

重要日期 IMPORTANT DATES

30 JUNE 2020

藥檢名單的運動員遞交2020年度第三季行蹤資料的最後限期
Year 2020 Q3 whereabouts submission deadline for testing pool athletes

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與教練及運動員一同慶祝 Celebrate with coaches and athletes “Play Safe on Play True Day 2020”

世界運動禁藥機構 (WADA) 於今年4月9日聯同全球的運動禁藥管制持份者一同慶祝“Play Safe on Play True Day 2020”，共同對抗2019冠狀病毒病及維護公眾健康。香港運動禁藥委員會亦邀請了一眾教練及運動員一起慶祝這大日子。

The World Anti-Doping Agency (WADA) celebrated “Play Safe on Play True Day 2020” with all anti-doping stakeholders from around the globe on 9 April 2020 to fight against the COVID-19 and protect public health. HKADC had also invited coaches and athletes to join us on celebrating this special day.

PLAY TRUE PLAY SAFE



齊來支持公平競賽
運動零禁藥人人變
Support Fair Play
Compete Clean Everyday

運動員於運動禁藥檢測時的責任

Athletes' responsibilities during doping control

運動禁藥檢測（藥檢）一直在公平競賽及保障無運動禁藥的比賽環境中非常重要。不管你是一個藥檢名單新丁，還是一個有豐富藥檢經驗的精英運動員，了解藥檢時的責任亦是支持零禁藥及公平競賽的重要一步。

以下是運動員於藥檢時應遵守的責任：

Doping Control plays an essential part in fair play and protecting a doping free environment in sport. No matter if you are a newly on-board Testing Pool athlete or an experienced elite athlete who had gone through countless doping control sessions, understanding the responsibilities during doping control is an important step to take part in clean sport and support fair play.

Here are the responsibilities of athletes during doping control:

藥檢通知 Notification

- 收到藥檢通知後，必須於藥檢人員視線範圍之內，直至整個藥檢程序完成；
- 出示附有照片的身份證明文件以確認身份；
- 於表格上簽署以確認收到藥檢通知。
(註：任何試圖去逃避禁藥檢測，屬違反運動禁藥管制規條)
- After being notified, remain within the sight of sample collection personnel at all times until the completion of the sample collection process;
- Present a valid identification with photo;
- Sign on a form to confirm that you have been selected for doping control.
(Note: Any attempt to evade from testing may result in an Anti-Doping Rule Violation)

到運動禁藥檢測站報到

Reporting to the doping control station

- 在接獲通知後應盡快到運動禁藥檢測站報到，除非在合理情況下可考慮容許運動員延遲報到，例如：完成訓練、接受傳媒採訪或參與頒獎典禮。
- Report immediately to the doping control station unless there is a valid reason for delay. For example, to complete a training session, to fulfill media commitments or to attend a prize presentation ceremony.



選取樣本收集工具

Selection of sample collection equipment

- 細心檢查確認樣本收集工具及其包裝均完好無損，並親自處理直至樣本被密封。
- Carefully check the equipment is intact and has not been tampered with while maintaining control of the sample until it is sealed.



提供樣本 Sample provision

- 由相同性別的運動禁藥管制主任 (DCO) 或陪同人員見證下提供尿液樣本；
- 如果樣本未能達標，DCO 有機會要求運動員提供額外的樣本；
- 在提供血液樣本前須安坐最少 10 分鐘，而進行抽血的是合資格的抽血人員、血液採集主任 (BCO) 或 DCO。如血液檢測於運動員訓練或比賽後進行，而該血液樣本將用作建立運動員生物護照，運動員可能需要在抽血前靜待兩小時。
- Provide a urine sample under the direct observation of a Doping Control Officer (DCO) or Chaperone of the same gender;
- Additional samples may have to be provided upon request by the DCO if the sample has not met the standard requirements;
- Remain in a seated position for a minimum of 10 minutes before providing a blood sample which is carried out by a Phlebotomist, Blood Collection Official (BCO) or DCO. If the blood sample is to be collected after training or competition for Athlete Biological Passport, athlete may have to wait for two hours before the sample collection to take place.



封存樣本及文件紀錄

Sealing the sample and complete the paperwork

- 按 DCO 指示小心地把樣本放進收集工具，並封密妥當；
- 於運動禁藥管制表格上，提供過去七天服用的所有藥物及補充劑的紀錄；
- 覆核表格上的樣本編號及資料，並由所有參與樣本收集過程的人士簽署確認。
- Follow the instructions of DCO, carefully place the sample into the sample collection kit and seal them properly;
- Provide information on all medications and/or supplement taken within the last 7 days on the Doping Control Form;
- Check the sample code number and the information documented on the Doping Control Form which must signed by all parties.

