

TrueSelf

HKADC Newsletter



Message from the Chairman of the Therapeutic Use Exemption Panel

As the Chairman of the Therapeutic Use Exemption (TUE) Panel, I would hope that all athletes understand the importance of following the TUE process before using any prohibited substances for medical reasons.

We believe that majority of the athletes would not intentionally use prohibited substances to enhance performance. However, all athletes are at risk of violating the anti-doping rules, if they do not actively protect themselves against inadvertent doping. It is important to inform your doctor that as an athlete you are closely monitored for the use of any prohibited substances. Your doctor should avoid prescribing you with medicine that contains prohibited substances. In rare cases, when no alternative is available, it is the athlete's responsibility to promptly apply for TUE before the use of any prohibited substance. Please note that most international sport events implement strict doping control policy. If needed, athletes should apply TUE well ahead so that approval could be obtained before commencement of the event. Retrospective TUE application is not recommended and will only be considered for treating acute medical conditions.

In case of any doubt, the TUE Panel and HKADC Office are always ready to help you in the process.

Dr. TSE Tak Fu
Chairman, TUE Panel

HKADC recorded five doping cases in June 2010

Five doping cases occurred at the 2010 Hong Kong Bodybuilding Championships on 6 June 2010. While one athlete has been sanctioned for two years of ineligibility, the result management for the other four cases is being proceeded.

The first of these violations occurred when Mr. GHALE Durca Parsap, a bodybuilding athlete, refused to submit to doping control. Result management was conducted according to HKADC Anti-Doping Rules. After exercising his right by submitting written response and having his representatives attended the hearing, the athlete received a sanction of two-year of ineligibility from sport and removal of competition result obtained at the Championships.

HKADC would like to take this opportunity to remind our readers, especially athletes, the importance of understanding and complying with the anti-doping regulations. Refusing or failing without compelling justification to submit to doping control, or otherwise evading doping control are also considered as anti-doping rule violation. The possible consequence is comparable to being tested positive. Athletes are highly recommended to observe your rights at providing a sample and yet be cooperative when being selected for doping control.

The four other cases involved the use of various prohibited substances. The result management for these cases is still ongoing and more details will be available when the process is completed.

News

Changes of Panel Composition:

Mr. Rudy CHUNG has been appointed as Vice-Chairman of Anti-Doping Disciplinary Panel since 10 June 2010 to succeed Mr. Patrick LEE who resigned on 1 May 2010.

Dr. Michael HSIN has been appointed as member of Doping Control Panel since 8 June 2010.

Education Materials produced

Pamphlets on Athletes Whereabouts and Health Risks; and Videos of HKADC and Testing Procedure were launched in early July 2010.

Important Dates

Deadlines

30 Sept 2010 – 4th Qtr whereabouts submission

31 Oct 2010 – Entries for Anti-Doping Prize Winning Quiz

Did you know?

Refusing to provide sample in a doping control session is an anti-doping rule violation and the concerned athlete may be subject to suspension for 2 years.

The Committee

Chairman

Prof. Frank FU, MH, JP

Members

Mr. PANG Chung, SBS

Mr. Ronnie WONG, JP

Mr. NG Ching Kwok, SBS

Dr. TSE Tak Fu, BBS, JP

Dr. Simon YEUNG

Mr. CHEUNG Ping Wai

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More Doping Control Officers are Appointed to Help Level the Playing Field

HKADC has recently appointed 7 Doping Control Officers (DCOs) trainees who have fulfilled all the examination and certification requirements as DCOs. The new intake, together with our serving DCOs, will play a key role in ensuring a level playing field and fair play in Hong Kong.

These 7 DCOs, recruited by HKADC in early June 2010, have undergone comprehensive training and self-study in doping control and sample collection and examinations in July 2010. Upon completion of practical training in recent months, they are now ready to assist HKADC to collect samples from athletes.

