



重要日期 | IMPORTANT DATE

15 JUNE 2023

藥檢名單的運動員遞交2023年度第三季行蹤資料的截止日期

Year 2023 Q3 whereabouts submission deadline for testing pool athletes

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ADOHK 主席的話

Message from the Chairman, ADOHK

展開香港運動禁藥管制的新一頁

A new chapter of anti-doping in Hong Kong



傅浩堅教授
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在過去十五年來，很感謝香港運動禁藥委員會的努力，與本地體育總會、教練和運動員攜手合作，令香港在未有發現任何違規使用運動禁藥的情況下，於國際比賽中屢創佳績。同時亦證實我們的運動員充分發揮出純潔的體育精神，值得在世界級比賽中給予他們一定的榮譽和認同。我們為他們感到無比的驕傲。

在2023年4月1日後，前身的香港運動禁藥委員會正式易名為「中國香港運動禁藥管制機構有限公司」，成為一間獨立營運的非牟利機構，由香港特別行政區政府文化體育及旅遊局資助。這對我們來說是向前邁進的重要一步，我們不再隸屬於「中國香港體育協會暨奧林匹克委員會」管理監督和支持下運作。我們將會繼續盡最大努力，確保本地體育總會和運動員完全遵守世界運動禁藥法規。

我們亦很榮幸得到一班經驗豐富、具有公認專業知識的專業人士全力支持，加入本機構成為董事及專責小組委員。

展望未來，我們將共同努力，確保體育精神和公平競賽成為我們體育文化的重要部分，令我們的運動員繼續發光發亮，為香港帶來不斷的榮耀。

最後，我們期望各持份者繼續支持我們的使命和努力。

For the past fifteen years, thanks to the hard work of the Hong Kong Anti-Doping Committee (HKADC) and the cooperation of the NSAs, coaches and athletes, Hong Kong enjoyed impressive success in international competitions without any incidents of doping violations, confirming that our athletes practised “true sport” and deserved the honours and recognitions accorded to them in world class competitions. We are so mighty proud of them all.

On 1 April 2023, the former HKADC became the Anti-Doping Organization of Hong Kong, China Limited, (ADOHK), an independent NGO and a limited company subvented by the Culture, Sports and Tourism Bureau of the Government of the HKSAR. It was a major step forward for us since we would be operating without the management supervision and support from the SF&OC. We shall continue to do our best to ensure that NSAs and athletes in Hong Kong would observe and remain in full compliance with the World Anti-Doping Code.

We are fortunate to have the unfailing support of our Organization, Directors and Members of Panels, who are very experienced and dedicated with proven expertise and integrity. ADOHK is truly blessed to have them on board.

Looking ahead, we shall work together to ensure that sportsmanship and fair play remain an essential component of our sports culture and our athletes will continue to shine and bring back glory to our territory.

Looking forward to your continuous support of our mission and endeavour.



運動禁藥管制及與行蹤資料 Anti-Doping & Whereabouts Workshop 工作坊

中國香港運動禁藥管制機構於4月為藥檢名單運動員度身訂做了廣東話及英語「運動禁藥管制及與行蹤資料工作坊」，共兩場。此工作坊尤其適合初被納入藥檢名單的運動員，講座內容涵蓋了運動禁藥管制規條、運動禁藥檢測之樣本收集程序、2023禁用清單、遞交行蹤資料的要求及使用運動禁藥管制行政管理系統(ADAMS)的小竅門等。

本機構一直致力為香港締造一個無運動禁藥的比賽環境，希望藉著多方面的運動禁藥管制教育工作增加運動員對運動禁藥管制的知識及為藥物檢測作好準備，並確保運動員清楚了解遞交行蹤資料的要求和其權利及責任。

Anti-Doping Organization of Hong Kong, China (ADOHK) organized the “Anti-Doping & Whereabouts Workshop” in Cantonese and English respectively to the ADOHK testing pool athletes in April, which was particularly useful for newbies. Topics of the workshop include Anti-Doping Rule Violations, Sample Collection Procedures, 2023 Prohibited List, Whereabouts Submission Requirements and Tips on mastering ADAMS, etc.

