/ methods, testing procedures, and provide practical tips to avoid inadvertent doping.



Besides, ADOHK held a Pre-Games Anti-Doping briefing session before the delegations departed for the Paris Olympics 2024. The briefing session aimed to ensure athletes getting the latest anti-doping information, anti-doping rules violations, testing procedures, whereabouts requirements, and athletes' rights and responsibilities. ADOHK also tailored an anti-doping pamphlet specifically for the Paris Olympics including tips and key rules highlights for the delegations.



模擬個案 Case Study



- 1 Alan是一名田徑運動員，他在一次訓練中不慎弄傷大腿後肌。
Being an athletic, Alan injured his hamstring in a training accidentally.



- 2 由於參加比賽的日子日趨接近，Alan非常擔心自己因傷未能參賽。
As the day of the competition draws closer, Alan worried that he would not be able to participate due to injury.



- 3 一位朋友提議Alan服食補充劑，聲稱可加速傷勢復原，令他可以順利參加比賽。
A friend suggested Alan to take a supplement, claiming that it would speed up his recovery so as to facilitate him to participate in the competition.



- 4 Alan服食補充劑並參加比賽，在賽內檢測中發現其身體含有運動禁藥成分。
Alan took the supplements and participated in the competition. A banned substance had been found in his body in the in-competition test.

結果 RESULT

Alan被指控違反運動禁藥管制條例，面臨停賽及罰款等處罰。
Alan has been charged for anti-doping rule violations and faces penalties including suspension and financial sanction.

為何使用補充劑有機會令運動員觸犯運動禁藥管制規條？ Why using supplements may lead athletes to anti-doping rule violations?

- 1 補充劑標籤與成份不符
Inaccurate labelling of the supplements



- 3 生產過程可能受污染
Possible contamination during production

- 2 副作用及健康風險
Side effects and health risks

- 4 產品功效成疑
Advantage of product without scientific evidences

運動員應透過飲食習慣及訓練計劃提升運動表現。
Athlete should enhance sports performance through dietary & training.

嚴格責任原則 STRICT LIABILITY PRINCIPLE

根據世界運動禁藥法規，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上全部責任。
According to the World Anti-Doping Code, athlete is responsible for any substance found in his or her body, no matter if the prohibited substance is used intentionally or not.