

TrueSelf

HKADC NEWSLETTER 香港運動禁藥委員會通訊

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Hong Kong Anti-Doping Committee

香港運動禁藥委員會

Support Fair Play Compete Clean Everyday
齊來支持公平競賽 運動零禁藥人人愛

Think twice before leap - Taking supplement and Chinese medicine

三思而後行 – 服用補充劑及中草藥

Do you know the most commonly used excuse by athletes being tested positive is 'a contaminated supplement'? If this loophole is not 'closed', the cheater could easily get away from the doping control system.

Under the 'Strict Liability' principle, an athlete is responsible for the substance found in his/her bodily specimen. Only if the athlete bears no (or no significant) fault or negligence that sanction to be imposed might be eliminated / reduced. The history tells us that it is very difficult to gather sufficient proof to satisfy a hearing panel that the positive test is caused by a contaminated or mislabeled supplement.

It is therefore particularly important for the 'clean' athletes to protect themselves against the possible inadvertent doping caused by supplement and similar scenario.

The risk of supplement

The production and labeling of supplements are not strictly controlled. It is virtually impossible to be certain that supplement contains ONLY the ingredients listed on the label. An IOC funded study has shown that as many as 15-20% of supplements on the market contain ingredients that are not declared on the label and could lead to a positive test result.

How about Chinese medicine?

The use of Chinese medicine (CM) is always popular among the Chinese community. In fact the use of herbal medicine is also practiced in other cultures. Athletes, however, should be very careful in making a decision to use these products.

Despite the fact that regulation on CM has provided significant protection to the general public, the system could not completely protect athletes against inadvertent doping. Instead of identifying each and every chemical ingredient of a CM, the current authentication scheme of CM concentrates on the safety and efficacy of the product. Strict regulation on the level of heavy metals, pesticide residue, and microbiological content ensures safety of the CM. At the same time, a standardization on the chemical composition and concentration of the active ingredient(s) in the CM helps to demonstrate its efficacy.

Key advices to athletes

- The use of any product with unknown chemical composition (e.g. supplement, CM) could result in inadvertent doping.
- 'Herbal' or 'nature' is not equivalent to safety in terms of doping control.
- Muscle-building, weight-loss, energy and sexual enhancement products are particularly dangerous.

Don't risk your sporting career when much safer alternatives are available. Even if you have decided to take supplement or CM, use every means to reduce the risk.

你知否，未能通過藥物檢測的運動員，最常用的藉口就是，服用了「受污染的補充劑」？如果未能堵塞這漏洞，作弊的運動員就能輕易地從運動禁藥管制系統中逃脫。

根據「嚴格責任」原則，運動員必須對從他/她身體採集的樣本中被發現的物質負責。除非有充分證據，證明運動員本人沒有（或沒有明顯）過失或疏忽，相關處分才有機會獲得減免/消除。但歷史告訴我們，要搜集足夠證據，向聽證委員會證明，受污染或標籤錯誤的補充劑，導致陽性檢測結果，極為困難。

因此，「清白」的運動員必須要積極保護自己，以避免因服用補充劑或類似產品，而誤用運動禁藥。

採用補充劑的風險

補充劑的生產和標籤並不受嚴格監管。事實上，要肯定補充劑只含有在標籤上的成分，是幾乎不可能的。根據一項由國際奧林匹克委員會資助的研究發現，市面上多達15-20%的補充劑，含有未被列在標籤的成分，並有可能導致陽性的藥物檢測結果。

中藥又如何？

在華人社會，採用中藥，一直十分普遍。事實上，其他民族，也經常採用草本藥物。然而作為運動員，在考慮採用這些產品時，必須十分謹慎。

儘管中藥材的規管，為廣大市民提供了有效的保護，但有關的制度並未能完全避免運動員誤用運動禁藥。目前的中藥材規管制度，主要針對產品的安全性和療效，並沒有識別中藥材中所有成分的化學結構。規管制度對重金屬、農藥殘留及微生物的含量水平進行嚴格的監管，以確保中藥材的安全。與此同時，為中藥材中的有效成分，定立化學結構及其濃度的標準，以確保藥材的療效。

News 最新消息

HKADC has launched a Facebook page to supplement our website as an additional channel to share latest anti-doping news and activities.

