



重要日期 | IMPORTANT DATE

15 SEPTEMBER 2023

藥檢名單的運動員遞交2023年度第四季行蹤資料的截止日期

Year 2023 Q4 whereabouts submission deadline for testing pool athletes

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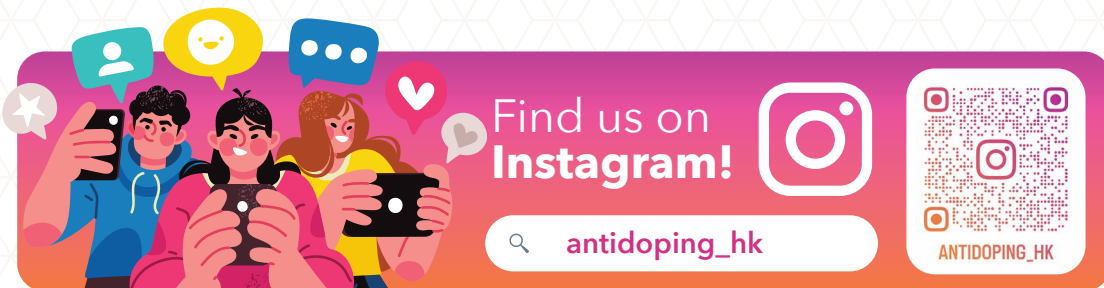
中國香港運動禁藥管制機構有限公司Instagram (IG) 已在7月下旬正式啟用！各位運動員及體育愛好者往後可透過本機構 IG 取得最新的運動禁藥管制資訊。我們會以不同形式，將運動員需要注意的事項，例如行蹤資料提示、禁用清單、檢測流程及其他實用小貼士帶給大家。立即到Instagram 搜尋 IG 名稱「[antidoping_hk](#)」，按下「追蹤/Follow」，便可接收本機構最新的資訊。

同時歡迎各位追蹤我們的Facebook專頁！於Facebook搜尋「[中國香港運動禁藥管制機構](#)」再「追蹤」我們。我們的Instagram及Facebook 隨時為大家提供最新及有用的運動禁藥管制資訊，快快「追蹤」我們吧！

Here comes the Instagram (IG)! IG account of the Anti-Doping Organization of Hong Kong, China Limited has been created and launched in late July. Athletes and sports lovers can receive the latest anti-doping information through our IG posts, stories or reels...etc. Anti-Doping tips and highlights such as: Whereabouts' reminder, the Prohibited List, Doping Control Procedures and other useful tips would be regularly updated. Follow our IG simply by searching "[antidoping_hk](#)", clicking the "Follow" button and the latest anti-doping information could be reached.

Don't forget to follow us on Facebook by searching "[Anti-Doping Organization of Hong Kong, China](#)" as well.

Come and connect with us on IG and Facebook!





杭州第19屆亞運會

運動禁藥管制規條摘要及小貼士

Highlights of the Anti-Doping Rules and Tips for the Hangzhou 19th Asian Games

為維持公平競賽及推廣純潔體育，運動禁藥管制措施對亞運會尤其重要。以下是一些有關亞運會的運動禁藥管制規條摘要及小貼士供運動員隨時參考：

To maintain fair competition and promote clean sportsmanship, anti-doping measures are crucial for Asian Games. Here are some tips to help athletes prepare for the Games while adhering to anti-doping regulations:

杭州第19屆亞運會賽期 Games period of the 19th Asian Games Hangzhou



ADEL 網上課程 Online course



運動員**必須於比賽前**完成“ADEL國際級運動員課程”，並提交相關證書予中國香港體育協會暨奧林匹克委員會(港協暨奧委會)。

All athletes are required to **complete** “the ADEL International Level Athlete e-learning module: International-Level Athletes Education Program” and submit the relevant certification to Sports Federation & Olympic Committee of Hong Kong, China (SF&OC) **before going to the Asian Games.**



運動會的藥物檢測 Testing during Games



運動員會被要求提供尿液及/或血液樣本。
Athletes will be asked to provide a urine and/or blood sample.

