



TRUESELF

重要日期 IMPORTANT DATE

15 DECEMBER 2024

藥檢名單的運動員遞交2025年度第一季行蹤資料的截止日期
Year 2025 Q1 whereabouts submission deadline for testing pool athletes

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2025年度禁用清單將於2025年1月1日生效 The 2025 Prohibited List will come into force on 1 January 2025

世界運動禁藥機構 (WADA) 推出的**2025年禁用物質和方法清單**將於**2025年1月1日**生效。此清單詳細列出了在運動中禁止使用的物質和方法，本機構強烈建議運動員及運動支援人員細閱2025年度禁用清單及其詳盡的修正摘要(只有英文版)，以免誤用2025年禁用的物質及方法。

The World Anti-Doping Agency (WADA) has officially released the **2025 Prohibited List**, which will come into effect on **1 January, 2025**. This list outlines the substances and methods banned in sports, both in-competition and out-of-competition, and is a crucial element of the World Anti-Doping Code. 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 2025.

2025年度禁用清單的部份主要修正如下： The Major Modifications on the 2025 List include but not limited to the following:

- 1 福莫特羅吸入劑**的最新指引為12小時內最大使用劑量不超過36微克，這與製造商的建議使用一致；另24小時內最大使用劑量不超過54微克，這與原本指引相同。倘若超出允許限制的使用劑量，應盡早申請治療用藥豁免 (TUE)；
The total permitted daily dose of **Inhaled formoterol** (54 micrograms over 24 hours) remains unchanged, but athletes will only be able to therapeutically inhale up to 36 micrograms of formoterol over any 12-hour period. A TUE will be required to cover therapeutic use that exceeds these permitted limits.
- 2 運動員可於認可的註冊血液採集機構透過血液成份分離術 (apheresis) 捐贈成份血 (包括血漿、紅血球、白血球、血小板和血幹細胞)；
Donation of blood and blood components (e.g. plasma, red blood cells, white blood cells, platelets and peripheral blood stem cells) including by apheresis are no longer prohibited if performed in an accredited collection center;**
- 3 滑雪及單板滑雪**已從β阻斷劑特定運動項目的禁用物質中移除；
Beta-blockers are no longer prohibited in any **skiing and snowboarding disciplines**;
- 4 經基芬 (芬醇) 比莫達非尼**已從S6刺激劑中的「特定刺激劑」轉為「非特定刺激劑」；
Hydradinil (Fluorenol) was changed from Specified Stimulants to **Non-Specified Stimulants** under S6 Category;
- 5 S6的興奮劑類別中不禁止使用胍法辛；
Guanfacine** has been clarified to be a permitted substance within Section 6 Stimulants;
- 6 昔帕胺**現被列入S5利尿劑作為例子
Xipamide has been added as an example of a diuretic under S5 Category.



2025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2025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。

The 2025 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 2025 Prohibited List for athletes' use, please contact ADOHK Office if you would like a copy.



2025年度禁用清單二維碼
QR Code for 2025 Prohibited List

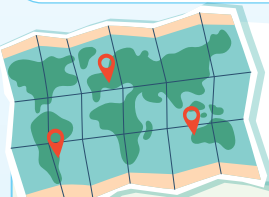
行蹤資料小貼士 (放假篇)

Tips for Whereabouts Submission (Vacation edition)



相信註冊藥檢名單運動員和精英藥檢名單運動員都知道須定期提交行蹤資料，然而運動員對於放假時如何提交ADAMS可能會有疑問。運動員於放假時應如何提交完整的行蹤資料？ADOHK希望透過以下內容解答大家！

We understand that athletes in the Registered Testing Pool (RTP) and Elite Testing Pool (ETP) are aware of their obligation to regularly submit whereabouts information. However, some athletes might have hesitation while filling in ADAMS during vacations. If submission is required, what is the proper procedure? ADOHK aims to share some points through the information provided below.



放假時，運動員仍須提交行蹤資料嗎？
Are athletes still required to submit their whereabouts information even while on vacation?

要！Yes!

過夜住址小貼士： Tips for overnight accommodation:

運動員到外地旅遊，必須提供當地的過夜住址，例如所住民宿的詳細地址或酒店的房間號碼。

When athletes are traveling overseas, they must submit their local overnight address, including specific details such as the full address of the Airbnb or the hotel room number.

如提供的住宿地點比較偏僻，運動員可在行蹤資料上的“額外資訊”備註進入住宿地址的詳細路線和方法。

When an athlete's location is difficult for doping control officers to access, they should provide detailed directions and entry instructions for the accommodation in the "Additional Information" section when filling out their whereabouts information.



