

TrueSelf



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

香港運動禁藥委員會通訊 HKADC NEWSLETTER

第二十七期
Issue 27

2016年6月
June 2016

Support Fair Play Compete Clean Everyday
齊家支持公平競賽 運動零禁藥人人覺

實踐體育精神

Putting the spirit of sport into practice



Road to Rio
Support Hong Kong Athletes

大眾期待已久的奧運會即將開幕，運動愛好者皆熱切期待今年八月在巴西里約熱內盧舉行的這次矚目盛事，相信今年夏天大家的話題必屬奧運會無疑。但在我們追捧自己喜愛的體育明星之餘，請勿忘在奧運狂熱當中尚有其他值得我們珍惜的寶貴東西。

公平競賽

“更快、更高、更強”，這句家傳戶曉的奧林匹克格言由現代奧運會發起人Pierre de Coubertin倡導，把運動員超卓的力量表現描劃得栩栩如生。然而奧林匹克精神所包含的遠不止於運動表現，於比賽爭勝以外，更重要的是體育道德，即關乎運動參與的本身價值及其滿足感。奧林匹克憲章中所提及的其中一種基本運動價值，就是「友誼、團結及公平競賽的精神」。公平競賽精神揉合了友誼尊重及循規蹈矩的概念，是運動員及所有參與者該秉持的公正態度。從古希臘到現代奧運會，誠實、忠信及尊重一直是運動員之間恪守的重要原則。因此，世界各地的運動禁藥管制機構正密鑼緊鼓地為里約2016奧運作好準備，以守護這寶貴的傳統體育價值。

為香港隊積極備戰

香港運動禁藥委員會採用藥檢及教育雙管齊下方式，確保香港運動員遠離禁藥。作為遏止手段以防止使用運動禁藥，香港代表運動員在出發前會接受賽前無預警藥檢；而在預防方面，委員會則向運動員安排教育講座及提供實用參考資料，讓運動員可重溫禁藥管制知識及鞏固公平競賽信念。我們堅信香港運動員能作最好準備以迎戰奧運。

奧運聖火從古希臘流傳至今已逾千載，在我們的共同努力下，公平競賽精神亦必將於運動世界永續留存。

The long awaited Olympic Games are around the corner. Sports enthusiasts just cannot wait to witness this spectacular event in Rio de Janeiro, Brazil this August. The Rio 2016 Olympic Games will definitely be in the limelight throughout this summer. When cheering for your favorite sports stars, please don't forget there are some important values to cherish amidst this Olympic frenzy.

Spirit of Fair Play

"Citius, Altius, Fortius" or "Faster, Higher, Stronger" – this well-known Olympic motto introduced by Pierre de Coubertin vividly visualizes the awe-inspiring power of athletes. Yet the Olympic spirit encompasses much more than sport performance. It is not just about competition and winning, but sport ethics which count on the intrinsic values and satisfaction of participation in sports. As mentioned in the Olympic Charter, one of the fundamental values of sport is "a spirit of friendship, solidarity and fair play." Being an ethical and fair attitude of athletes and all others involved in competitions, the spirit of fair play incorporates the concepts of friendship, respect and playing within the right spirit. From ancient Greece to the modern Olympic Games, honesty, loyalty and respect among athletes are always of paramount importance. To safeguard this precious traditional value of sport, anti-doping organizations around the globe are working painstakingly to prepare for the coming Rio 2016 Olympic Games.

Preparation for the Hong Kong Delegation

HKADC adopts a two pronged approach of testing and education to ensure the Hong Kong delegation stays clean. On the deterrent side, pre-games doping tests will be carried out on athletes representing Hong Kong without advance notice before their departure to prevent any possible use of prohibited substances. On the preventive side, education programmes in the form

of seminars and practical anti-doping tips will be made available to the delegation to refresh their anti-doping knowledge and understanding of fair play. We are confident that our Hong Kong athletes will get well prepared for the Olympic Games.

The Olympic flame has been passed on from the ancient Greece thousands of years ago. With our joint effort, the spirit of fair play will also be perpetuated in the world of sport.

重要日期 Important Dates

30 June 2016

藥檢名單的運動員遞交2016年度第三季行蹤資料的最後限期

Year 2016 Q3 whereabouts submission deadline for testing pool athletes

委員會 The Committee

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掌握最新的 運動禁藥資訊

Keeping abreast of the latest anti-doping information

世界運動禁藥機構(WADA)每年都會修訂禁用清單。WADA於去年9月公佈了2016年度的禁用清單，將米屈胍(Meldonium)列作運動禁藥，並已於今年1月1日起生效。俄羅斯網球手舒拉寶娃(Maria Sharapova)聲稱因未有察覺到米屈胍已被禁用而繼續服用，在未能通過2016年初澳洲網球公開賽藥檢的情況下，被處分暫時停賽。

The World Anti-doping Agency (WADA) revises the Prohibited List every year. In September 2015, WADA had announced the Prohibited List for 2016 including the prohibition of Meldonium which took effect on 1 January 2016. Claiming that she was not aware of the prohibition status of Meldonium in 2016, Russian tennis player Maria Sharapova had been provisionally suspended after she was tested positive for the substance at the Australian Open in January 2016.