For our DCOs, a testing mission is more than just a sample

collection task. Apart from the primary role of witnessing and collecting samples from athletes, our DCOs will also serve as advisers and listeners. In all testing missions, our DCOs will offer doping control advice to athletes by distributing education materials and explaining their purpose and use. They will also talk to the athletes to understand what they feel about the testing process and how the process can be improved.

To ensure that our DCOs are continuously updated with the latest doping control development and knowledge, all our DCOs are required to attend on-the-job training at least once every year.

Seminar on Doping Control for Physicians to be held in December 2010

HKADC, in collaboration with the Federation of Medical Societies of Hong Kong (FMSHK), will be hosting a seminar on doping control, targeted at the local physicians, on 5 December 2010 at Olympic House. The seminar seeks to enrich the knowledge of local physicians on doping control so that the chance of athletes being prescribed prohibited substances unintentionally could be minimized.

During this one-day Seminar, doping control experts from local and overseas will present the latest international development in the fight against doping, the role of physicians in doping control and the Therapeutic Use Exemption procedure, etc.

This event is exclusive for physicians, and is particularly relevant to those who are interested to provide medical support to athletes in Hong Kong. Therefore, HKADC would like to invite our readers to recommend the seminar to any physicians who have the chance to work closely with athletes.

For those who are interested, please visit HKADC website for more details or contact HKADC and/or FMSHK. Be reminded that seats are limited and will be offered on a first-come-first-served basis.





治療用藥豁免專責委員會 主席的話

作為香港運動禁藥委員會治療用藥豁免專責委員會的主席，我希望所有運動員都能明白在使用任何運動禁藥作治療之前，遵從治療用藥豁免程序的重要性。

我們相信大部分運動員都不會故意使用運動禁藥來提升運動表現。但是，如果運動員沒有積極避免誤用運動禁藥，他們仍有違反運動禁藥管制條例的風險。

你必需告知醫生，作為運動員，你被嚴格監控並不可使用任何運動禁藥，而你的醫生應該避免向你處方含有運動禁藥的藥物。在極少數的情況下，由於沒有替代藥物或方法適用於治療時，運動員有責任在使用任何運動禁藥之前，申請治療用藥豁免。請注意，大多數國際體育賽事都嚴格執行運動禁藥管制。當有需要時，運動員應盡早提交申請，以在賽事開始前獲得有效的治療用藥豁免。此外，除了為急性疾病進行緊急治療，我們不鼓勵補辦治療用藥豁免。

如對申請程序有任何疑問，治療用藥豁免專責委員會及香港運動禁藥委員會辦事處會隨時為你提供協助。

謝德富醫生

治療用藥豁免專責委員會主席

香港運動禁藥委員會於六月 錄得五宗運動禁藥個案

五宗運動禁藥個案於2010年6月6日舉行的2010全港健美錦標賽中發生。當中一名運動員被褫奪參與任何競賽的資格兩年，其餘四宗個案正進行結果管理。

第一宗個案為健美運動員GHale, Durca Parsap, 因拒絕接受運動禁藥檢測而違反運動禁藥管制規條。委員會其後根據「香港運動禁藥委員會」運動禁藥管制規條進行結果管理。運動員運用其權利，提交書面回覆及派出代表出席聽證會，提出申辯，最後被裁定停賽兩年，及被取消當日比賽成績。香港運動禁藥委員會希望藉此機會提醒讀者們，特別是運動員，有關認識及遵守運動禁藥管制規條的重要性。拒絕或沒有合理原因下而未能提供樣本作檢測，甚至逃避檢測，皆屬於違反運動禁藥管制規條，其後果可能跟被驗出曾服用禁藥結果相若。本會強烈建議運動員，一方面應了解自己在提供樣本時的權利，同時，若被選中參與藥物檢測，亦必需配合有關要求。

