

2017年度禁用清單 將於2017年1月1日生效

The 2017 Prohibited List will come into force on 1 January 2017

世界運動禁藥機構(WADA)已推出2017年度禁用物質及方法清單(禁用清單)，並將於**2017年1月1日**生效。

禁用清單是世界運動禁藥法規簽署組織必須遵守的五項國際標準其中之一，並且每年更新。禁用清單列明賽內及賽外禁用的物質及方法，以及某些運動項目不能使用的物質。

給運動員及運動員支援人員的重要提示:

1. 熟悉2017禁用清單及其修訂，特別要注意2017年新納入的禁用物質。
(www.wada-ama.org/en/resources/science-medicine/prohibited-list)
2. 在使用任何藥物前，必須事先核對清單。運動員可參考本會所開發的網上資料庫**DrugInSport** (www.druginsport.hk)，查詢在港註冊西藥的禁用狀況。
3. 運動員如有確切治療需要，必須使用清單上的禁用物質或方法，務必盡早申請治療用藥豁免(TUE)。
4. 如有任何疑問，請聯絡本會。

2017年度禁用清單的電子及手機版本可於本會網頁 (www.antidoping.hk) 下載。

The World Anti-Doping Agency ("WADA") has published the 2017 List of Prohibited Substances and Methods ("The Prohibited List"), which will become effective from **1 January 2017**.

Updated annually, the Prohibited List is one of five International Standards mandatory for all Signatories of the World Anti-Doping Code ("the Code"). The Prohibited List designates what substances and methods are prohibited both *in-competition* and *out-of-competition*, and which substances are banned in particular sports.

Important advice for athletes and athletes support personnel:

1. Familiarize yourselves with the 2017 Prohibited List and its modifications, and pay special attention to the prohibited substances newly added to the 2017 List.
(www.wada-ama.org/en/resources/science-medicine/prohibited-list)
2. Check the status of all medications and substances against the List before using them. Athletes are recommended to use **DrugInSport** (www.druginsport.hk), the online database developed by HKADC, to check prohibition status of registered pharmaceutical products in Hong Kong.
3. Athletes who have a legitimate medical reason for using a prohibited substance or method that is on the List must apply for the Therapeutic Use Exemption ("TUE") as soon as possible.
4. Contact HKADC if in doubt.

Electronic and mobile versions of the 2017 Prohibited List are available for download on HKADC website (www.antidoping.hk) respectively.



本會已印備袋裝版2017年度禁用清單供運動員使用。運動員請緊記於看醫生時攜帶並出示此禁用清單。

A pocket-size 2017 Prohibited List has been produced by HKADC for athletes' use. Athletes are advised to bring along and show this Prohibited List to the physicians during their medical consultations.

重要日期 Important Dates

31 December 2016

藥檢名單的運動員遞交2017年度第一季行蹤資料的最後限期

Year 2017 Q1 whereabouts submission deadline for testing pool athletes

4 - 5 February 2017

外展教育計劃於2017香港馬拉松嘉年華期間在維多利亞公園舉辦

Outreach Education Programme at the Hong Kong Marathon Carnival 2017 at Victoria Park

打擊禁藥 - 防患未然

Keep doping at bay

運動禁藥的使用往往源於濫用或誤用商品藥物，而在狡猾的用藥者眼中，所有新研發的藥物皆有可能提升運動表現，因此運動禁藥管制機構有必要先發制人，在藥物推出市面前杜絕其濫用可能。

世界運動禁藥機構(WADA)自2010年7月與國際製藥商協會聯合會(IFPMA)簽訂「共同打擊運動禁藥聯合聲明」以來，一直跟生物工程及藥劑業界攜手合作，防止藥物被利用為運動禁藥。該聲明旨在促進IFPMA成員公司與WADA自發合作，辨識具禁藥風險的藥品複合物、減低研發階段藥物被誤用的機會、改善相關訊息流通及有助研發用於禁藥管制的檢測方法。其後所推出的相關指南－「考慮要點：辨別具禁藥風險之複合物及與WADA分享訊息」則為相關業界提供了操作守則標準。

同樣地，香港運動禁藥委員會亦積極與本地藥劑專業人員攜手合作打擊運動禁藥。本會與於2011年推出網上平台「運動禁藥資料庫」DrugInSport (www.druginsport.hk) 並在香港藥學會的協助下持續運作及定期更新，以確保資料跟WADA最新版本的禁用清單完全一致。本會將繼續與各持份者緊密合作，致力為香港運動界守護一個無禁藥的競賽環境。

When doping relies primarily on the misuse and abuse of commercially available medicines, almost any new drug is being viewed as possibly having the potential to enhance sport performance in the eyes of devious dopers. Doping control authorities therefore need to take an advance step to prevent the misuse of drugs before they even come on the market.