香港運動禁藥委員會已「登陸」Facebook，在本會網頁以外，提供多一個渠道，介紹運動禁藥管制的最新資訊及活動。

The "Anti-Doping Education Series" has been published in Metro Daily to help cultivate a dope-free culture in Hong Kong.

香港運動禁藥委員會已於都市日報刊出「運動禁藥知多D系列」專題文章，以進一步推動無運動禁藥文化。

Reminder 重要事項

2012 Prohibited List now published and will become effective starting 1 January 2012. Refer to our website for major changes to the list.

2012 年度運動禁藥清單將於2012年1月1日生效。有關改動請瀏覽本會網頁。

Important Dates 重要日期

31 December 2011

Year 2012 Q1 whereabouts submission deadline for testing pool athletes
藥檢名單的運動員遞交2012年度第一季行蹤資料的最後限期

28 - 29 January 2012

Outreach Education Programme at the Hong Kong Marathon Expo 2012 at Victoria Park
外展教育計劃於2012香港馬拉松嘉年華會期間於維多利亞公園舉行

The Committee 委員會

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Prof. Frank FU, MH, JP
傅浩堅教授 MH, JP

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彭冲先生 SBS

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Dr. Simon YEUNG
楊世模博士

Mr. CHEUNG Ping Wai
張炳槐先生

給運動員的重要忠告

- 服用任何化學成分不明的產品(如補充劑、中藥材)，可能會導致誤用運動禁藥。
- 含「草本」或「天然」成分的產品，在運動禁藥管制中並不代表安全。
- 增強肌肉、減肥、提升能量及性能能力的產品尤其危險。

當有更安全的選擇時，不要冒險犧牲你的運動生涯。若你決定採用補充劑或中藥，亦應該採取一切方法，以減低風險。

Our continuous efforts in promoting Fair Play

本會繼續不遺餘力推動公平競賽



As the national anti-doping organization of Hong Kong, HKADC plays a vital role in educating athletes and their support personnel on anti-doping issues. Besides serving the sport community, we also strive to gain support from the general public on the importance of protecting the integrity of sport. To fulfill our education responsibilities, HKADC has put in place various tools and platforms to serve the purpose.

HKADC education efforts

- Website
- Talks / Seminars
- Education materials
- Resource Library
- Newsletter - TrueSelf
- Outreach programme
- Realwinner online education programme

Education work needs to be innovative and advancing. HKADC has recently launched a couple of communication and outreach initiatives to reach a larger number of audiences and to make the education programme more fun-filling.

HKADC Facebook page

HKADC Facebook page helps our "fans" to stay tuned with anti-doping information and our upcoming events.

Outreach programme fits in local competitions

With the success in launching outreach programmes at training venues and the Hong Kong Sports Institute, HKADC further extends these fun-filled education programmes to local sport events. Athletes, their support personnel, and spectators are invited to learn anti-doping knowledge and to support fair play through participating in games and activities. Bodybuilding, weightlifting, athletics, and swimming are some of the sports that have taken part in this education initiative.

Anti-Doping Education Series

In order to cultivate a dope-free sport culture in Hong Kong, HKADC has published a series of featured articles on anti-doping on a newspaper. The objective of these articles is to enhance the public's understanding on the doping problem and efforts made to combat the problem. In case you are interested, the articles could be found on HKADC website and Facebook page.

HKADC is committed to tackle doping in sport. It is our strong belief that an effective education programme will provide a solid foundation for the anti-doping programme at large.