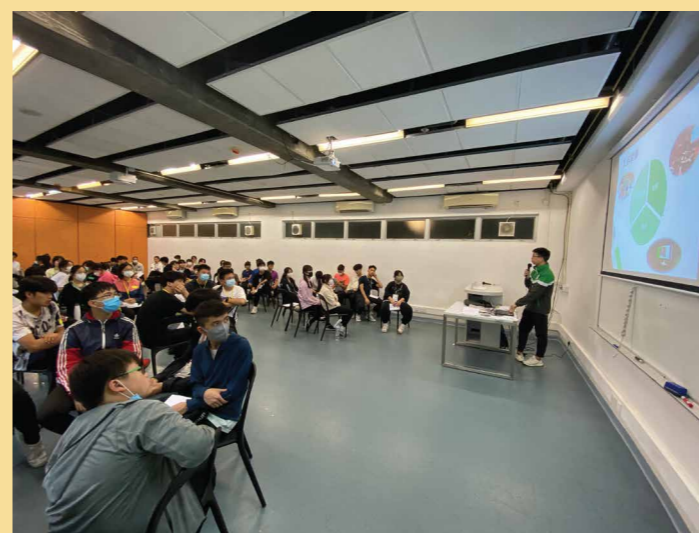
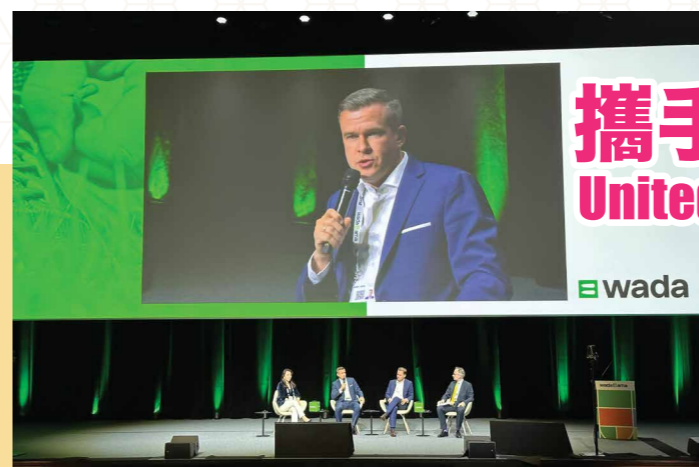
ADOHK is committed to preserve a doping-free environment for fair play in sport in Hong Kong. ADOHK has been working on multifaceted anti-doping education to enhance athletes anti-doping knowledge, to prepare them for doping tests, as well as to ensure athletes to understand the whereabouts submission requirements, their rights and responsibilities.

「2023奧林匹克主義體驗營」—— 把純潔體育、公平競賽薪火相傳！ “Olympism Camp 2023”: Pass On The Flame of The Spirit Of Sport And Importance Of Fair Play!



中國香港運動禁藥管制機構於4月5日在港協暨奧委會主辦的「2023奧林匹克主義體驗營」中舉行了運動禁藥管制教育工作坊，有近70名青少年運動員參與。本機構希望透過此工作坊，培養青少年運動員的正確態度和價值觀，讓他們從中體驗體育精神的意義和公平競賽的重要性，將體育精神應用在日常生活中，以及認識甚麼是運動禁藥及使用運動禁藥的後果。青少年運動員同時透過問答遊戲活動，認識更多有關運動禁藥管制的知識，並對本機構有更深入的了解。

本機構會繼續透過不同渠道和平台將純潔體育、公平競賽及運動零禁藥等正面訊息推廣至各位運動員、運動支援人員、運動愛好者和公眾人士，令大家享受運動樂趣的同時，亦能體現運動零禁藥的精神！



