

TrueSelf

HKADC NEWSLETTER 香港運動禁藥委員會通訊



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The Clenbuterol fear? 聞「瘦肉精」色變？

Athlete will be sanctioned for eating pork — pork that has been contaminated with clenbuterol???

Do you know that the Tianjin judo team has their own pig farm near the training campus to ensure that pork eaten by athletes is free from clenbuterol? That may be an extreme measure to avoid inadvertent doping through food contamination. Anyhow, athletes are advised to be extremely careful on your choice of food.

What is Clenbuterol?

Clenbuterol is a bronchodilator that can be used to treat breathing disorders. It is currently included in the Prohibited List as S1 - Anabolic Agent. Athletes are not allowed to use it at all times (in- and out-of-competition). Clenbuterol has the side effect of increasing lean meat production, which has led to its illicit use in pig and cattle farming.

The problem of food contamination

Despite the fact that the use of clenbuterol in farming is prohibited in most countries and comprehensive food surveillance programmes are in place, clenbuterol has been found in various food products and has even caused food poisoning in various countries. An athlete after consuming clenbuterol-tainted meat could fail in a drug test.

Advices from HKADC

In any case, under the strict liability principle in anti-doping, athletes are responsible for what is ingested and should be extremely cautious about any substances which could potentially cause a positive result. So here are some tips for athletes:

- Avoid eating cattle and pig offal (eg, lungs, livers and kidneys) as clenbuterol tends to accumulate there
- Buy meats and food from reputable stores or restaurants
- If unfortunately you are tested positive in a doping test, actively seek advice from HKADC as soon as possible

For a full version of this article, please visit our website at www.antidoping.hk.

運動員會因為吃豬肉 - 被瘦肉精污染的豬肉 - 而受到停賽處分???

你知不知道，天津柔道隊在訓練基地附近設有自己的養豬場，以確保運動員進食的豬肉沒有瘦肉精? 為了避免透過被污染食品而誤用運動禁藥，這無疑是一個極端措施。但無論如何，運動員應該非常小心選擇食物。

瘦肉精是什麼？

瘦肉精(又稱克倫特羅)是一種支氣管擴張劑，可用於治療呼吸疾病。它在世界運動禁藥機構的禁用清單上被列為蛋白同化劑(S1)，運動員在任何時候也不能採用(為賽內和賽外禁用的物質)。瘦肉精的副作用為增加瘦肉量，因此被非法用於飼養豬、牛等。

食品污染問題

儘管大多數國家已禁止在畜牧業使用瘦肉精，並採取全面的食物監察計劃，但在各地多種食品中依然被檢驗出瘦肉精，更甚是引起食物中毒的個案。運動員食用被瘦肉精污染的豬肉，可導致陽性的藥物檢測結果。

香港運動禁藥委員會建議

根據運動禁藥管制的嚴格責任原則，運動員要對攝用的物質負責，並需要對可能導致陽性藥物檢測結果的物質特別小心。有見及此，運動員應：

- 避免食用牛和豬的內臟(如肺、肝臟和腎臟)，瘦肉精通常會積聚在這些內臟
- 於信譽良好的商店或餐館購買肉類和食品
- 如果你於藥物檢測中不幸被驗出陽性結果，盡快主動尋求香港運動禁藥委員會的意見

如需要閱讀此文章的完整版本，請瀏覽本委員會的網頁www.antidoping.hk。

News 最新消息

All existing Members of HKADC and its related Panels have been re-appointed for another 2 years. The new term started on 1 April 2011. 所有香港運動禁藥委員會及各專責委員會現任成員已再度獲得委任，新任期為期2年，由2011年4月1日起生效。

Important Dates 重要日期

23 June 2011

Athlete Outreach Programme at HKSI

運動員外展計劃於香港體育學院舉辦

30 June 2011

Year 2011 Q3 whereabouts submission deadline for testing pool athletes

藥檢名單的運動員遞交2011年度第三季行蹤資料的最後限期

Advisory Notes 重要忠告

A complete summary of important messages to help avoiding inadvertent violation of anti-doping regulations are available at HKADC website. Advisory Notes added recently include:

香港運動禁藥委員會網站收錄了一系列針對避免無意中違反運動禁藥規條的忠告。新增的「重要忠告」包括：

1. The Clenbuterol fear? 聞「瘦肉精」色變?
2. Update your contact information 更新個人聯絡資料

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HKADC successfully launched Athlete Outreach Programme 香港運動禁藥委員會成功舉辦運動員外展計劃

HKADC successfully launched its first Athlete Outreach Programme "Be a smart athlete" at the Hong Kong Sports Institute on 7 April 2011.