此事引起了公眾關注香港運動員是否能接收足夠的運動禁藥資訊。香港運動禁藥委員會一直致力採用以下途徑，確保本港運動員可以獲得最新的運動禁藥資訊。

This case has raised public awareness on how well our local athletes receive sufficient anti-doping information. The Hong Kong Anti-doping Committee (HKADC) strives to ensure our athletes receive the most updated anti-doping information through the following ways:

- 每年印製更新版本的禁用清單郵寄予運動員及體育總會，並透過多種渠道，包括電郵、網頁及社交媒體等通知運動員有關更新。
- 舉辦講座及外展攤位等教育活動推廣有關資訊。
- 於香港代表隊出發前往參加綜合運動會之前，舉辦賽前講座，與運動員及運動支援人員重溫各項禁藥條例、藥檢程序、如何避免誤用禁藥及各人的角色責任等，務求令所有運動員及其團隊掌握最新的禁藥資訊。
- HKADC prints the up-to-date Prohibited List yearly and mails it to all Testing Pool athletes and National Sports Associations. Various communication channels (e.g. email, website, Facebook etc.) are also used to notify athletes of such updates.
- Education talks, seminars and outreach programmes are regularly organized to disseminate relevant anti-doping information.
- Pre-games educational talks are organized prior to multi-sports games so that our athletes and their support personnel are familiar with all anti-doping rule violations, testing procedures, ways to avoid inadvertent doping, roles and responsibilities of each person, etc.

運動員亦應運用以下方法避免誤用禁藥： Athletes should also utilize the following methods to actively avoid inadvertent doping:

1

善用「運動禁藥資料庫」

- 「運動禁藥資料庫」(www.druginsport.hk) 為運動員及其支援人員提供在港註冊藥物的禁用狀況。除了網頁外，委員會更製作了手機應用程式方便運動員隨時隨地查看。
- 運動員在服用藥物前，可在資料庫輸入藥物名稱或註冊編號查看該藥物是否列入禁用清單。
- 如該藥物並沒有顯示在資料庫中，運動員亦可直接向委員會查詢。

Make good use of *DruginSport (DIS)*



- *DruginSport* (www.druginsport.hk) provides athletes and their support personnel with information on the prohibition status of registered pharmaceutical products in Hong Kong. Other than a website, HKADC has also developed mobile phone applications so that athletes can check their medicines anytime, anywhere.
- Athletes can check the prohibition status of medicine before using by entering its name or registration number into DIS.
- Athletes can consult HKADC directly if the medicine cannot be found in *DIS*.

2

申請治療用藥豁免

- 如運動員有需要利用運動禁藥治療傷病，必須在使用前申請治療用藥豁免 Therapeutic Use Exemption (TUE)。
- 一般情況下，本地運動員可向香港運動禁藥委員申請TUE。但國際級別的運動員則應向所屬國際聯會或賽事主辦單位遞交申請。

Apply for Therapeutic Use Exemption

- When athletes have to use prohibited substances / methods to treat a documented medical condition, they must apply for Therapeutic Use Exemption (TUE) in advance.
- In general, local athletes can apply for TUE through HKADC. However, for international-level athletes, they are required to apply for TUE through International Federations or Event Organizers.

模擬個案 Case Study

在Kathy離港出發參與她第一次海外賽事的前一天，她已收拾妥當，相信已備齊一切所須證明文件、個人行李及運動裝備。但在運動禁藥管制方面，她會否有所遺漏呢？

The day before Kathy departs Hong Kong for her first overseas international competition, she is pretty sure she has got everything ready for her trip such as having her accreditation, packing her clothing and sport equipment etc. However, in terms of anti-doping, is she missing something?

參與海外賽事檢查清單： Checklist for attending overseas international competitions:

- 更新海外住處(如酒店地址、房號等)行蹤資料。
Update whereabouts with details of your overseas accommodation (hotel address, room number etc.)
- 確保正使用中的藥物不含任何禁用物質，在使用前於「運動禁藥資料庫」檢查禁用狀況。
Make sure the medicine that you are currently using does not contain any prohibited substance. Check medicines with DruginSport App or website (www.druginsport.hk) before use.
- 準備在外地接受香港運動禁藥委員會及其他運動禁藥管制機構，如國際體育聯會或當地運動禁藥管制機構所進行的藥檢，拒絕藥檢已屬違規行為。
Be prepared to be tested overseas by HKADC and other Anti-doping Organizations such as International Federations or local National Anti-doping Organization. Refuse to submit to doping test is a violation of the anti-doping rules.
- 保留過往七天使用藥物/補充劑的詳細記錄。
Keep detailed records of medications/supplements used over the last 7 days
- 運動員必須於比賽前申請治療用藥豁免，方可合法使用禁用物質以作治療之用。
Athlete must apply for Therapeutic Use Exemption in order to legally use prohibited substances for medical reasons **BEFORE** the competitions.