作為香港本地的運動禁藥管制組織，香港運動禁藥委員會(委員會)在協助運動員及運動員支援人員認識運動禁藥管制的教育工作上，擔當著一個重要的角色。除了面對體育界，本會亦積極爭取普羅大眾支持保存運動核心價值的重要性。為全面履行我們在教育方面的責任，委員會提供多項資源及服務，以達到以上目標。

香港運動禁藥委員會教育服務

- 網站
- 講座/工作坊
- 教材
- 資訊中心
- 通訊 - TrueSelf
- 外展教育計劃
- Real Winner網上學習教材

教育工作需要推陳出新，與時並進。委員會最近就利用了數個新的外展及溝通平台，務求讓更多人士獲得我們的資訊，同時以更有興趣的形式推廣運動禁藥管制。

Facebook專頁

委員會的Facebook專頁，讓「粉絲」們隨時隨地瀏覽運動禁藥資訊及緊貼本會最新活動消息。

融入本地賽事的外展教育計劃

隨著外展教育計劃成功於訓練場地及香港體育學院舉辦，委員會進一步將這種充滿趣味的教育活動帶到本地的體育賽事。透過不同形式的遊戲和活動，讓運動員、運動員支援人員及觀眾，認識運動禁藥管制，及展示對公平競賽的支持。計劃已先後於健美、舉重、田徑和游泳等多個體育賽事中順利舉行。

運動禁藥知多D系列

為進一步推動無運動禁藥文化，委員會近期於報章刊登了一系列有關運動禁藥管制的專題文章。這套專題有助加強公眾對運動禁藥問題，及各界如何致力打擊運動禁藥的認識。有興趣重溫有關文章的讀者，歡迎到本會網站或Facebook專頁瀏覽。

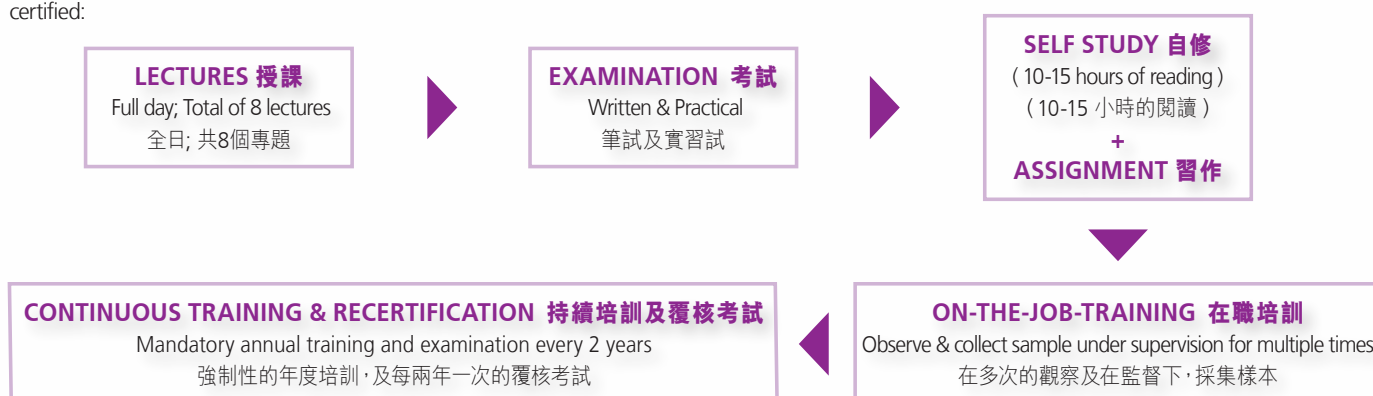
香港運動禁藥委員會將繼續努力，打擊運動禁藥。我們深信一套有效的教育計劃，是鞏固整套運動禁藥管制計劃的基礎。

I am a Doping Control Officer

我是運動禁藥管制主任

Two years ago, the terms 'anti-doping' and 'Doping Control Officer' (DCO) were brand new to me. I once thought the job was something like an anti-smoking officer. Led by curiosity, I applied for the post.

