

奧林匹克運動萬眾一心：

守護清白運動員 — 打擊禁藥

Top priority for stakeholders of the Olympic Movement:

Protect clean athletes and fight against doping

上月里約2016奧運會圓滿結束，里約奧運不但展示了世界頂尖級的運動表現，同時亦傳達了運動道德及公平競賽的重要性。國際奧委會為了制訂里約奧運的禁藥管制工作及日後奧運的禁藥管制策略，投放了大量人力物力。

在2016年6月召開的奧林匹克高峰會議所作聲明不僅訂明了有關里約2016奧運操守的監管措施，更顯示出國際奧委會對運動禁藥零容忍的政策。

高峰會聲明其中幾項重點現總結如下：

檢測過往樣本 — 為準備今屆奧運，過去北京2008奧運及倫敦2012奧運的儲存樣本將被重新檢測。

目標檢測 — 國際奧委會預留雙倍預算，為里約奧運進行大規模賽前藥檢。藥檢工作根據來自世界運動禁藥機構(WADA)所得廣泛情報，向特定目標進行檢測。

額外資源 — 根據《奧林匹克2020議程》，國際奧委會將額外投放二千萬美元用於拓展教育計劃及有關打擊運動禁藥的創新科學研究工作。

審視禁藥管制的制度 — 國際奧委會要求WADA於2017年召開特別國際會議，全面審視禁藥管制的制度。

儘管上述部分項目是針對已結束的里約奧運，但有關措施可讓我們窺見未來的工作方針。更多資源增撥、廣泛情報交流、目標測試以及日新月異的檢測技術，說明了任何曾經服用禁藥的奧運會參賽運動員就算能僥倖逃過一時，最終亦將難逃處分。

The Rio 2016 Olympic Games concluded last month. Not only did it showcase the top-notch athletic performance in the world, but also the importance of sport ethics and fair play. The International Olympic Committee (IOC) had put much effort into the doping-control measures for the Rio Olympics, as well as the strategies for keeping the future Games clean.

The Declaration of the Olympic Summit in June 2016 not only specified the measures safeguarding the integrity of Rio 2016 Olympic Games, but also showed its zero-tolerance policy with regard to doping.

Here are some key points of the Declaration:

Testing Stored Samples - Stored samples from the Olympic Games Beijing 2008 and London 2012 were re-analyzed when preparing for the Rio 2016 Olympics.

Target Testing - The IOC performed an extensive pre-Olympic Games testing programme for Rio 2016 with a doubled budget. This was a target-oriented programme based on extensive intelligence-gathering by the World Anti-Doping Agency (WADA).

Extra Resources - As part of Olympic Agenda 2020, the IOC had committed an extra USD 20 million to develop education programmes and fund research that offers a new scientific approach to anti-doping.

Review on Anti-Doping System - IOC had requested the WADA to fully review the anti-doping system by convening an "Extraordinary World Conference on Doping" in 2017.

Notwithstanding some points above were measures for the finished Rio Olympics, the

strategies adopted should shed light on the way ahead. With more resources, exchange of intelligence, target testing and the ever-improving testing technology, doped athletes participating in the Olympic Games can hardly get away with it in the end.

重要日期 Important Dates

30 September 2016

藥檢名單的運動員遞交2016年度第四季蹤資料的最後限期

Year 2016 Q4 whereabouts submission deadline for testing pool athletes

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峴港2016亞洲沙灘運動會 運動禁藥管制小提示

Anti-Doping Reminder for Danang 2016 Asian Beach Games



亞洲奧林匹克理事會藥物檢測賽期: Olympic Council of Asia (OCA) Testing Period:

從大會酒店正式提供服務起至閉幕禮當日完結
From the date of the official opening of the Games hotels to serve athletes until the end of the day of the Closing Ceremony

重要提示 IMPORTANT NOTE:

所有在賽期內採集的樣本都會被視為...
All samples collected during the Games Period will be analyzed as...

