

TRUE SELF



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

2018年9月 SEPTEMBER 2018 | 第三十六期 ISSUE 36

重要日期 IMPORTANT DATES

30 SEPTEMBER 2018

藥檢名單的運動員遞交 2018 年度
第四季行蹤資料的最後限期
Year 2018 Q4 whereabouts
submission deadline for testing
pool athletes

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運動員祝賀HKADC 10歲生日! Athletes congratulate HKADC on our 10th birthday!



Special
10th
ANNIVERSARY
十週年特刊
ISSUE

翻閱十年蛻變

10-year evolution at a glance



自本會在香港執行藥物檢測計劃以來，平均每年只發現數個違反運動禁藥管制規條個案，去年更加首次錄得零違規紀錄。這不但顯示出我們在各層面的教育工作發揮預防作用，亦證明了向運動員進行「無預告」藥物檢測實為打擊運動禁藥其中一個強而有力的阻嚇措施。

現時所有被納入「香港運動禁藥委員會藥檢名單」的運動員均有機會在「無預告」的情況下，在任何時間和地點接受藥物檢測。在賽外檢測方面，WADA由2018年開始強制執行運動員生物護照（ABP）中的血液單元。運動員要有準備除接受尿液檢測之外，將有更多機會接受血液檢測。在賽內檢測方面，多年來本會均不遺餘力應體育總會及賽事主辦單位之邀請，為「香港馬拉松」、「國際泳聯游泳世界盃」及「香港公開羽毛球錦標賽」等國際賽事執行禁藥管制工作。我們將作出充分準備，迎接更多即將在香港舉辦的體育賽事。

Since the implementation of the Testing Programme in Hong Kong by HKADC, only few anti-doping rule violation cases were found annually; no case was recorded last year for the first time. Not only does it show that our education work has played a preventive role, but also that no-advance-notice doping tests are strong, deterrent measures to fight against doping.

Athletes included in HKADC Testing Pools are subject to no-advance-notice doping tests any time and place. For out-of-competition testing, the implementation of Athlete Biological Passport (ABP) is mandatory by WADA starting from 2018. Athletes are now having higher chances to undergo blood tests, in addition to the standard urine tests. For in-competition testing, HKADC has spared no effort in conducting doping control for the international competitions that take place in Hong Kong, such as the Hong Kong Marathon, FINA Swimming World Cup and Hong Kong Open Badminton Competition, on behalf of National Sports Associations or event organizers. We are gearing up for the rising number of major sport events to be held in Hong Kong in the near future.



運動禁藥管制主任
Doping Control Officer

另外，為參與國際綜合運動會的香港運動員進行的賽前檢測，亦是本會其中一項重點工作。港協暨奧委會派出規模龐大的代表團參加8月在印尼舉行的「第18屆亞洲運動會」，我們亦相應增加賽前檢測的數目，務求在緊促的時間下對清白的運動員作出最大的保護。

本會每年所有藥檢工作得以順利進行，背後全賴一班經驗豐富的運動禁藥管制主任（DCO）的支持。我們的DCO團隊會繼續以「專業·可靠·公正」的態度，與體育界攜手締造無運動禁藥的公平競賽環境。



收集尿液樣本瓶
Urine Sample Collection Kit



由合資格的血液採集主任為運動員進行採集血液樣本
The Blood Sample Collection procedure will be executed by a qualified phlebotomist

Another major task for HKADC is to conduct pre-games doping tests for Hong Kong athletes participating at various international multi-sports games. SF&OC has sent a large delegation to compete at the 18th Asian Games in August and we have increased the number of pre-games tests accordingly in order to provide the greatest protection to the right of clean athletes despite a tight schedule.

For our Testing Programme to be implemented successfully, it relies on a team of experienced Doping Control Officers (DCO). Our DCOs will continue to assist in preserving a doping free environment for sport in Hong Kong **professionally, reliably and impartially.**

展開新的一章

A new chapter for fair play begins



為運動員而設的運動禁藥管制講座
Anti-Doping Talks for athletes



外展教育計劃
Outreach Events



中學運動禁藥管制教育講座
Secondary School Talks



教育對於防止運動員採用禁用物質及方法尤其重要。過去10年，本會針對不同目標群組推出了一連串的教育計劃。

運動禁藥管制講座及研討會主要為運動員及其支援人員提供實用資訊，包括違反運動禁藥管制規條、禁藥檢測程序和避免誤服禁藥等。於本地體育比賽中舉行的外展計劃，則透過互動活動推廣公平競賽的訊息。我們會繼續與香港體育學院、本地體育總會及不同機構加強合作，為精英運動員、運動愛好者，以至公眾人士度身訂造合適的教育計劃。