Unlike working at a fast food restaurant or 24 hours convenient store that you could start working almost once you were recruited, I had to undergo intensive training. I learnt much useful information on the history of anti-doping and the works of the World Anti-Doping Agency. In order to ensure fair competition, we as certified DCOs, have to conduct drug tests on athletes. From that time onwards, I know the duty of my part-time job is not as simple as a McDonald's cashier. This was what I had to go through to be certified:

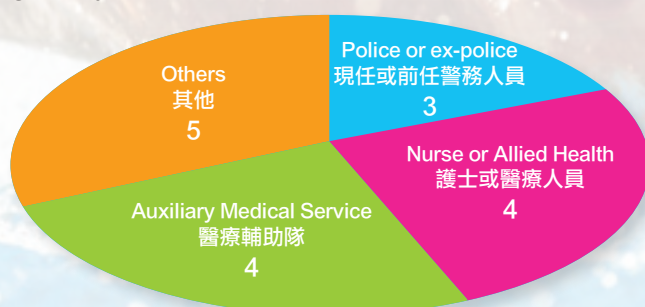


Over the past two years, I had conducted quite a number of test missions, including out-of-competition and in-competition tests. There was almost no identical one though the testing procedure was standardized. It could be a test that completes in less than an hour. Or else, you might have to wait for hours for urine samples that meet the requirement on volume and concentration. So even the testing procedure was routine, the work as a DCO was not boring stuff.

It was an enjoyable moment to chat with athletes while waiting for urine sample. In addition to listening about their lives as elite athletes, I also took the opportunity to reinforce the messages of clean sport, fair competition and the harmful consequences of doping to them. It is, in fact, that delivering such messages to athletes is also part of the duty of a DCO.

I was lucky that I have not encountered any athlete who refused to provide a sample and most of them are cooperative and friendly. However, a few of them or their representatives were impatient and considered that the tests were disturbing their training or even private lives. But in my opinion, athletes must obey the rules both outside and inside the playing field. I, as a certified DCO, have the responsibility to protect fair play in sports and meanwhile help any athlete selected for a test to prove that he/she is clean.

By: Chan Chi Kin Franklin



兩年前,「運動禁藥管制」和「運動禁藥管制主任」(DCO) 這兩個詞語對我來說完全陌生,我曾經以為這工作與控煙督察差不多。基於好奇心的驅使,我便申請了DCO職位。

跟在快餐店或便利店工作不一樣,你不可在入職後立即投入工作。相反,我還要進行一連串嚴格的培訓,令我對運動禁藥管制的歷史及世界運動禁藥機構的工作有更深入的認識。為促進公平競技,身為專業認可的DCO,我們需要為運動員進行運動禁藥檢測。自此我便知道,這兼職並不如麥當勞收銀員般簡單。以下是我成為專業認可DCO的過程:

在過去的兩年,我完成過不少的檢測任務,當中包括賽外和賽內的禁藥檢測。雖然所有檢測都是跟從標準的程序,但其實每個任務都不盡相同。有些檢測可以在一個小時內完成,但有些檢測卻可能要花上數小時,直至尿液樣本的份量及濃度達標。所以縱使檢測程序都是依照常規行事,但DCO的工作一點也不沉悶。

在等待樣本時與運動員的交談也十分有趣,除了可以傾聽他們作為精英運動員的生活分享,我更加會藉此機會,向他們傳遞無運動禁藥比賽、公平競技、以及運動禁藥可引起的不良後果等訊息。而事實上,傳遞這些訊息予運動員也是作為DCO的職責之一。

我很慶幸至今也沒有遇上拒絕禁藥檢測的運動員,絕大部份的運動員也很合作和友善,只有小數的運動員或他們的代表表現得沒有耐性,或者覺得檢測阻礙了他們的練習及私人生活。但我認為,運動員無論在比賽場內或場外,都應該遵守規條。我作為一個被專業認可的DCO,有責任去維護公平競賽的同時,也應該協助證明被挑選做禁藥檢測的運動員的「清白之身」。

撰文: 陳志堅

Our DCOs come from diverse background
來自不同背景的DCOs

Case study

模擬個案

Sue is a promising young athlete representing Hong Kong in international events and has been included in the HKADC Testing Pool. As each and every athlete being included in the testing pool, she has been formally notified about her obligation in whereabouts.