賽內檢測
In-Competition Testing

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:
Athletes with a documented medical condition requiring the use of a Prohibited Substance/Method must:

須盡早於賽期前向所屬國際體育聯會或香港運動禁藥委員會申請
Obtain a TUE in advance of the Games from their International Federation (IF) or Hong Kong Anti-Doping Committee (HKADC)

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
Provide a copy of the approved TUE to the OCA Headquarters 30 days in advance of the start of the Games (i.e., by 23 August 2016)

重要提示 IMPORTANT NOTE:

先獲取TUE申請批核
Obtain an approved TUE **first**

後使用該藥物或方法
before using any Prohibited Substance/Method

提交行蹤資料: Whereabouts Submission:

所有運動員需要提交每日的行蹤資料列明以下行蹤的地址及時間:
All athletes should provide whereabouts information on a daily basis specifying the locations and times where he/she will be:

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.

重要提示 IMPORTANT NOTE:

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
Any athlete who is not available for testing on **two attempts** during the Games Period

違反OCA運動禁藥管制規例
OCA Anti-Doping Rules Violation



對話

運動禁藥情報站

Anti-Doping Information Kiosk



在線上

你有留意世界運動禁藥機構 (WADA) 的資訊嗎? 他們剛發佈了2014年違反運動禁藥規條報告。

Do you keep track of the WADA information? They have issued the 2014 Anti-Doping Rule Violations (ADRVs) Report.

你知道在一年間全球有多少個樣本送到WADA認可的實驗室作化驗嗎?

Do you know how many samples are sent to WADA accredited laboratories for analysis in a year?

在2014年裏,共有**217,762**個。

There were **217,762** samples in 2014.

那全年共有多少個違規個案?

How many ADRVs in a year then?

1,693

當中包括46名運動員支援人員違規。

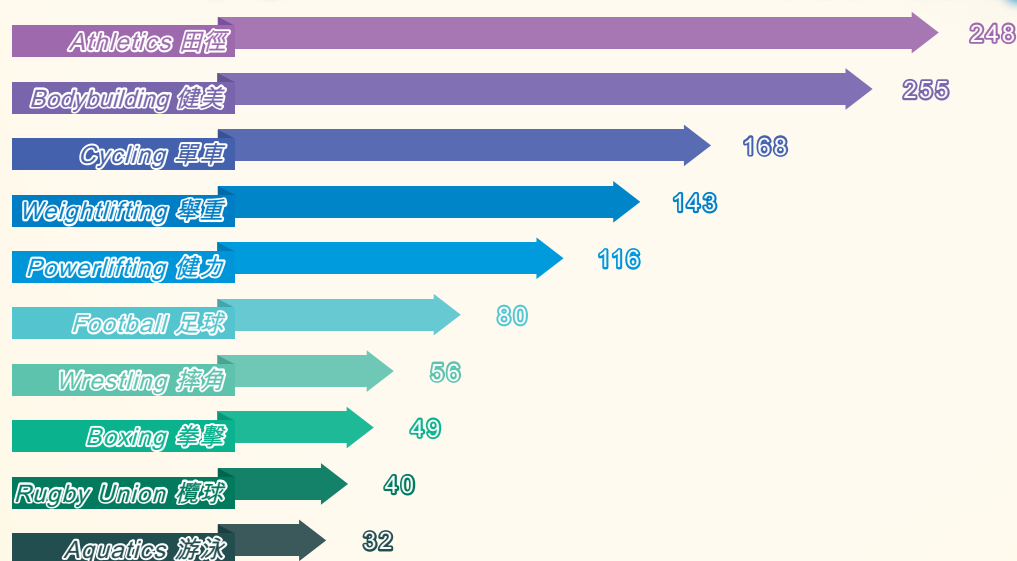
Including 46 athlete support personnel who violated the rules.

那些運動項目違規次數較多?

Which sports had the highest numbers of ADRVs?

