

# 運動禁藥管制規例重點

## Highlights of the Anti-Doping Rules

### 治療用藥豁免

#### Therapeutic Use Exemption (TUE)

- 運動員如須要使用禁用物質或方法治病，須盡早於賽期前向所屬國際體育聯合會(IF) 或香港運動禁藥委員會(HKADC)申請。

Athletes with a documented medical condition requiring the use of a Prohibited Substance/ Method must obtain a TUE in advance of the Games from their International Federation (IF), or the Hong Kong Anti-Doping Committee (HKADC).

- 運動員如獲IF或HKADC批准治療用藥豁免，須於賽期開始前透過港協暨奧委會秘書處向OCA總部遞交一份副本。詳情請參閱由港協暨奧委會發出的有關通知。

The athlete granted approval of a TUE by the IF or HKADC is required to provide a copy of the approval to the OCA Headquarters through the Secretariat of SF&OC before the Games. Please refer to the relevant circulars for details.

### 提交行蹤資料

#### Whereabouts Submission

- 在賽期內，所有運動員必須提交每日的行蹤資料並清楚列明**住宿**的地址(包括房號)及時間。如運動員並非入住大會酒店，或住宿於主辦城市或國家以外地區，則需要同時提供**訓練**的地點及時間。

During the Games Period, all athletes should provide whereabouts information on a daily basis, specifying the **locations and times** where he/she will be **residing** (includes room number). If athletes are staying outside Athletes' Hotels or outside the host city or country during this period, whereabouts information on **training** including locations and times will also be needed.

- 如有需要，OCA有可能透過負責收集運動員行蹤資料的IF或HKADC (而非透過運動員)，取得運動員的行蹤資料以執行賽前藥物檢測。If necessary, the OCA may access the Athlete's Whereabouts information to carry out doping tests before the Games Period, not via the athlete but rather via IF or HKADC, which is receiving the Whereabouts information.

- 當知道行蹤有變，運動員需立即更新資料以確保資料準確無誤。

Athletes shall update the information as necessary so that it is current at all times.

聲明: 以上規例重點乃英文版本之中文譯本，如有歧義，概以英文版本為準。

#### Hong Kong Anti-Doping Committee 香港運動禁藥委員會

Phone 電話: (852) 2890 3644  
Whatsapp: (852) 6257 7099  
Fax 傳真: (852) 2890 3677  
Email 電郵: antidoping@hkolympic.org  
Website 網頁: www.antidoping.hk  
DrugInSport: www.druginsport.hk



Hong Kong Anti-Doping Committee  
香港運動禁藥委員會



18<sup>th</sup> ASIAN GAMES  
**Jakarta  
Palembang  
2018**

## 第18屆亞洲運動會 The 18<sup>th</sup> Asian Games

### 運動禁藥管制小知識 及規例重點

## Anti-Doping Tips & Highlights of the Anti-Doping Rules



## 運動禁藥管制小知識 *Anti-Doping Tips*

### 熟悉10項運動禁藥管制規條 *Familiarize yourself with the 10 Anti-Doping Rules*

1. 除了陽性檢測結果外，運動員在其他情況下亦可違反運動禁藥管制規條  
Apart from being tested positive, there are other conditions which may lead to violations of the anti-doping rules.
2. 瀏覽香港運動禁藥委員會網頁重溫各項運動禁藥管制規條  
Revise the Anti-Doping Rules on HKADC website  
[www.antidoping.hk](http://www.antidoping.hk)

### 服用藥物前檢查禁用狀況 *Check prohibition status before taking any medicine*

1. 運動員在使用任何藥物前，應先檢查其禁用狀況。運動員可於以下網上資料庫檢查藥物的禁用狀況：  
Athletes are strongly advised to check the status of the medication they are taking or intend to take through the following online databases:

#### 運動禁藥資料庫

DrugInSport (DIS) website or App

[www.druginsport.hk](http://www.druginsport.hk)

Global Drug Reference Online

[www.globaldro.com](http://www.globaldro.com)

### 時刻帶備2018禁用清單

*Keep the 2018 Prohibited List at hand*

1. 切勿使用2018禁用清單內所列載任何物質/方法  
Stay away from all substances/methods listed in the 2018 Prohibited List.
2. 求診時必須帶備並出示2018禁用清單  
Bring along the 2018 Prohibited List and show it during medical consultation.

### 為藥檢作好準備

*Prepare for doping test*

1. 在整個藥檢過程中，運動員需要接受藥檢人員全程監督。拒絕藥檢已屬違規行為  
You will be escorted during the whole process. Refuse to submit to doping test is a violation of the anti-doping rules.
2. 在整個藥檢過程中可由一名代表陪同；如運動員未滿18歲，則**必須**由一名成人陪同  
A representative can be present with the athlete throughout the entire process; athlete under the age of 18 **MUST** be accompanied by an adult
3. 帶備附有照片的身份證明文件(如運動員証或旅遊證件)以及有效的治療用藥豁免(如有)  
Bring along your photo ID (e.g. accreditation card or passport) & valid TUE (if any).
4. 當運動員被通知需要接受藥檢後，應盡快到藥檢室報到  
Report to the Doping Control Station as soon as possible after being notified.
5. 備妥過往7天使用藥物/補充劑的記錄  
Provide detailed records of any medicine/supplements used over the past 7 days.

## 運動禁藥管制規例重點 *Highlights of the Anti-Doping Rules*

### 藥物檢測 *Testing*

- 亞洲奧林匹克理事會(OCA)在賽期內(2018年8月7日至9月2日)有權執行禁藥管制  
The Olympic Council of Asia (OCA) shall have the right to conduct Doping Control throughout the Period of the Games (7 August – 2 September 2018).
- OCA會在不作預先通知的情況下，隨時隨地要求運動員進行藥物檢測  
Athletes may be tested by OCA on a “No advance notice” basis at anytime and anywhere during the Games Period.
- OCA 有權在閉幕禮之後覆檢在賽期內收集的樣本  
OCA shall have the right to re-analyze samples (taken during the period of the 18<sup>th</sup> Asian Games) subsequent to the closing ceremony of the Games.
- 所有在賽期內採集的樣本都會以**賽內檢測**的標準作化驗，即使檢測是在比賽前或比賽後進行  
All samples collected during the Games Period will be analyzed as per the menu for **In-Competition Testing** even though they may be taken pre-or post-competition.