放假時，行蹤資料有變，運動員仍須更新行蹤資料嗎？
Do athletes still need to update their whereabouts information if there are changes while they are on vacation?



1 過夜住宿地址或一小時時段的時間或地址有變，立即於ADAMS上更新！
Any changes to the overnight accommodation address or the time and location of the one-hour time slot must be promptly updated on ADAMS.

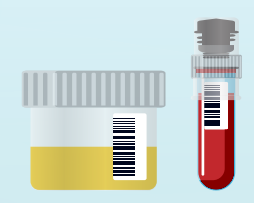
2 提供運動員在當地的聯絡電話號碼(不包括WhatsApp)，藥檢人員有機會以電話聯絡運動員確認運動員是否身處在該地點。
Athletes are required to provide a local contact phone number (excluding WhatsApp), as doping control personnel may contact them via phone to verify their presence at the designated location.

3 假期完結後，謹記更改回原來的過夜住宿地址及提供恆常的訓練及比賽時間表。
After returning from vacation, athletes must resume to their original overnight accommodation address and provide their regular training and competition schedules once again.



提提你 Reminder:

- 藥檢人員有機會隨時隨地在無預告下為運動員進行賽外檢測。
Doping control officers might conduct out-of-competition tests for athletes anytime and anywhere without advance notice.
- 即使運動員身處海外，檢測機構仍可以委託第三方向運動員收集樣本。
Even if the athletes were overseas, Testing authorities could still authorize a third party to collect samples from the athletes.
- RTP及ETP運動員在該提供時段內，必須身處所指定的地點及確保自己可被通知接受禁藥檢測。
During the time slot provided by RTP and ETP athletes, they must be present at the specified location and ensure that they could be notified for testing.



放假時，運動員沒有訓練及比賽時間表，應如何填寫？
During vacation, athletes do not have training and competition schedules, how should they submit?

RTP運動員：於ADAMS上提供每日一小時確保自己可被通知接受禁藥檢測的時段（早上5時至晚上11時之間）。
RTP athletes: Provide a one-hour time slot (between 5 a.m. and 11 p.m.) **everyday** on ADAMS to ensure that they could be notified for testing.

ETP運動員：於ADAMS上提供一星期最少三日一小時的時段（早上6時至晚上11時之間）的恆常活動。
ETP athletes: Provide a one-hour time slot (between 6 a.m. and 11 p.m.) of their regular activities **at least 3 days per week** on ADAMS.



恭賀傳奇奧運短道速滑冠軍得主、 世界運動禁藥機構副主席楊揚獲頒授 香港浸會大學榮譽社會科學博士學位

Legendary Olympian & WADA Vice-President YANG Yang honoured with the Doctorate by HKBU



Photo Credit: Hong Kong Baptist University
相片來源：香港浸會大學



世界運動禁藥機構副主席楊揚女士，於2024年11月16日在香港浸會大學的畢業典禮上榮獲榮譽社會科學博士學位。

Ms YANG Yang, the Vice-President of the World Anti-Doping Agency, was awarded Doctor of Social Sciences honoris causa by Hong Kong Baptist University during its graduation ceremony on 16 November 2024.

楊博士在專訪中與我們分享喜悅：「獲得榮譽博士沒有在我的規劃內，因此非常驚喜和榮幸。體育在促進社會發展與福利方面、在連接和團結世界方面能夠發揮積極作用，這也是我一直堅信和努力去做的。我對這份認可深感榮幸與謙卑。」楊博士又寄語運動員們要把個人的才能和熱情為社會的改善做出貢獻。讓運動員們繼續追求卓越，擁抱共情，運用運動員們獨特的能力為世界帶來積極的影響！

Dr. Yang shared her joy with us exclusively! "Receiving an honorary doctorate was completely unexpected, making this recognition both a delightful surprise and a profound honor. I firmly believe that sports hold immense potential to promote social progress, enhance well-being, and foster global connection and unity. This recognition deeply humbles me and inspires my continued commitment to these values." she said. Dr. Yang offered heartfelt encouragement to athletes, urging them to channel their talents and passion toward advancing societal good. She called on athletes to pursue excellence, cultivate empathy, and harness their unique capabilities to create meaningful, positive change in the world.



楊揚個人簡介 YANG Yang's Profile

- 短道速滑運動員
Short Track Speed Skater
- 首位奪得冬季奧運金牌的中國運動員
First Chinese athlete to claim a gold medal at the Winter Olympic Games
- 59個世界冠軍頭銜及其他獎項
59 World Championship Titles, alongside numerous other accolades
- 世界運動禁藥機構首位來自中國的副主席
First Chinese Vice-President of the World Anti-Doping Agency



Photo Credit: YANG Yang
相片來源：楊揚


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