攜手維護公平競賽 United Toward a World of Doping-Free Sport

中國香港運動禁藥管制機構於3月派員出席在瑞士洛桑舉行的地區運動禁藥管制組織協會工作坊(iNADO工作坊)及世界運動禁藥機構年度會議(WADA年度會議)。是次會議共錄得超過1,000名來自世界各地的代表參加。

今年iNADO工作坊及WADA年度會議分別以「女性率領運動禁藥管制邁向更好未來」及「團結一致，打造一個純潔體育的世界」為題，集中討論及強調教育對運動員的重要性，以及為運動員及其支援人員制定相關教育計劃的策略。

中國香港運動禁藥管制機構會繼續緊貼國際步伐，確保香港運動禁藥管制計劃符合國際標準，務必為運動禁藥管制把關。

Representative of Anti-Doping Organization of Hong Kong, China (ADOHK) attended two international conferences in March, namely the National Anti-Doping Organizations (iNADO) Workshop and the 2023 World Anti-Doping Agency (WADA) Symposium 2023 in Lausanne, Switzerland. A record number of over 1,000 delegates from around the world participated in the conferences.

Under the theme of “Women & Anti-Doping: Working Together Towards Excellence” and “United Toward a World of Doping-Free Sport” respectively, the iNADO Workshop and the WADA Symposium this year emphasized on the importance of Anti-Doping Education towards athletes and the cruciality to establish the best customized educational programmes for athletes and their support personnel.

ADOHK will keep abreast of the latest development of the world anti-doping trends and strategies, and will act as the gatekeeper to ensure Hong Kong's anti-doping programme is up to international standards.

Anti-Doping Organization of Hong Kong, China (ADOHK) successfully held an anti-doping education workshop at the “Olympism Camp 2023” hosted by SF&OC on 5 April 2023, with around 70 junior athletes took part in it. The workshop aimed to foster positive attitudes and core values in junior athletes by understanding the meaning of spirit of sport and the importance of fair play. Through a fun-filled Q&A session, they learnt the application of spirit of sport values into their daily lives, what doping is and its consequences, as well as ADOHK's work.

ADOHK will continue to nurture the clean sport and fair play values in the community, and to promote anti-doping message to athletes, athlete support personnel, sports enthusiasts and the general public through different channels and platforms. Let's enjoy the fun of sports and demonstrate fair play with the spirit of sport.





新制服新出發： 運動禁藥管制主任 年度培訓及覆核考試2023

Striving ahead with New Uniforms: ADOHK Doping Control Officer Annual Training and Recertification Exam 2023



中國香港運動禁藥管制機構在4月舉行了運動禁藥管制主任 (DCO) 年度培訓，今年培訓內容重點涵蓋執行藥物檢測 (藥檢) 工作的正確程序和要求、藥檢案例分析以及經驗分享等。所有DCO亦需要通過嚴格的覆核考試以確保他們執行藥檢的程序達到國際標準。

我們的DCO團隊已於4月1日換上新制服執行藥檢工作，制服胸前繡上了本機構新標誌以資識別。DCO團隊將會繼續以專業、公正、可靠的態度執行藥檢工作，以提升本機構藥物檢測計劃的水平及效率。



Anti-Doping Organization of Hong Kong, China conducted the Doping Control Officer (DCO) Annual Training in April 2023. The training covered the doping control procedures and requirements, the technical know-how was also enhanced through real-life case study and discussion session. All DCOs are also required to pass the recertification exam to ensure their implementation is up to international standards.

ADOHK's DCO team has been wearing new uniforms when conducting doping tests since 1 April 2023. ADOHK logo is embroidered on the uniform to enhance identification. Our DCOs will continue to carry out the doping tests in a professional, reliable and impartial manner, in order to enhance the standard and effectiveness of ADOHK Testing Programme.



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