賽內檢測

(除馬術及網球外，適用於亞運會所有運動項目)
由運動員被編排參加比賽的之前一天的晚上11:59起，直至完成該比賽及與該比賽相關之樣本收集程序結束。

賽外檢測

任何不屬於「賽內」的期間。

In-Competition

(applicable to all sports at the Games except for Equestrian and Tennis)

The period commencing at 11:59p.m. on the day before a Competition in which the Athlete is scheduled to participate through the end of such Competition and the sample collection process related to such Competition.

Out-of-Competition

Any doping control which is not “In-Competition”.

提交行蹤資料 Whereabouts Submission



當知道行蹤有變，運動員需立即更新資料以確保資料準確無誤。

Athletes must update the information accurately so that it is current at all times.

治療用藥豁免 Therapeutic Use Exemption (TUE)



• 你必須隨身攜帶有效的治療藥物豁免，以便隨時隨地接受無預告的運動禁藥檢測。

• 如有需要於2023年8月21日至10月8日之間申請治療用藥豁免，請立即聯絡 International Testing Agency (ITA) (tue@ita.sport)。

• If you have a valid Therapeutic Use Exemption (TUE), you should bring along in order to prepare for no advance notice doping test anytime, anywhere.

• Please contact International Testing Agency (ITA) (tue@ita.sport) if a TUE application needs to be made during 21 August – 8 October 2023.

2023年度禁用清單 The 2023 Prohibited List



- 運動員使用任何藥物前必須先查閱其禁用狀況。
- 強烈建議運動員利用網上資料庫檢查正在使用或將會使用的藥物及其禁用狀況。
- Athlete must check the prohibition status of medicine before use.
- Athletes are strongly advised to check the prohibition status of the medication they are taking or intend to take through the online databases.

網上資料庫 Online Database
DrugInSport (DIS) www.druginsport.hk | Global Drug Reference Online www.globaldro.com

熟悉11條運動禁藥 管制規條

Familiarize yourself with the 11 Anti-Doping Rules Violations (ADRVs)



為藥檢作好準備 Prepare for doping test



- 在整個藥檢過程中，運動員須接受藥檢人員全程監督。拒絕藥檢已屬違規行為。
- 運動員可以於整個藥檢過程中要求一名代表陪同。如運動員未滿18歲，必須由一名成年人陪同。
- 如果於整個藥檢過程中有任何疑慮，可於運動禁藥管制表格上列明。
- The Athlete will be escorted during the whole process. Refusal to submit to doping test is a violation of the Anti-Doping Rules.
- A representative can be present with the Athlete throughout the entire process. Athletes under the age of 18 must be accompanied by an adult.
- If there are any concerns about the doping control process, write them down on the Doping Control Form.

恭喜你!! Congratulations!!



刷新世界紀錄及 / 或亞洲紀錄：

- 如運動員於是次比賽後知悉已刷新世界紀錄及 / 或亞洲紀錄但未被賽會即時通知，運動員須自行前往運動禁藥檢測站報到並向運動禁藥管制職員說明情況。

Testing for World and/or Asian Records:

- If an athlete establishing a new world and/ or Asian record is not notified immediately after his/ her performance, the athlete must visit the venue Doping Control Station and let the anti-doping staff know that the athlete has broken the world and/ or Asian record.

FUN FACTS



MVP 最有價值運動員

自1998年起，亞運會設有「最有價值運動員」獎項，表揚於當屆亞運會表現最傑出的運動員。

To recognise the remarkable performance in the Games, “The Most Valuable Player” award was introduced since 1998.

40 體育項目 SPORTS

是次亞運會共有40個體育項目，其中電子競技及霹靂舞首次被列入亞運會正式競賽項目。

There are 40 sports in the 19th Asian Games. Esports and Breakdancing make their first Asian Games.

11 歲 Years Old

中國香港代表隊最年輕的是年僅11歲的國際象棋運動員。

The youngest athlete of Hong Kong, China Team is an 11-year-old athlete from Chess.