攜手保障 潔身自愛的運動員

Partnering with Anti-doping Organizations to Protect the Clean Athletes



香港運動禁藥委員會代表於2016年3月14至16日出席了於瑞士洛桑舉行的第12屆世界運動禁藥機構年度會議。

圍繞主題“共創良方”，會議集中探討各體育聯會、國家運動禁藥管制機構及其他相關運動禁藥管制組織如何完善彼此合作，以保護不用禁藥、潔身自愛的運動員，亦探討各種方案，務求保障他們參與公平比賽的權利。

世界運動禁藥機構今年於會場內安排視像播放，展出各運動禁藥管制組織所製作的運動禁藥教育短片。香港運動禁藥委員會所製作的三段有關行蹤資料及違規行為（1及2）的短片獲大會選中於主會議廳播放，並大獲好評。

請馬上瀏覽本會YouTube頻道(www.youtube.com/HKAntiDoping)，再次觀賞五段精彩教育短片！

Representative of HKADC attended the 12th WADA Anti-doping Organization (ADO) Symposium held on 14-16 March 2016 in Lausanne, Switzerland.

Centered on the theme 'Partnering for Quality Practice', the Symposium focused on optimizing collaboration among International Federations, National Anti-doping Organizations and other ADOs to protect clean athletes and to discuss ways and means of protecting their right to clean sport.

WADA had launched a video campaign this year to display anti-doping videos of ADOs at the venue during the Symposium. Three videos from HKADC on Whereabouts and Anti-doping Rules Violation (1&2) were chosen by WADA to display at the main auditorium and were well received by the participants. Do visit our YouTube channel (www.youtube.com/HKAntiDoping) to watch all five education videos again!



犯規? NO way!

Breaking the rules? No way!

上期重溫了兩項最為人熟悉的運動禁藥管制規條：陽性檢測結果(規條1)及採用運動禁用物質或方法(規條2)。原來除此之外，運動員在以下兩種情況亦會構成違反運動禁藥管制規條：

[規條三] 運動員逃避、拒絕或不能提供樣本作檢測

• 運動員必須在任何時間、任何地點，接受運動禁藥管制機構執行的藥物檢測。如運動員在沒有充分的理由下，逃避、拒絕或不能提供樣本作檢測，即屬違規。

[規條四] 行蹤資料失誤

• 藥檢名單中的運動員，必須遵守有關行蹤資料要求，每季準時提交準確和最新的行蹤資料(如住宿地址、訓練及比賽資料等)，以便隨時隨地接受禁藥檢測。如運動員在12個月內累積3次「匯報失誤」或「遺漏檢測」，即屬違規。

其餘各項重要規條，將於未來數期與大家一一重溫，萬勿錯過。

In the last issue we have reviewed the two most well-known anti-doping rules: Positive results (Rule 1) and Use of prohibited substances or methods (Rule 2). Apart from these, athletes will also violate the rules under the following circumstances:

Rule 3 — Evading, refusing or failing to submit to sample collection

• Athletes have to submit to sample collection carried out by anti-doping authorities at anytime and anywhere. Evading, refusing or failing to submit to sample collection without compelling justification is a violation of the rule.

Rule 4 — Whereabouts failures

• Athletes included in testing pools have to meet the whereabouts requirements. Accurate and updated whereabouts information (e.g. residential address, training and competition details) must be submitted on time on a quarterly basis to allow doping tests to be conducted anytime and anywhere. Any combination of 3 filing failures and missed tests within a 12-month period will constitute a violation of the rule.

We will continue to review other important rules in the coming issues. Don't miss out.

注意
Attention:

「匯報失誤」：

未能根據要求遞交準確及完整的行蹤資料。

「遺漏檢測」：

未能於每日指定的60分鐘時段內接受藥物檢測。

Filing failure:

Failing to provide accurate and complete whereabouts information.

Missed test:

Failing to be available for doping tests at the location and time specified in the 60-minute time slot of a day.

考考你
Q&A

運動禁藥檢測在哪個奧林匹克運動會首次進行? At which Olympic Games were doping tests first conducted?

- | | |
|--|---|
| (a) 1948聖莫里茲冬季奧運會
1948 Winter Olympic Games at St. Moritz | (c) 1968格勒諾布爾冬季奧運會
1968 Winter Olympic Games at Grenoble |
| (b) 1964東京夏季奧運會
1964 Summer Olympic Games at Tokyo | (d) 1976蒙特利爾夏季奧運會
1976 Summer Olympic Games at Montreal |

Answer: (c)