"Be a smart athlete" is a new education initiative aiming at helping athletes to acquire information and to receive guidance on anti-doping issues. Through fun-filled games and interesting activities, participating athletes have the opportunities to learn how to effectively submit whereabouts information, check prohibited status of medicine and avoid inadvertent doping, etc. The event was attended by more than 35 elite athletes from 9 sports.

香港運動禁藥委員會於2011年4月7日在香港體育學院成功舉辦了首個運動員外展計劃－「做個精矜運動員」。

「做個精矜運動員」是個為幫助運動員獲得運動禁藥資訊及輔導而全新推出的教育計劃。計劃透過有趣的遊戲和互動活動，讓參與的運動員認識到如何有效地提交和更新行蹤資料、查詢藥物的禁用狀況，以及避免誤服運動禁藥。當日有超過35名來自9個體育項目的運動員出席活動。

Programme Snapshots 活動花絮



Athletes learn to use the interactive e-learning programme – RealWinner
運動員學習使用網上學習教材RealWinner



Athlete checking prohibited status of medicine on DruginSport
運動員使用「運動禁藥資料庫」查詢藥物是否被禁用



Applying new tricks to submit whereabouts
利用更簡易方法提交行蹤資料



Potential risk of inadvertent doping being discussed
探討誤服禁藥的潛在風險

To help more target athletes on anti-doping issues, more athlete outreach programmes will be launched in 2011.

為了讓更多有需要的運動員獲得運動禁藥資訊及輔導，本會將於2011年內推出更多的運動員外展計劃。

Notes to athletes newly included in the testing pool

給新近被納入藥檢名單運動員的忠告

Starting from April 2011, 30 elite athletes have been newly included in the HKADC Testing Pool. CONGRATULATIONS to all of you who have achieved good results in the past years and therefore being included in the pool. To help you to get accustomed to the anti-doping world, let's go through the advices recommended below:

1. Whereabouts obligation

In order to facilitate no-notice out-of-competition testing, you should **submit** and **update** your whereabouts to HKADC. Deadlines for quarterly whereabouts submission are: 31 December, 31 March, 30 June, and 30 September. Whereabouts could be updated on 24/7 basis through various means, including ADAMS, email, fax, SMS, and voicemail.

2. Actively avoid inadvertent doping

In the world of anti-doping, ignorance is not an excuse. Athletes are responsible for any prohibited substance found in his/her sample.

- Always remind your doctor that you are an athlete and the prescription should not contain any prohibited substance;
- Minimize the use of over-the-counter medicine;
- Check prohibited status of all medicines before use. Make best use of the online database - *DruginSport* (www.druginsport.hk);
- Should you be prescribed with medicine containing any prohibited substances, start your application of Therapeutic Use Exemption ASAP;
- Make the right decision on the use of supplement and take every precaution before consuming any.


3. Be prepared for your first drug test

As a Testing Pool Athlete, you will be subjected to no advance notice drug tests anytime, anywhere. Testing can be conducted during competition or out-of-competition; locally or at overseas.

- Get yourself familiar with the Doping Control procedure and know your rights in the process.
- Always carry with you record of medicine and supplement taken recently.

4. Keep yourself updated on anti-doping information and knowledge

The HKADC official website (www.antidoping.hk) is a convenient source of anti-doping information. Take your time to visit it regularly for any latest updates and reminders. Pay attention to any anti-doping education programme that is available for you. In case of any enquiry on anti-doping issues, don't hesitate to contact us by phone (2890 3644) or email (antidoping@hkolympic.org).



由2011年4月開始，30名精英運動員首次被納入香港運動禁藥委員會的藥檢名單。首先恭賀你們在過去數年取得良好成績，因此被納入藥檢名單中。為了幫助你習慣運動禁藥管制的世界，讓我們一起查看以下建議的忠告：

1. 提交行蹤資料的義務

為了進行無預警的賽外禁藥檢測，你須要向香港運動禁藥委員會**提交**及**更新**你的行蹤資料。提交每季度行蹤資料的截止日期為：12月31日、3月31日、6月30日及9月30日。行蹤資料可以在任何時間(每星期七日、每日24小時)，用以下方法更新：ADAMS、電郵、傳真，短訊和電話錄音。