The World Anti-Doping Agency (WADA) has been cooperating with the biotechnology and pharmaceutical industries to prevent misuse of medicines for doping since a "Joint Declaration on Cooperation in the Fight Against Doping in Sport" was signed with the International Federation of Pharmaceutical Manufacturers and Associations (IFPMA) in July 2010. The Declaration aims to facilitate voluntary cooperation between WADA and IFPMA member companies to identify medicinal compounds with doping potential, minimize misuse of medicines still in development, improve the flow of relevant information and facilitate development of detection methods in the context of doping control. The ensuing guidance titled "Points to Consider: Identification of Compounds with Potential for Doping Abuse and Sharing of Information with WADA" provides the best practice in implementation for the industries concerned.

Similarly, HKADC also plays an active role in partnering with local pharmaceutical professionals to fight against doping. The online database DrugInSport (DIS) (www.druginsport.hk) launched in 2011 is maintained and updated regularly in collaboration with the Pharmaceutical Society of Hong Kong to ensure that it complies with the latest Prohibited List published by WADA. Working hand-in-hand with stakeholders, HKADC is committed to preserving a doping-free sport community in Hong Kong.

鞏固公平競賽的根基

Strengthen the ground for Fair Play



教育工作是香港運動禁藥委員會的工作重點之一。自2016年9月為新學年推出中學教育講座以來，本會已收到共17間不同地區學校的申請。另外，本會亦舉辦了數次外展活動，向運動員及公眾推廣公平競賽訊息。就讓我們重溫各項教育活動的花絮剪輯吧！

Education is one of the main focuses of the Hong Kong Anti-Doping Committee (HKADC). Since the launch of our Education Talk for Secondary Schools for the new academic year in September 2016, 17 requests from schools of various districts have already been received. HKADC also held a number of outreach events to promote fair play to athletes and the public. Let's take a look at the snapshots of these education programmes!

NEWS

禁藥醜聞大披露?



An Outbreak of Doping Scandals?

某天一位運動禁藥管制主任(DCO)在路上巧遇運動員A君，一段談話由此展開……

One day a Doping Control Officer (DCO) stumbled on athlete A and a conversation hence began...

A: 嗨! 你有看新聞嗎? 有些機密資料被駭客入侵了, 原來有些世界級運動員偷偷地使用禁用物質治病, 我認為他們全都是騙子, 太不公平了! 難怪他們運動表現那麼好。

Hey! Have you read the news? Some confidential data were hacked. Apparently some world class athletes are using illegal medicines to treat their illnesses in secret. I think they are all cheaters, so unfair! No wonder they are so good at their sport.

DCO: 我想你誤會了, 在特別情況下運動員確實是有權使用禁用物質的, 他們是在獲得治療用藥豁免(TUE)後, 合法地使用這些物質作治療用途。

I think you have misunderstood. Athletes DO have rights to use prohibited substances under some special circumstances. These athletes are legally using these substances to treat their illness by having a Therapeutic Use Exemption (TUE)

A: 嗯...但為什麼這些運動員的資料這麼神秘呢? 看起來好像有甚麼不可告人似的, 我覺得那些TUE資料應該公開。

I see... But how come the details of each athlete's TUE are so secretive? It seems like the athletes have something to hide. I think these TUE details should go public.

DCO: 不可以的。因為TUE包含運動員的醫療及個人資料, 這些都涉及個人私隱問題。

No, that is not possible. There is a privacy issue as a TUE contains medical and personal information of an athlete.

A: 那是不是當我要使用禁用物質, 就可以隨時申請TUE? 那我是不是可以隨時申請TUE?

Then can I always get a TUE whenever I use a prohibited substance?

DCO: 審查TUE申請是一個非常嚴謹的程序, 須由專家小組共同審核醫生所作出的診斷, 每宗TUE申請皆由國家運動禁藥管制機構或國際體育聯會, 按照國際標準審核。世界運動禁藥機構(WADA)有權覆查每宗個案。

The process to check TUE applications is robust, with a panel of experts assessing the diagnosis of a physician before a TUE is approved. Each TUE is issued by National Anti-Doping Organizations or International Federations according to the international standard. The World Anti-Doping Agency (WADA) is able to review each case.

A: 啊, 我想起來了, 我之前有點發炎, 醫生給了我一些藥, 我大概也應該馬上去申請TUE吧。
Oh actually I have got an infection and the doctor just prescribed me with some medicine. I think I should apply for a TUE right away.

DCO: 等等。當你須要使用禁用物質或方法, 才有申請TUE的必要。你應該先到www.druginsport.hk查一查藥物的禁用狀況, 或者根本沒有這個必要呢!