自2015年起，本會在中學推行價值為本教育計劃，向學生灌輸正確的體育道德。為了達致可持續及具影響力的運動禁藥管制教育，我們正探討與教育局合作，豐富體育科課程中有關運動禁藥內容的可能性。

在保持傳統教育資源（如通訊、小冊子）的同時，我們亦會運用Facebook及YouTube等社交媒體，更有效率地發布有關運動禁藥管制的最新動態，以應付不斷發展新政策新技術、瞬息萬變的運動禁藥管制計劃。

Education is vital for preventing the use of prohibited substances and methods by athletes. Over the past decade, HKADC has launched a wide range of education programmes for various target groups.

Anti-doping talks and seminars are conducted for athletes and supporting personnel, providing practical information including anti-doping rules violation, sample collection procedures and inadvertent doping etc. Outreach programmes are organized at local sport events to promote the message of fair play through interactive activities. We will continue to enhance collaboration with Hong Kong Sports Institute, National Sports Associations (NSAs) and other organizations to develop tailor-made programmes for either elite athletes, sport enthusiasts or the general public.

Value-based education programme has been introduced into secondary schools to instill the correct sport ethics to students since 2015. To achieve sustainable and impactful anti-doping education for youths, we are exploring possible collaboration with the Education Bureau to enrich the anti-doping content of the Physical Education Curriculum.

While maintaining our traditional education materials (e.g. newsletters, pamphlets), we have been utilizing the social media like Facebook and YouTube to disseminate anti-doping updates more efficiently in order to cope with the everchanging anti-doping movement with continuous development of new policies, standards and technologies.

第3屆夏季青年奧運會(青奧會)禁藥管制小知識

Anti-Doping Tips for the 3rd Summer Youth Olympic Games (YOG)

藥物檢測

- 運動員需要在參加青奧會前及於運動會期間分別接受賽外及賽內的藥物檢測。
- 在同一個藥物檢測中，運動員有機會被要求提供尿液樣本、血液樣本或同時提供兩種樣本。

Doping Control

- Athletes will be subject to both out-of competition and in-competition testing before and during their participation at YOG.
- Athletes may be required to provide a urine sample, a blood sample or both for a doping test.

逃避、拒絕或未能提供樣本作禁藥檢測，即屬違反運動禁藥管制規條。
Evading, Refusing or Failing to submit to sample collection is a violation of the Anti-Doping Rules.

運動員在藥檢過程中的權利

- 在整個藥檢過程中可以由一名代表陪同；如運動員未年滿 18 歲，則必須由一名成年人陪同。
- 清楚了解整個藥檢程序。
- 獲提供最少三套集尿杯和樣本收集瓶以作選擇。
- 就樣本收集過程表達意見和提問。

Athlete's Rights during testing

- To have a representative present throughout the entire process; athlete under the age of 18 MUST be accompanied by an adult.
- To have the procedures clearly explained.
- To be provided with at least 3 sets of Urine Collection Vessel and Sample Collection Kit for selection.
- To give comments and raise concern regarding the sample collection process.

注意事項

- 運動員在使用任何藥物前，應先於「運動禁藥資料庫 DrugInSport」(www.druginsport.hk) 或 Global Drug Reference Online (www.globaldro.com) 查詢有關藥物的禁用狀況。
- 如對藥物的禁用狀況有任何疑問，請立刻向香港運動禁藥委員會查詢。

Points to note

- Check the status of any medicine you intend to take through DrugInSport (www.druginsport.hk) or Global Drug Reference Online (www.globaldro.com).
- Contact HKADC if in doubt of the prohibition status of any medicine.

第3屆青奧會冷知識 Fun facts about the 3rd YOG

◆ 獎牌總數：1,250

Total number of medals: 1,250

◆ 運動員總數：3,998

Total number of athletes: 3,998

◆ 賽事總數：241

(男子：115、女子：104、混合：20、公開：2)

Total number of events: 241

(Men: 115, Women: 104, Mixed: 20, Open: 2)

◆ 青奧會所準備的運動器材(球類)

Sport equipment (balls) prepared for YOG

網球 Tennis: 4,980

沙灘排球 Beach Volleyball: 600

室內足球 Futsal: 545

欖球 Rugby: 300

乒乓球 Table Tennis: 288

羽毛球 Shuttlecock: 10,800

Source: <https://www.buenosaires2018.com>

香港運動禁藥委員會 HONG KONG ANTI-DOPING COMMITTEE

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