

TrueSelf

香港運動禁藥委員會通訊



港協暨奧委會會長的話

這是本港首份以運動禁藥作專題的通訊刊物的創刊號。首先，我希望利用這個機會，向所有體育界人士問好。

據我了解，本刊物出版的目的有三：

- a) 定期增加本地體育界對運動禁藥的認識；
- b) 灌輸正確的體育道德價值觀念；
- c) 與本地體育各界人士建立平易的溝通橋樑。

要有效預防運動員服用運動禁藥，最重要是得到整個體育界的支持，一同努力建立一個無運動禁藥的體育文化。

同時，亦須注重增加運動員、教練，體育行政人員及支援人員對預防運動禁藥的認識，從而減低誤服運動禁藥的機會。

我深信這份專題通訊刊物對推動本地體育界締造無運動禁藥環境將有一番作為。

港協暨奧委會會長

霍震霆 GBS, JP

香港運動禁藥委員會的歷史

自從世界運動禁藥機構於 1999 年成立以來，各地的體育組織和公共機構相繼根據世界運動禁藥法規，制訂及實施運動禁藥政策。港協暨奧委會一直支持無禁藥的公平競賽，並早於 2004 年 3 月簽署世界運動禁藥法規。

聯合國教科文組織於 2005 年制定「反對在體育運動中使用興奮劑國際公約」，中國於 2006 年 8 月正式加入該公約，故此公約亦適用於香港特別行政區。同年，精英體育事務委員會開始討論於本港成立一個運

動禁藥組織。在特區政府民政事務局的財政支持下，「香港運動禁藥委員會」於 2008 年 4 月成立，並正式成為「中國香港體育協會暨奧林匹克委員會」轄下一個委員會。「香港運動禁藥委員會」於 2009 年 1 月簽署世界運動禁藥法規，並承諾在香港推行一個達國際標準的運動禁藥計劃。

港協暨奧委會義務秘書長

彭冲 BBS

主席的話

我們身處在一個價值觀存在衝突的世界：當大多數人認同體育精神和公平競賽的同時，少數人卻認同「不惜任何代價換取勝利」及「勝利就是一切」的想法。

很多運動員為爭取獎牌，為國家及個人名譽而努力不懈地訓練及比賽。他們毋須因為敗給更強的對手而感到慚愧。可惜，部份運動員卻因為承受不了壓力和強烈的勝利慾望，而去接觸運動禁藥。嚴格而言，運動禁藥是指以任何非天然的方法去幫助運動員提升運動表現，從而達到增加勝算的目的。很多運動員會選擇透過訓練計劃及膳食安排去提昇他們的表現達到巔峰。重要原則為那些方法才是安全，有效或合法呢？”

「香港運動禁藥委員會」於 2008 年成立，宗旨是確保本地運動員不會在訓練或比賽時服用運動禁藥。「香港運動禁藥委員會」由特區政府資助，並於港協暨奧委會轄下運作。委員會透過執行藥物檢測及舉辦教育講座，向運動員及教練講解使用運動禁藥的禍害。本委員會所有同寅將會竭盡所能，務求讓運動員懂得如何透過專注及刻苦的訓練去提升運動表現，並杜絕於任何本地及國際賽事採用禁藥的情況。

香港運動禁藥委員會主席

傅浩堅教授, MH, JP

重要事項

- 2010 年度運動禁藥清單將於 2010 年 1 月生效
- 回收 65 種可能含有類固醇的補充劑
詳情請瀏覽本會網頁

重要日子

31/12/09 – 藥檢登錄名單內的運動員遞交 2010 年度第一季行蹤資料的最後限期

委員會

主席

傅浩堅教授 MH, JP

成員

彭冲先生 BBS

王敏超先生 JP

伍靜國先生 SBS

謝德富醫生 BBS, JP

楊世模博士

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香港運動禁藥委員會藥物檢測計劃



香港在國際體壇的地位越趨重要，不單運動員回家時帶回獎牌及榮耀，香港同時主辦多項大型國際賽事，包括 2008 北京奧運馬術項目及東亞運動會等。作為「世界運動禁藥法規」的簽署方，我們有責任在香港執行一個達國際標準的藥物檢測計劃。

首期的「兩階段藥物檢測計劃」已於 2009 年 5 月推出，99 名運動員受到無預警賽外藥物檢測計劃監控。

第二期的藥物檢測計劃將於 2010 年 4 月 1 日或以後推行。不單更多的運動員會被納入無預警賽外藥物檢測計劃，同時會在本地賽事執行賽內藥物檢測。請進入「香港運動禁藥委員會」網頁 (www.antidoping.hk)，細閱有關第二期藥物檢測計劃的資料。

正式成為國家運動禁藥組織聯會成員

「香港運動禁藥委員會」正式成為國家運動禁藥組織聯會成員。國家運動禁藥組織聯會專責團結和支援各地的國家運動禁藥組織。國家運動禁藥組織聯會的主要目標為通過合作建立和發展優良的禁藥管制計畫，強化全球禁藥管制工作和全面保障運動員可在公平及健康的環境下競賽的權利。其會員數目約為 55，並不斷增長中。

作為國家運動禁藥組織聯會的成員，「香港運動禁藥委員會」可與其他成員組織交流資訊和經驗以及享有專業發展機會，例如參與國家運動禁藥組織聯會舉辦的工作坊或會議。「香港運動禁藥委員會」於 11 月曾派出一名職員出席國家運動禁藥組織聯會在奧克蘭舉辦的第十三屆工作坊，主要內容為討論教育及法律上的事宜。



第十三屆國家運動禁藥組織工作坊

TrueSelf

HKADC Newsletter



Message from the President, Sports Federation & Olympic Committee of Hong Kong, China

It gives me great pleasure to greet you at the inaugural issue of the Hong Kong Anti-Doping Committee Newsletter, the first publication dedicated to anti-doping in sports in Hong Kong.

