



重要日期 | IMPORTANT DATE

15 DECEMBER 2023

藥檢名單的運動員遞交2024年度第一季行蹤資料的截止日期
Year 2024 Q1 whereabouts submission deadline for testing pool athletes

1 JANUARY 2024

2024年禁用清單正式生效
The 2024 Prohibited List comes into effective

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2024年度禁用清單

將於2024年1月1日生效

The 2024 Prohibited List will come into force on 1 January 2024



世界運動禁藥機構 (WADA) 經已推出2024年度禁用清單, 並將於2024年1月1日生效。中國香港運動禁藥管制機構強烈建議運動員及運動支援人員細閱2024年度禁用清單及其詳盡的修正摘要(只有英文版), 以免誤用2024年禁用的物質及方法。

2024年度禁用清單的部份主要修正如下:

1. 麻醉劑**曲馬朵(Tramadol)**將被列入為賽內禁用物質, 有關之洗脫期將會於2024年1月1日前另行公告;
2. **糖皮質激素(Glucocorticoids)**洗脫期列表新增**直腸途徑**糖皮質激素的最少洗脫期。最少洗脫期泛指由最後用藥時間至賽內檢測開始 (即運動員被編排參加比賽前一天的晚上11:59起, 世界禁藥組織特別指定的運動項目除外)。
3. 運動員現在可以於官方認可及註冊的血液採集中心, 透過**血漿置換術**進行血漿捐贈。

曲馬朵(Tramadol) 為止痛麻醉劑。因濫用曲馬朵所導致的劑量依賴性風險如身體依賴、鴉片成癮及過量服用令人擔憂, 所以很多國家已經將曲馬朵列為受管制藥物。此外, WADA所資助的研究亦確認服用曲馬朵有提升運動表現的可能。因此2024年**曲馬朵(Tramadol)**被列入為賽內禁用物質。

2024年度禁用清單及詳盡的修正摘要可於中國香港運動禁藥管制機構網頁(www.antidoping.hk)下載。本機構亦印製了袋裝版的2024年度禁用清單供運動員使用。歡迎聯絡本機構辦事處索取袋裝版禁用清單。



2024年度禁用清單二維碼
QR Code for 2024 Prohibited List

The World Anti-Doping Agency (WADA) has published the 2024 Prohibited List (the List), which will come into force on **1 January 2024**. Athletes and athlete support personnel are strongly advised to familiarize themselves with the List and the Summary of Major Modifications and Explanatory Notes (the Summary) to avoid inadvertent use of substances and methods that are prohibited for 2024.

The Major Modifications on the 2024 List include but not limited to the following:

1. **Tramadol** will be prohibited **In-Competition**. The recommended washout period will be further announced by WADA before 1 January 2024;
2. The **minimum washout periods** following **rectal administration** of **glucocorticoids** are now included in the Glucocorticoid Washout Table. The "washout period" refers to the time from the last administered dose to the time of the start of the In-Competition period (i.e. beginning at 11:59 p.m. on the day before a Competition in which the Athlete is scheduled to participate, unless a different period was approved by WADA for a given sport).
3. Plasma donation by **plasmapheresis** performed in a registered collection center is now permitted.

Tramadol, the Narcotic painkiller, abuse with its dose-dependent risks of physical dependence, opiate addiction and overdoses in the general population, is of concern and has led to it being a controlled drug in many countries. Research studies funded by WADA have also confirmed the potential for Tramadol to enhance sports performance, which makes **Tramadol** prohibited **In-Competition**.

The 2024 Prohibited List and the Summary can be downloaded on ADOHK's website at www.antidoping.hk. ADOHK has also produced a pocket-sized version of the 2024 Prohibited List for athletes' use, please contact ADOHK Office if you would like a copy.



杭州第19屆亞運會的 運動禁藥管制工作

Doping Control at the Hangzhou 19th Asian Games

杭州第19屆亞運會(下稱亞運會)已於兩個月前完滿閉幕，香港依然為港隊奪得歷屆亞運最佳成績而興奮。今屆亞運會取得空前的成功，運動員努力的表現的確功不可沒，但亞運會背後還有很多其他重要工作的支援，方可令比賽順利進行。而運動禁藥管制工作便是其中一項，保障運動員於清白情況下公平競賽。

本機構很榮幸獲得中國反興奮劑中心的邀請參與亞運會的運動禁藥管制工作。本機構派出副經理(檢測)杜文懿小姐及助理經理(檢測)溫可怡小姐作為代表，為亞運會提供禁藥檢測服務、經驗交流及體驗於大型運動會的運動禁藥管制工作。

於應屆亞運會中，本機構代表在運動員村及比賽場地分別進行賽外及賽內檢測、監督每日樣本收集的進度、巡視各場館的運動禁藥管制設施及人手安排、與亞組委討論檢測計劃等。除此之外，我們亦為了2025年與大灣區合辦的第15屆全國運動會作準備，商討屆時的藥檢工作及安排。

讓我們分享一些「運動禁藥管制」的時刻吧！

Although the Hangzhou 19th Asian Games (the Games) was successfully concluded two months ago, Hong Kong is still soaking in the breathtaking moments and celebrating Team Hong Kong, China's astonishing triumph at the Games. The remarkable achievements by the athletes certainly contributed to the success of the Games, there were also a lot of works behind the Games to make an incredible event happen. Doping Control is one of them to ensure clean sport and protect clean athletes.