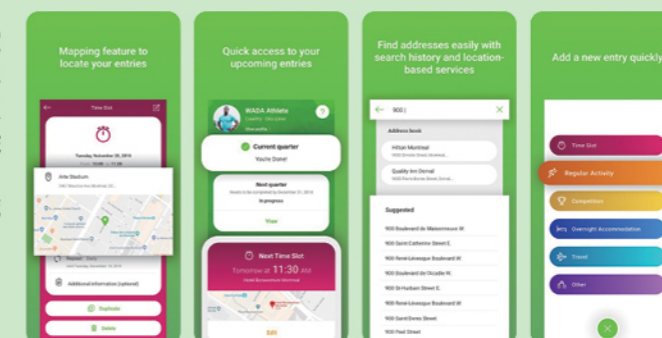


行蹤資料手機應用程式 “Athlete Central”

Whereabouts App

世界運動禁藥機構 (WADA) 於去年 11 月推出了全新的手機應用程式 “Athlete Central” 並取締舊有的行蹤資料程式。“Athlete Central” 一共有 11 種語言選擇 (包括中文及英文)，以方便不同國籍的運動員使用。優化的程式不但提高了穩定性及安全性，清晰簡單的用戶界面亦讓運動員更容易提交及更新行蹤資料。“Athlete Central” 可於 Apple App Store 或 Google Play 下載。

The World Anti-Doping Agency (WADA) has launched the new Whereabouts App “Athlete Central” in November last year to replace the previous ADAMS App. “Athlete Central” is available in 11 languages (including English and Chinese) to support athletes of different nationalities. The enhanced App not only improves in stability and security, but the intuitive user interface also makes it easier for the athletes to submit and update whereabouts. “Athlete Central” can be downloaded from the Apple App Store or Google Play.



網上運動禁藥管制課程 **ADeL**

Anti-Doping e-Learning **ADeL**

世界運動禁藥機構 (WADA) 的 ADeL 有不同網上進修課程提供給運動員、教練、醫生及運動員支援人員。ADeL 提供運動禁藥管制及運動零禁藥的相關主題。有興趣的人士可以一邊玩一邊增長運動禁藥管制知識，完成每一個課程更可獲得證書一張。當你留在家中的時候，就是最好學習的時候。今次先介紹四個熱門課程給大家。ADeL 連結：<https://adel.wada-ama.org/>

The World Anti-Doping Agency's ADeL has different online courses for athletes, coaches, doctors and athletes support personnel. ADeL offers access to all topics related to clean sport and anti-doping. Users can improve their anti-doping knowledge and also receive a certificate upon completion of any one of the courses. Now is the perfect time to stay educated while you stay home. Let us introduce 4 of the most popular courses to you this time. ADeL website: <https://adel.wada-ama.org/>

運動員自學計劃 - 健康與運動禁藥管制 Athlete Learning Program about Health & Anti-Doping (ALPHA)

ALPHA 為運動員提供有關服用運動禁藥的風險、強調運動禁藥管制的重要性及推廣運動零禁藥的資訊。

This module teaches athletes on the dangers of doping, stresses the importance of anti-doping control and promotes clean sports.



教練手冊 Coach True

為專業及業餘運動員的教練度身而設的平台，透過課程講解，模擬情景及測驗來增加他們對禁藥管制的知識。

This module provides anti-doping education for coaches of elite and recreational-level athletes. It teaches on all anti-doping processes and includes

tutorials, scenario-based activities and quizzes.



運動員 家長指引 Parents' Guide

特別為初學以至精英運動員的家長而設計，目的是為家長提供正確的體育精神及運動禁藥管制資訊，協助他們預防子女使用運動禁用物質，促進運動員的健康發展。

This module is an anti-doping reference guide/booklet for parents of all levels of athletes from beginner to elite. It promotes the healthy athletic development of children and prevent their use of prohibited substances.



資訊保安概要 Information Security Awareness for Everyone (iSAFE)

利用視頻幫助各位學習更多有關資訊保安的知識，並在使用網上資源如 ADAMS 時大派用場，以防禦常見的網上安全威脅。

This is a video-based course designed for anyone to learn more about safe practices that can be implemented to protect against common security threats when using anti-doping tools like the ADAMS.