



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



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

提交行蹤資料

Whereabouts Submission

- 所有運動員需要提交每日的行蹤資料並清楚列明住宿(包括座樓及房號)、訓練及比賽的地址及時間。

All athletes should provide whereabouts information on a daily basis specifying the locations and times where he/she will be **residing** (includes block and room number), **training** and **competing**.

- 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.

- 任何運動員如在賽期內連續兩次未能在其行蹤資料列明的時間及地點接受藥檢，即屬違反OCA運動禁藥管制規例。

Any athlete who is not available for testing on **two attempts** during the Games Period will be considered to have violated the OCA 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 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30日(即2016年8月23日前)向OCA總部遞交一份副本。

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 30 days in advance of the start of the Games (i.e., by 23 August 2016).

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

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峴港2016亞洲沙灘運動會

Danang 2016 Asian Beach Games

運動禁藥管制小知識及規例重點

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



5th Asian Beach Games
DA NANG
VIET NAM 2016





運動禁藥管制小知識 Anti-Doping Tips



運動禁藥管制小知識 Anti-Doping Tips



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

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，尚有其他情況可觸犯運動禁藥管制規條

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

http://www.antidoping.hk/what_we_do.php?target=violations

服用藥物前檢查禁用狀況

Check prohibition status before taking any medicine

1. 運動禁藥資料庫網站或手機程式

DrugInSport (DIS) website or App

www.druginsport.hk



2. 如有問題應馬上聯絡香港運動禁藥委員會

Check with HKADC when in doubt



WhatsApp: (852) 6257 7099



Email: antidoping@hkolympic.org

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. 帶備身份證明文件(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).

3. 當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.

4. 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.

時刻帶備2016禁用清單

Keep the 2016 Prohibited List at hand

1. 切勿使用2016禁用清單內所列載任何物質/方法

Stay away from all substances/methods listed in the 2016 Prohibited List.

2. 看醫生時必須帶備並出示2016禁用清單

Bring along the 2016 Prohibited List and show it when visiting your doctor.

藥物檢測 Testing

- 亞洲奧林匹克理事會(OCA)在賽期內(即從大會酒店正式提供服務起至閉幕禮當日完結)有權執行禁藥管制

The Olympic Council of Asia (OCA) shall have the right to conduct Doping Controls throughout the Period of the Games (i.e., from the date of the official opening of the Games hotels to serve athletes until the end of the day of the Closing Ceremony).

- 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 menu for **In-Competition Testing** even though they may be taken pre-or post-competition.