Hold on. TUE is only needed for the use of prohibited substance/method. You would better check the status of your medicine first at www.druginsport.hk. Maybe such hassle is not even needed.

DCO: 再提醒一下, TUE應盡快申請, 於需要獲批豁免(例如參加比賽)前最少30天提交申請。

Just one more reminder, TUE application should be made as soon as possible and at a minimum of 30 days in advance before you need the approval (for instance, before entering a competition).



考考你 Do you know?

按照國際標準, 運動員必須符合以下所有條件, 有關TUE申請才能獲批核:

According to the international standard, TUE may be granted only if the athlete can show that each of the following conditions is met:

- 運動員如不採用該禁用物質或方法, 健康會受嚴重損害
The athlete would experience a significant impairment to health if the prohibited substance/method were to be withheld.
- 該禁用物質或方法用於治療使用, 不會額外提昇運動表現
The therapeutic use of the prohibited substance/method is highly unlikely to produce any additional enhancement of performance.
- 除了該禁用物質或方法, 並沒有其他合適的治療替代品
There is no reasonable therapeutic alternative to the use of the prohibited substance/method.
- 使用某種禁用物質或方法的必要性, 與先前在沒有TUE的情況下違禁使用該禁用物質或方法並沒有因果關係
The necessity for the use of prohibited substance /method is not a consequence of the prior use of a substance/method (without a TUE) which was prohibited at the time of such use.



沙特阿拉伯運動禁藥委員會到訪

Visit by the Saudi Arabian Anti-Doping Committee

沙特阿拉伯運動禁藥委員會(SAADC)秘書長Almasaed先生於2016年9月6日到訪香港運動禁藥委員會，就運動禁藥管制工作分享經驗及交流心得。是次會面深具成效，促進本會建立與中東地區國家運動禁藥管制組織的聯繫，為未來或有可能合作共同打擊運動禁藥奠下基礎。

Mr. Abdulaziz Almasaed, General Secretary of the Saudi Arabian Anti-Doping Committee (SAADC), visited the Hong Kong Anti-Doping Committee (HKADC) office on 6 September 2016 to share experiences and exchange ideas on the anti-doping programme. The meeting was fruitful in building a network between HKADC and one of the National Anti-Doping Organizations in the Middle East for future possible collaboration in the fight against doping in sport.



犯規? NO way!

Breaking the rules? No way!

上一期重溫了其中兩項除運動員外，其他人士亦有可能違反的運動禁藥管制規條。今期繼續與大家重溫另外兩項規管任何人士的規條，違規者除了有機會被判終身停賽之外，更有可能違反香港法例，大家必須留意。

【規條七】販賣或意圖販賣任何禁用物質或方法

- 任何人士販賣或意圖販賣任何禁用物質或方法，即屬違規。

【規條八】提供或意圖提供禁用物質或方法給運動員

- 任何人士不論提供賽內或賽外的禁用物質或方法給運動員，即屬違規。

最後兩項規條將於下一期與大家重溫，請勿錯過。

In the last issue we have reviewed two of the anti-doping rules that apply not only to athletes, but also to any other person. We continue to review the next two rules that apply to any other person in this issue. Any person violating these rules may receive a lifetime ban from competing in all sports as well as violating the laws of Hong Kong.

Rule 7 — Trafficking or attempted trafficking in any prohibited substance or method

- Any person who traffics or attempts to traffic any in-competition and/or out-of-competition prohibited substance or method to an athlete will constitute a violation of the rule.

Rule 8 — Administration or attempted administration to any athlete of prohibited substance or method

- Any person administers any in-competition and/or out-of-competition prohibited substance or method to an athlete is considered a violation of the rule.

We will continue to review the last two rules in the coming issue. Don't miss out.

For violations of Rule 7 & Rule 8, the period of ineligibility shall be a minimum of 4 years up to lifetime ineligibility depending on the seriousness of the violation (e.g. violation involving athletes under age of 18). Individuals who import, sell and possess some of the prohibited substances (e.g. steroids, stimulants and narcotics), may violate the laws of Hong Kong which result in sentence of fine and imprisonment.

注意 Attention:

違反規條七及規條八的基本停賽期為4年，嚴重違規個案(如涉及未成年運動員)更可被判終身停賽。個別人士進口、銷售或管有某些運動禁藥(如類固醇、刺激劑及麻醉劑等)，均有可能違反香港法例，一經定罪，可被判罰款及監禁。

考考你 Q&A

世界運動禁藥機構(WADA)從哪一年首次發佈禁用清單?

In which year did the World Anti-Doping Agency (WADA) first publish the Prohibited List?

- (a) 2000 (b) 2004 (c) 2006 (d) 2008

Answer: (b)