2. 積極避免誤用運動禁藥

在運動禁藥管制的世界，「不知情」並非為抗辯理由。運動員有須要為在他/她樣本中發現的任何禁用物質負責。

- 時刻提醒你的醫生你是運動員，不能被處方任何禁用物質；
- 儘量減少服用成藥；
- 採用藥物前先確認其禁用狀況。善用網上資料庫 - *DruginSport* (www.druginsport.hk)；
- 若被處方含有禁用物質的藥物，應盡快申請治療用藥豁免；
- 在服用任何補充劑前，應作出正確的選擇，並慎重地採取一切預防措施。

3. 為你的第一個藥物檢測做好準備

作為藥檢名單中的運動員，你隨時隨地有可能在沒有預先通知下被要求作藥物檢測。藥物檢測可以在比賽期間或比賽以外；在本地或在海外進行。

- 讓自己熟悉藥物檢測的程序，並了解檢測過程中作為運動員的權利。
- 隨身帶備最近服用的藥物和補充劑的紀錄。

4. 經常更新運動禁藥管制信息和知識

香港運動禁藥委員會的官方網頁(www.antidoping.hk)是獲得有關運動禁藥管制信息的方便來源，你可以定期瀏覽網頁以掌握最新的資訊及提示，並留意提供給運動員的運動禁藥教育活動。如有任何有關運動禁藥管制的疑問，請不要猶豫，立即與我們聯絡。(電話2890 3644或電郵antidoping@hkolympic.org)

Overseas testing 海外檢測

Do I need to report my whereabouts when I travel to overseas? I mean if I am relaxing on vacation, competing or training outside Hong Kong or studying abroad, HKADC wouldn't be testing me, right? Well, not true!

If you have been included in your International Federation's Registered Testing Pool or HKADC's testing pool, you are required to report your whereabouts even when you are overseas and expected to be tested there as well. So what do athletes need to note regarding overseas testing?

1. Always report your overseas whereabouts in detail. For instance, name and address of the hotel should be accompanied with the room number.
2. When being notified for testing, cooperate with the Doping Control Officer (DCO).
3. Verify authority of the DCO by checking if he/she carries a letter of authorization (issued by HKADC, your IF, or WADA).

Next time don't be surprised if someone knocks on your door while you are vacationing on a beach resort or being woken up in your hotel room. Testing can happen anytime, anywhere on EARTH.



當我離開香港時，我是否需要提交海外的行蹤資料?假如我前往外地渡假、比賽或習訓，甚至是到海外留學，香港運動禁藥委員會便不會對我進行檢測，是嗎? 答案: 不是!

如果你是國際體育聯會藥檢登錄名單或香港運動禁藥委員會藥檢名單內的運動員，你必須提交海外行蹤資料，並準備在當地接受檢測。那麼運動員在準備及接受海外檢測時，須要注意那些事項?

1. 提交仔細的海外行蹤資料。例如在填上酒店名稱及地址的同時，亦應該附上酒店的房間號碼。
2. 當收到檢測通知時，跟運動禁藥管制主任(DCO)合作。
3. 檢查DCO的授權書(由香港運動禁藥委員會、國際體育聯會或世界運動禁藥機構發出)，以確認DCO的權限。

所以，下次當你在海灘渡假村或酒店房間休息時，不用驚訝被DCO的門鐘吵醒，因為禁藥檢測可以隨時在地球任何地點進行。



Q&A 考考你

Which of the following(s) are NOT allowed after an athlete has been notified for a doping control?

- (a) Get changed
- (b) Take a shower
- (c) Have an energy bar
- (d) Talk to the coach
- (e) Meet the media
- (f) Attend a private meeting with the Team Manager

運動員接受禁藥檢測通知後，不容許進行以下那些活動?

- (a) 更衣
- (b) 沐浴
- (c) 進食能量棒
- (d) 跟教練對話
- (e) 接受傳媒採訪
- (f) 與領隊進行私人會議

Note: The International Standard for Testing requires that subsequent to notification, athletes should pass his/her first urine for sample collection and should remain under the observations of the doping control personnel. Taking a shower or having a private meeting may compromise these requirements.

註: 根據藥物檢測國際標準，被通知接受禁藥檢測後，運動員必須提供其首個尿液作為檢測樣本，並須受禁藥管制人員的監管。沐浴或進行私人會議，有可能不符合這些要求。

Answer: (b) & (f)