全世界違反運動禁藥規條的十大運動項目

Anti-Doping Rule Violations worldwide: TOP 10 Sports



*資料來源: 世界運動禁藥機構 (WADA) - 2014年違反運動禁藥規條報告

*Source: World Anti-Doping Agency (WADA) — 2014 Anti-Doping Rule Violations (ADRVs) Report

<https://www.wada-ama.org/en/resources/general-anti-doping-information/2014-anti-doping-rule-violations-adrvs-report>



DCO團隊 制服換新貌

(圖1) 米白色短袖衫及深藍色連帽風褸
(Fig1) Beige polo shirt and navy blue hooded windbreaker



(圖2) 胸前印有「Doping Control Officer」字樣
(Fig2) "Doping Control Officer" printed at the front

A New Look for the DCO Team

如果有留意本會最近的外展活動、講座，或遇上香港運動禁藥管制主任 (DCO) 進行藥檢，相信我們的新形象應該令大家有煥然一新的感覺。

由八月起，DCO團隊已陸續換上全新設計制服(圖1)。新制服包括米白色短袖衫及深藍色連帽風褸，可配合DCO在不同的天氣及環境工作。為使大家更易於識別，新制服胸前均印有「Doping Control Officer」字樣(圖2)。

我們換上新裝的同時，會繼續以「專業 • 可靠 • 公正」的態度，致力為香港締造一個無運動禁藥的比賽環境，促進公平競賽。

If you have paid attention to our recent outreach programmes and education talks, or stumbled on a DCO carrying out a test mission, you may find our new uniform eye-catching.

HKADC's DCO team is changing into their new wardrobes (Fig.1) since August. The new uniform includes a beige polo shirt and a navy blue hooded windbreaker, facilitating test missions under different weather and situations. For the ease of identification, the new uniform has got the title "Doping Control Officer" printed at the front as well. (Fig.2)

Our DCOs, with new uniform, are committed to continue promoting fair play and preserving a dope-free competition environment for Hong Kong in a professional, reliable and impartial manner.



03 犯規? NO way!

Breaking the rules? No way!

運動禁藥管制規條除了規管運動員之外，亦規管運動支援人員以及任何人士。上兩期已重溫了四項針對運動員的規條，接下來數期則與大家重溫其餘六項其他人士亦有可能違反的運動禁藥管制規條：

[規條五] 干預或意圖干預運動禁藥管制的任何部份

- 任何人士作出任何破壞或擾亂禁藥管制程序的行為，例如妨礙藥檢人員通知或跟隨運動員、故意摔破樣本收集瓶、提供虛假資料……等等，即屬違規。

[規條六] 藏有禁用物質或方法

- 運動員或運動支援人員如在沒有合理原因或已批核的治療用藥豁免 (TUE)的情況下，藏有禁用物質或方法，即屬違規。

未來兩期TrueSelf將繼續與大家重溫其餘四項規條，請勿錯過。

The anti-doping rules apply not only to athletes, but also to athlete support personnel and any other person. In the last two issues we have reviewed the four anti-doping rules applying specifically to athletes. In the coming issues we will review the remaining six rules which could be offended by any other person.

Rule 5 — Tampering or attempted tampering with any part of doping control

- Any person who tampers with or interferes with doping control procedures, such as obstructing a DCO's notifying or supervising an athlete, breaking sample bottles deliberately or providing false information etc. will constitute a violation of the rule.

Rule 6 — Possession of prohibited substance or method

- It will be a violation of the rule if athletes or athlete support personnel possess prohibited substances or methods without justification or a valid Therapeutic Use Exemptions (TUE).

We will continue to review the remaining four rules in the coming two issues. Don't miss out.

注意 Attention:

運動禁藥管制規條同時規管運動員、運動支援人員(例如教練、領隊、工作人員及醫療人員等)，以至體育界以外的人士。運動支援人員必須遵守相關規條，作為參與體育工作的條件之一。

The anti-doping rules apply to athletes, athlete support personnel (such as coaches, team officials and medical personnel) and people outside the sport sector. Athlete support personnel are required to be bound by the rules as a condition of participation.

考考你 Q&A

根據世界運動禁藥法規，國際奧林匹克委員會可將奧運會採集的樣本儲存多久以作重新檢測？
According to the World Anti-Doping Code, how long can the International Olympic Committee retain samples collected during the Olympic Games for retesting?

- (a) 5年 5 years (b) 8年 8 years (c) 10年 10 years (d) 15年 15 years

Answer: (c)