To my knowledge, the aim of this Newsletter is three-folded:

- to enhance regularly anti-doping knowledge of the members of the sport community;
- to cultivate proper ethical values in sport; and
- to maintain a friendly communication with members of the sport community.

To effectively prevent athletes from taking sport drugs, we must rely on the support of the entire sport community to develop a drug free sport culture. At the same time, it is also important to enhance the anti-doping knowledge of athletes, coaches, sport administrators and support personnel so that the chance of inadvertent doping will be minimized.

I am confident that the fight against doping will be considerably strengthened and that the spirit of drug-free sport will be fostered through this Newsletter.

**The Hon Timothy T. T. FOK, GBS, JP
President, SF&OC**

History of Hong Kong Anti-Doping Committee

Since establishment of the World Anti-Doping Agency (WADA) in 1999, various sport organizations and public authorities planned and implemented their anti-doping programmes according to the World Anti-Doping Code (the Code). Through continually commitment to preserving a clean and fair play environment, the Sports Federation & Olympic Committee of Hong Kong, China accepted the Code in March 2004. The General Conference of UNESCO adopted the "International Convention Against Doping in Sports" (Convention) in 2005. In August 2006, the Chinese government approved to deposit its instrument of accession for the Convention,

which also applies to the Hong Kong SAR. In the same year, the Elite Sports Committee has begun discussing the need to set up an anti-doping organization in Hong Kong. Funded by the Hong Kong SAR Government, the Hong Kong Anti-Doping Committee (HKADC) was subsequently set up in April 2008 and operates under the auspices of the SF&OC. In January 2009, HKADC also accepted the Code to formalize its commitment against doping in sport.

**PANG Chung, BBS
Hon. Secretary General, SF&OC**

Message from the Chairman

We live in a world of conflicting values - most of us accept sportsmanship and fair play but some would "win at all cost" and regard "winning as the only thing in life".

Many athletes train and compete very hard in order to win medals and bring glory and honour to their countries as well as themselves. It is not shameful to lose to a better opponent. However, the pressure and desire to win has become so intense that "doping" became a common practice for some. Strictly speaking, doping is any unnatural measures that help the athletes to perform better and thus increase their chance to win. Many athletes will adopt strategies in training and diet to ensure that they are in top form and thus produce peak performance during competitions. The "golden rules" have been "are these measures safe, effective or legal?"

The Hong Kong Anti-Doping Committee (HKADC) was formed in 2008 to ensure that our athletes would not practice "doping" in training or in sports competition. Funded by the SAR Government of Hong Kong and housed under the Sports Federation and Olympic Committee of Hong Kong, the HKADC would conduct testing and educational workshops for athletes and coaches on the misuse and abuse of drugs to enhance performance. We shall do our best to ensure that our athletes learn to focus on training diligently and to achieve peak performance through their hard work and dedication in all local competitions as well as international events.

**Prof. Frank FU, MH, JP
Chairman, HKADC**

Reminder

- 2010 Prohibited List now published and will become effective starting 1 Jan 10
- Recall of 65 dietary supplements that may contain steroids
Read more on our website

Important Dates

31/12/09 – Year 2010 Q1 whereabouts submission deadline for RTP athletes

The Committee

Chairman

Prof. Frank FU, MH, JP

Members

Mr. PANG Chung, BBS

Mr. Ronnie WONG, JP

Mr. NG Ching Kwok, SBS

Dr. TSE Tak Fu, BBS, JP

Dr. Simon YEUNG

Mr. CHEUNG Ping Wai



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HKADC Testing Programme

Hong Kong is becoming increasingly important in the international sports arena. Not only our athletes return home with medals and glories at international event, but also Hong Kong has hosted or will host important international events, such as the Equestrian Events of the Beijing Olympic Games 2008 and the 5th East Asian Games and many others. As the signatories of the World Anti-Doping Code, it is our obligation to implement a world-class testing programme in Hong Kong.

Phase 1 of the two-phase testing programme was launched in May 2009 and 99 athletes had been monitored by no-notice out-of-competition testing.

Phase 2 of the testing programme will be implemented on/after 1 April 2010. Not only more athletes will be monitored by out-of-competition testing, but also in-competition testing will be conducted at local events. Please refer to HKADC's website (www.antidoping.hk) for more about Phase 2 of the HKADC Testing Programme.

Joining of the Association of National Anti-Doping Organization (ANADO)

HKADC is now officially a member of ANADO which is an association uniting and supporting various National Anti-Doping Organizations around the world. ANADO's main objective is "to working together to develop quality anti-doping programs to strengthen global anti-doping efforts and to ultimately protect athletes' fundamental rights to compete in healthy sport, free from the use of prohibited drugs and methods." Its membership base is about 55 and growing.

Being a member of ANADO, HKADC could exchange information and experience with member organizations and enjoy professional development opportunities such as attending ANADO workshops or conferences. In November, a HKADC staff attended ANADO's 13th workshop 2009, with the primary focus on education and legal issues, in Auckland, New Zealand.



ANADO's 13th workshop 2009, Auckland