提升純潔體育的教育平台 Championing Excellence

世界運動禁藥機構(WADA)的運動禁藥管制教育及學習平台(ADEL)為身處於不同發展階段的運動員及運動支援人員提供廣泛的網上運動禁藥管制教育課程。ADEL是個非常強大及有力的學習平台，用戶能重點吸收運動禁藥管制的相關知識及最新發展，務求令各持份者能得到最大裨益，讓大家繼續為全球體育作出貢獻。

來讓我們一起快速瀏覽ADEL，一同享受ADEL帶來的愉快學習體驗！

WADA's Anti-Doping Education and Learning Platform (ADEL) is a powerful platform to provide comprehensive anti-doping education and learning opportunities. By utilizing the features outlined in the user guide, you can enhance your knowledge, stay up-to-date with the latest developments in anti-doping, and contribute to the integrity of sports worldwide.

Let's go for a quick tour of ADEL and enjoy your learning adventure with ADEL!

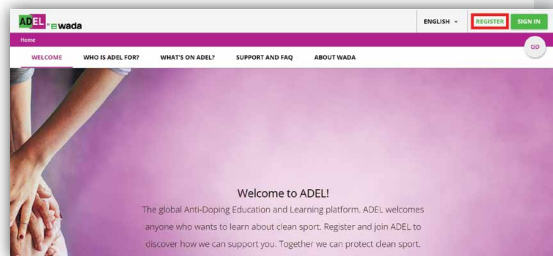
STEP 1

ADEL網址 Visit the WADA ADEL

website: <https://adel.wada-ama.org/>

點擊屏幕右上角的「註冊」按鈕。

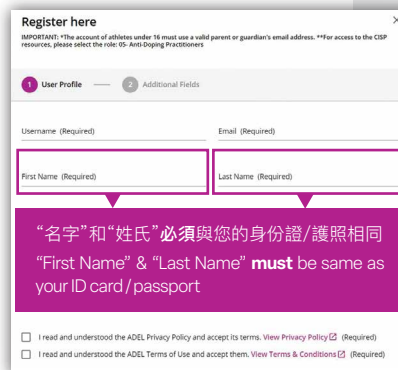
Click on the **REGISTER** button located on the top right corner of the screen.



STEP 2

確保您的“名字”和“姓氏”與您的身份證/護照相同，以便日後交給賽會的證書上印有你的名字並核對身份。

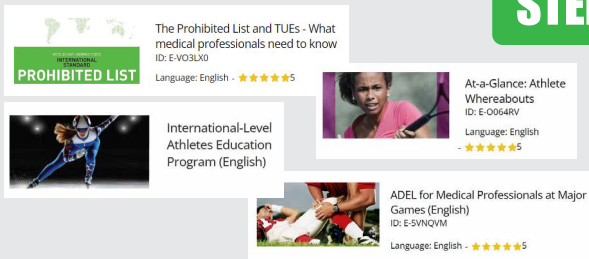
ADEL would provide a certificate with the name you entered on this form once you had completed the course. The ADEL certificate may be requested by the Games' organizer for verification. So, please double-check that the "First Name" and "Last Name" you entered on this page match those on your ID card or passport.



STEP 3

ADEL為運動員、教練員、運動支援人員、醫療專業人員等提供不同的課程.....有些運動會規定運動員必須於比賽前完成ADEL的“國際級運動員課程”。

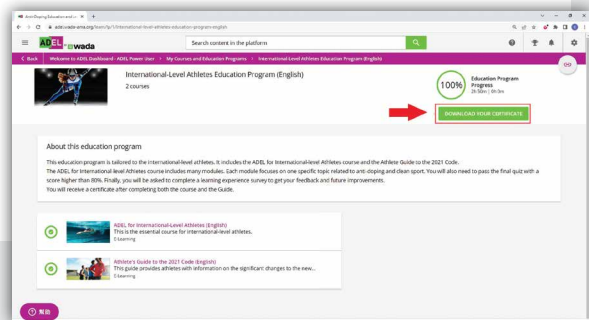
ADEL offers a variety of courses for Athletes, Coaches, Athlete Support Personnel, Medical Professionals etc... Athletes participating in multi-sports games sometimes are required to complete "ADEL, International-Level Athletes Education Program" before the Games.



STEP 4

完成課程後下載證書。

Download the certificate after completing the course.



STEP 5

恭喜你！！你已完成ADEL課程的要求，並獲得證書。

Congratulations!! You have earned a certificate after completing the ADEL course.