Like most student athletes, Sue always struggles her life in between academic studies and sports training. At the end of this summer, Sue started a new page in her life and continues her studies at overseas. Here comes the PROBLEM, she missed the deadline of submitting her whereabouts by the end of September. Sue received a warning on her non-compliance to the whereabouts requirement.

What had happened?

Despite the fact that HKADC Office had sent email and attempted to call her to remind her about the deadline, she didn't get the messages. Her mobile had been out of service since she left Hong Kong. Her email account was hacked around this period of time. Even more, it took longer than expected that her new coach was preparing a training plan for her. Sue had no idea on her fore-coming training programme by the whereabouts deadline. She had no idea on what to submit in the whereabouts file.

Lessons learnt

- Always update HKADC with your latest contacts including phone, email, address, etc. You could then receive important reminders and tips from HKADC.
- Use mobile or email to set up reminders for the 4 quarterly deadlines for whereabouts submission.
- Although most athletes prefer to submit training schedule as their whereabouts, in fact any other activity could have been submitted for the purpose. (For instant, Sue could have submitted her residential address for her whereabouts initially and later update her whereabouts by replacing that with her training schedule.)
- All athletes who do not comply with whereabouts requirements will be provided with a chance to explain what had happened. However, only if the athlete could prove that the fault was not due to any negligence on his/her part, the whereabouts warning could be waived.

Sue是一名很有潛質的年輕運動員，並代表香港參加多項國際賽事。而且她已被納入香港運動禁藥委員會藥檢名單內，正如所有被納入藥檢名單的運動員一樣，她已經正式被通知提交行蹤資料的義務。

Sue就如大部份的學生運動員一樣，經常都要在學業和訓練之間作取捨，在暑假完結後，她在海外繼續升學，展開人生新的一頁。可是問題出現了，Sue在九月底錯過了提交行蹤資料的限期，她因此而收到了違反行蹤資料要求的警告。

發生了什麼事？

儘管香港運動禁藥委員會辦事處已經發送電子郵件及嘗試打電話給Sue，以提醒她有關的限期，但她並沒有收到有關的訊息。因為自Sue離開香港，她的手提電話已經停止服務，她的電郵帳戶同時也在這段時間被入侵。更甚的是，她比預期要長的時間，才能得到新教練為她準備的訓練計劃，Sue在提交行蹤資料的限期前，對她的訓練計劃更是一無所知，所以她不知道應如何填寫她的行蹤資料表格。

教訓

- 向香港運動禁藥委員會更新你的最新聯絡方法如：電話、電郵和地址等。以收到香港運動禁藥委員會的重要通告和提示。
- 利用手提電話或電子郵件設定提示，提醒自己提交4個季度的行蹤資料限期。
- 雖然大多數運動員都選擇提交他們的訓練時間作為行蹤資料，但其實任何其它的活動都可以提交成為行蹤資料。(例如：Sue可以先提交她的住址，待知道訓練的時間後，再更新行蹤資料。)
- 任何運動員如未能符合行蹤資料要求，將獲得解釋原因的機會。除非有充分證據，證明過失並非運動員本身的疏忽，相關的行蹤資料警告才有機會獲得消除。

Q&A 考考你

Which of the following does not constitute an "anti-doping rule violation"?
以下那一項不會導致「違反運動禁藥管制規條」?

- Trafficking in any prohibited substance or prohibited method 販運禁用物質或方法
- Tampering, or attempting to tamper, with any part of doping control 干預或意圖干預運動禁藥管制的任何部份
- Failing to provide a sample within a specified period of time during sample collection 未能於指定時間內提供樣本作禁藥檢測
- Refusing, or failing without compelling justification, to submit to sample collection 拒絕或沒有合理原因下，不能提供樣本作檢測
- The presence of a prohibited substance or its metabolites or markers in an athlete's bodily specimen 身體樣本含有禁用物質或其代謝物

Answer (c)