其餘的四宗個案涉及採用多種違禁物質。其結果管理仍在進行當中。個案的詳情將會在審理完成後公報。

最新消息

專責委員會成員變動：

鍾聲福律師自2010年6月10日起，獲委任為運動禁藥紀律專責委員會副主席，以接替於2010年5月1日辭任的李偉昌律師。

辛光耀醫生獲委任為運動禁藥管制專責委員會成員，任期由2010年6月8日生效。

教育材料出版

“運動員行蹤資料”及“運動禁藥健康風險”的教育小冊子，以及“香港運動禁藥委員會”和“藥物檢測程序”的宣傳短片已於2010年7月上旬推出。

重要日子

最後限期

2010年9月30日-

第四季行蹤資料提交

2010年10月31日-

運動禁藥有獎問答遊戲截止日期

運動禁藥知多少

拒絕接受運動禁藥檢測會構成違反運動禁藥管制規條，有關運動員可被處分停賽兩年。

委員會

主席

傅浩堅教授 MH, JP

成員

彭冲先生 SBS

王敏超先生 JP

伍靜國先生 SBS

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任命更多的運動禁藥管制主任以促進公平競賽環境

香港運動禁藥委員會最近任命7位運動禁藥管制主任見習生，他們已經通過考試和符合有關認證要求。這些新任命的運動禁藥管制主任，連同其他服務中的運動禁藥管制主任，將為香港締造公平的競賽環境及促進公平競技發揮關鍵的作用。

香港運動禁藥委員會於2010年6月初招募的7位的運動禁藥管制主任，已於同年7月接受全面的運動禁藥管制及採集樣本培訓、自修及考試。並於近月完成有關實習，現在已經準備好為香港運動禁藥委員會收集運動員的樣本。

對於我們的運動禁藥管制主任來說，檢測任務不僅僅是一

個採集樣本的任務。運動禁藥管制主任的主要職責除了見證和採集運動員的樣本外，同時也會作為顧問和聆聽者。運動禁藥管制主任會在所有的檢測任務中，透過派發教育材料及解釋它們的目的和用途，為運動員提供運動禁藥管制的指引。他們還會與運動員討論，以了解他們對檢測過程的意見及改善檢測過程的建議。

為確保我們的運動禁藥管制主任不斷更新運動禁藥管制的最新發展和知識，所有的運動禁藥管制主任必須參加每年至少一次的在職培訓。

醫務人員運動禁藥管制研討會於2010年12月舉行

香港運動禁藥委員會，聯同香港醫學組織聯合會，將於2010年12月5日假奧運大樓，共同合辦一個針對本地醫務人員的運動禁藥管制研討會。該研討會目的旨在提高本地醫務人員對運動禁藥的認識，從而減少運動員誤被處方違禁物質的機會。

為期一天的研討會，將集合本地和海外的運動禁藥管制專家，介紹國際打擊運動禁藥的最新發展，以及醫務人員在運動禁藥管制中的角色和治療用藥豁免等等。

此活動專為醫務人員而設，對有興趣為香港運動員提供醫療支援的醫務人員尤為重要。因此，香港運動禁藥委員會誠意邀請我們的讀者，向任何有機會與運動員緊密合作的醫務人員推薦這研討會。

Seminar on Doping Control in Sports

Jointly organised by

- The Federation of Medical Societies of Hong Kong
- Sports Federation & Olympic Committee of Hong Kong, China (SF&OC)
- Hong Kong Anti-Doping Committee (HKADC)

Objectives:

This one-day seminar aims to provide anti-doping knowledge to local physicians and to increase their awareness of the roles and responsibilities they have in the fight against doping. After attending the course, the attendees will be equipped to help their patients who happen to be an athlete. The course will also update the participants on the latest development in the fight against doping, both in terms of international coordinated efforts and testing technology.

The poster features images of athletes in various sports: a swimmer, a runner, a cyclist, and a person performing a gymnastic move. There are also colorful pills and capsules scattered around the bottom of the poster.

有興趣的人士，請瀏覽香港運動禁藥委員會網站了解更多詳情，或聯絡香港運動禁藥委員會或香港醫學組織聯合會。請注意，名額有限，並以先到先得的方式分配。