

重要日期 Important Date

15 SEPTEMBER
2022

藥檢名單的運動員遞交
2022年度第四季
行蹤資料的截止日期

Year 2022 Q4 whereabouts
submission deadline for
testing pool athletes

ADEL 與 運動員發展之路 ADEL along the Athlete Pathway



委員會 The Committee

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

成員 MEMBERS

王敏超先生, BBS, JP
Mr. Ronnie M.C. WONG, BBS, JP

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

何劍暉女士
Ms. Fay K. F. Ho

張維醫生, BBS
Dr. Julian W. CHANG, BBS

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

伍靜國先生, SBS, JP
Mr. NG Ching Kwok, SBS, JP

黃守明醫生
Dr. Stephen S. M. WONG

羅銘初博士
Dr. Anne M. C. LO

溫薇女士
Ms. WAN Mei

世界運動禁藥機構(WADA)於2021年發佈了教育國際標準(ISE),當中一個重要原則是運動員第一次接觸運動禁藥管制的經驗應該是透過教育,而非藥物檢測。因此ISE指引介紹了運動員發展之路(Athlete Pathway)的概念,以協助各地的運動禁藥管制機構達成教育目標。

運動員發展之路是一個形容運動員主要發展階段的架構,發展階段分為由一開始參加體能活動及學習基本運動技能,再達至精英、國家級別或國際級別的水平。

WADA同時於2021年優化了其運動禁藥管制教育及學習平台(ADEL)並換上現代化的版面,向身處於不同發展階段的運動員及運動支援人員提供廣泛的網上運動禁藥管制教育課程。WADA會定期更新及新增為不同持份者度身訂造的課程,亦會為大型綜合項目運動會(例如夏季及冬季奧運會)建立特別課程,務求ADEL可以涵蓋所有持份者,讓他們學習到最新的運動禁藥管制知識。

現在就一起發掘ADEL有什麼課程適合不同階段的運動員發展進程!(大部份ADEL課程只有英文版)

The World Anti-Doping Agency (WADA) published the International Standard of Education (ISE) in 2021 with one of the main principles that an athlete's first experience with anti-doping should be through education rather than testing. The concept of Athlete Pathway model has then been introduced in the ISE guidelines to help anti-doping organizations over the world to achieve educational goals.

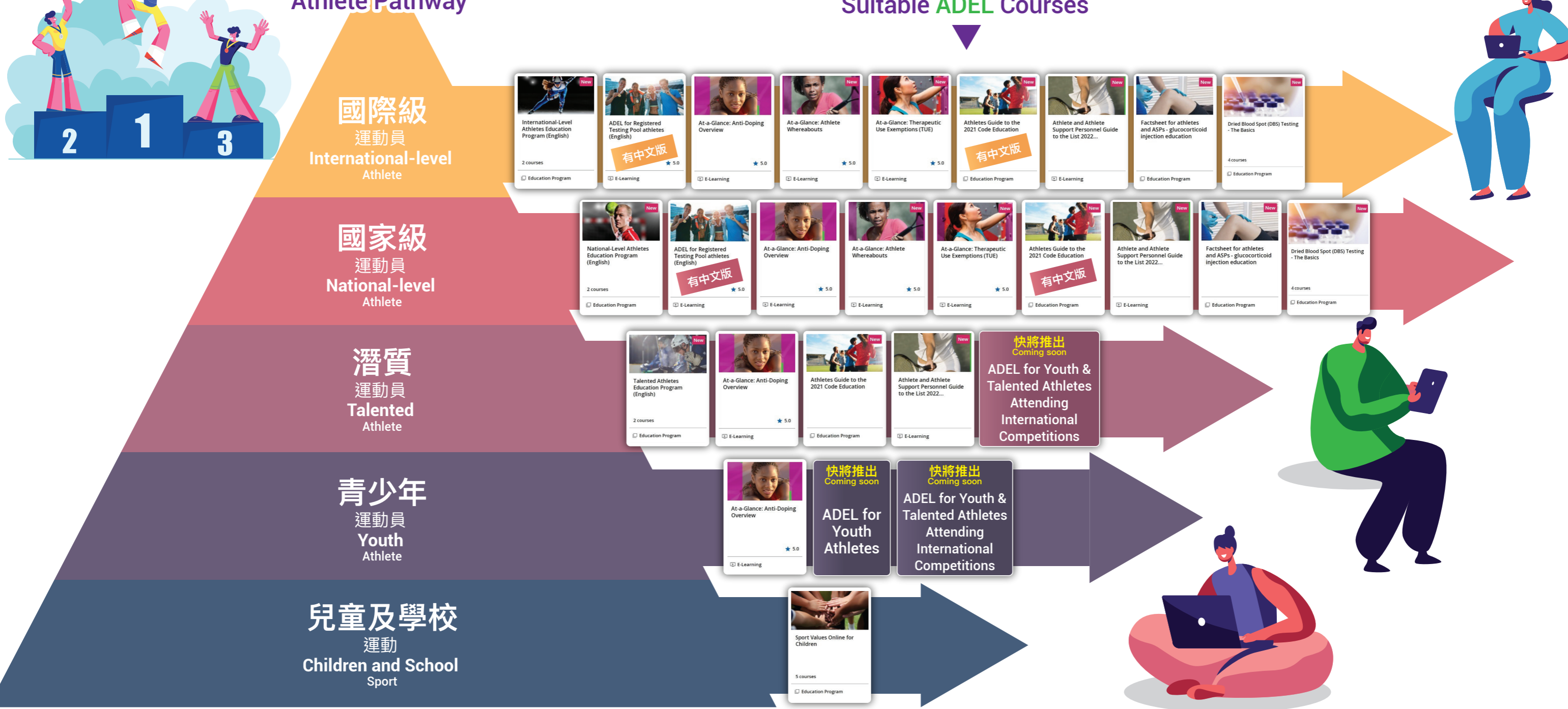
An **Athlete Pathway** is a framework that describes the main generic stages of athlete development from beginning to participate in physical activity and to learn fundamental movement skills to attending at an elite, national or international level.