We were thrilled to be invited by the China Anti-Doping Agency (CHINADA) to participate at the Games. Ms. Michelle Tao (Deputy Manager (Testing)) and Ms. Tiffany Wan (Assistant Manager (Testing)) represented ADOHK to provide anti-doping services at the Games, to exchange experiences and to learn about the doping control work at multi-sports games.

Our work at the Games included conducting Out-of-Competition tests at Athletes' Village and In-Competition tests at competition venues; monitoring daily samples collection progress; inspecting doping control facilities and manpower at all venues; meeting with the Organizing Committee to discuss the tests plan, etc. We also had a several meetings with CHINADA to discuss about the doping control at the 15th National Games in 2025.

Let us share some "Doping Control" moments with you all!

場地單車比賽場館 Track Cycling Competition Venue



很开心見到熟悉的臉孔：
與香港單車隊教練張潔(右二)合照
Happy to see a familiar face –
Hong Kong Cycling Team Coach Zhangjie (second right)

亞運會閉幕式 Asian Games Closing Ceremony



與中國反興奮劑中心主任李志全先生(後排右五)一起出席閉幕式
Attending the closing ceremony with Mr. Li Zhiquan, Director General of CHINADA (back row, fifth right)

興奮劑管制中心 Doping Control Coordination Centre

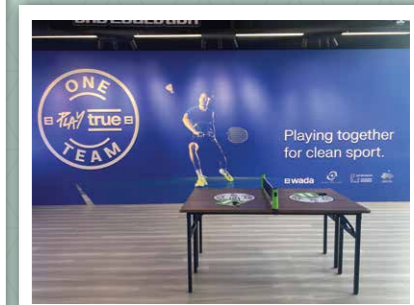


跟來自不同國家的運動禁藥管制機構代表體驗中國反興奮劑中心所研發的無紙化系統
Learning the paperless system developed by CHINADA with representatives from different Anti-Doping Organization from other countries

反興奮劑教育拓展站 Athlete Engagement & Education Centre



我們對於推廣 Clean Sport 當然不遺餘力，打個卡先！
We surely support Clean Sport! Let's take a photo!



教育拓展站內有不同活動及展示品供運動員參與及學習
There were different activities and displays for the athletes to participate and learn at the centre

運動員村的藥檢室 Doping Control Station at Athletes' Village

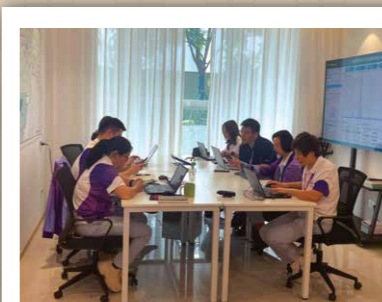


很高興能與WADA主席Witold Bańka先生、副主席楊揚女士及總幹事Olivier Niggli先生見面
Happy to meet with Mr. Witold Bańka, President of WADA, Ms. Yang Yang, Vice-president and Mr. Olivier Niggli, Director General

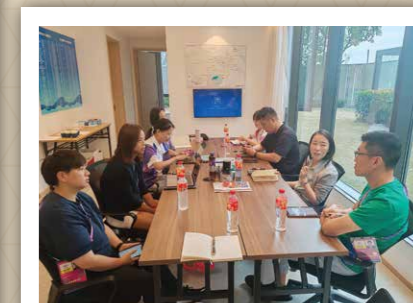
比賽場館內的藥檢室 Doping Control Station at competition venue



巡視藥檢室後跟運動禁藥檢測主任及陪同人員合照
Group photo with Doping Control Officers and Chaperones after inspecting the Doping Control Station



與中國反興奮劑中心的同事一起商討工作事項
Discussing doping control issues with the colleagues from CHINADA



跟中國反興奮劑中心不同部門討論第15屆全運會的藥檢工作
Discussing the doping control work at the 15th National Games with different departments of CHINADA

「中大運動醫學日」

“CUHK SMART Fun Day”

燃點大眾對運動禁藥管制及公平競賽的意識

Ignites Anti-doping Awareness and Fair Play in Sports



中國香港運動禁藥管制機構有限公司一直致力透過不同渠道及平台向運動員及公眾人士推廣純潔體育及公平競賽。本機構於10月14及15日在香港中文大學運動醫學團隊主辦的「中大運動醫學日」設置外展攤位。兩日外展攤位吸引了超過2,300名運動愛好者到訪。參加者透過問答遊戲活動認識更多有關運動禁藥管制的知識，對本機構推動公平競賽及純潔體育邁出了重要的一步。

Anti-Doping Organization of Hong Kong, China Limited (ADOHK) nurtures the clean sport and fair play values to athletes and general public through different channels and platforms. ADOHK successfully held an Education Outreach Counters at “CUHK SMART Fun Day” hosted by CUHK Sports Medicine Team during 14 and 15 October. The event had attracted over 2,300 enthusiastic participants visited our booth. Participants were able to learn more about anti-doping knowledge through a fun-filled online quiz. ADOHK has taken a significant step towards promoting a culture of FairPlay in sports, reinforcing the importance of clean and ethical competition.



中國香港運動禁藥管制機構有限公司 ANTI-DOPING ORGANIZATION OF HONG KONG, CHINA LIMITED

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