WADA's Anti-Doping Education and Learning Platform (ADEL) has been updated in 2021 with a visually modernized look to offer a wide range of online anti-doping courses to different athletes along the athlete pathway as well as athlete support personnel. WADA constantly updates and creates new tailor-made courses for different stakeholders, and also launches special courses for major multi-sports games such as the Summer and Winter Olympic Games, in order to cover all stakeholders and deliver the latest anti-doping knowledge to them.

Let's explore which courses in ADEL fit in each stage along the Athlete Pathway!

運動員發展之路 Athlete Pathway

適合的ADEL課程 Suitable ADEL Courses



為提升使用者對ADEL網上課程的興趣，WADA特為ADEL加入遊戲化概念。每當成功完成一個課程，使用者都會獲得一面徽章及賺取課程積分以作獎勵，他們更可以將所得的徽章分享至自己的社交媒體，與其他世界各地的使用者於排名表上比拼積分。WADA藉此希望使用者可以寓學習於遊戲，鼓勵大家積極學習運動禁藥管制知識。

To enhance ADEL users' interests in the online courses, WADA has specially added the gamification concept in ADEL. Every time when a user successfully completes a course, he/she will be awarded a badge which can be shared on his/her social media platform; and earns course points to compete with other users all over the world in the leaderboard. WADA hopes the gamification can encourage the users to actively learn anti-doping therefrom.

BADGES LEADERBOARD

Your Last Awarded Badges

8 My awarded Badges 1150 My total points

徽章 | Badges

BADGES LEADERBOARD

My Position

TM	97 - You	1150
LG	1 - Li Gracie Hongyang	12300
WE	2 - WADA Education	6350
ZI	3 - Zammit Ignatius	5550
	4 - direk sezai	5100

VIEW FULL CHART

排名表 | Leaderboard

ADEL 網頁
ADEL website
adel.wada-ama.org

手機應用程式
Mobile App
ADEL by WADA

Available on the App Store GET IT ON Google Play



創新性的 「乾血點」檢測方法

Innovative Testing Method: Dried Blood Spot Testing



最近，世界運動禁藥管制機構(WADA)和相關持份者廣泛討論了在常規運動禁藥檢測中應用「乾血點」(Dried Blood Spot, 以下簡稱DBS)技術的可能性。在此值得一提，此乾血點檢測程序更已在2022年冬季奧運會和冬季殘奧會上廣泛推行，並獲得了正面的回響。

Recently, the possibilities of applying dried blood spot (DBS) technique in routine doping analysis has been widely discussed by the World Anti-Doping Agency (WADA) and the stakeholders. This DBS testing procedure has also been widely introduced at 2022 Olympic and Paralympic Winter Games with positive feedback. Let's take a glance at it.

什麼是DBS

DBS是一種從運動員的指尖或上臂採集幾滴血液的檢測方法(而不是從靜脈採血)。WADA於2021年9月批准DBS為一種正式的禁藥檢測方法。

What is DBS?

DBS is a testing method that collects a few drops of blood from an athlete's fingertip or upper arm (instead of taking blood from a vein). It has been approved by WADA as a form of Doping Control since September 2021.

DBS的優勢

- 簡化樣本採集(經手指或上臂點刺)；
- 比目前採集尿液和血液樣本的方法入侵性更少，因此可提供更好的運動員體驗；
- 只需要非常少量的血液；
- 樣本收集和運輸成本更低；
- 存儲樣本所需的空間更小；和
- 在樣本穩定性方面可能帶來的好處。

The advantages of DBS

- Simplification of sample collection (e.g. finger or upper arm prick);
- Less invasive than current methods of taking urine and blood samples and therefore, a better athlete experience;
- The test requires only a very small volume of blood;
- Less expensive collection and transport of samples;
- Less space needed to store samples; and
- Possible benefits with regards to sample stability.

DBS當前限制

- 到目前為止，只有一些實驗室具備分析DBS的能力；
- 未能涵蓋WADA檢測技術文件範圍內的所有物質；
- 少量的血液將分析局限於有限的物質清單中。

Current limitations of DBS

- Only a limited number of laboratories are capable of analyzing DBS so far;
- Doesn't cover all substances within the scope of the WADA Technical Documents; Small volume of blood limits the analysis to finite list of substances.

未來趨勢

隨著DBS樣本採集工具的抽血限度提高，預計實驗室將能夠對更廣泛的禁用物質清單進行樣本分析。未來，DBS更可能成為常規尿液和血液檢測以外的補充手段。運動員應注意實施DBS的運動禁藥檢測機構正在增加，他們將有機會被要求提供DBS樣本。香港運動禁藥委員會將密切關注DBS的運作及發展，在必要的時候採取適當的行動以加強系統管治，致力有效地打擊運動禁藥，並改善運動員的藥檢體驗。

Future perspective

As the blood draw capacity of DBS collection devices improves, it is anticipated that laboratories will be able to analyze each sample for a larger list of prohibited substances. And it can become a complementary source of information in routine doping control analysis in the future. Athletes should be aware that they will be asked to provide DBS sample since the number of testing authorities implementing this type of collection is increasing. Hong Kong Anti-Doping Committee will closely monitor the procedures and development of DBS testing in the anti-doping context. A necessary action would be taken to strengthen the overall system in order to better fight doping and to improve the athlete experience.

