

重要日期 Important Date

15 MARCH 2023

藥檢名單的運動員遞交
2023年度第二季
行蹤資料的截止日期

Year 2023 Q2 whereabouts
submission deadline for
testing pool athletes

香港運動禁藥委員會主席的話 Message from the Chairman, HKADC

傅浩堅教授, BBS, MH, JP
Professor Frank Fu, BBS, MH, JP



委員會 The Committee

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過去十五年，香港運動禁藥委員會（下稱委員會）在中國香港體育協會暨奧林匹克委員會（下稱奧委會）支持下運作，一直致力推動公平競賽、為香港締造一個無運動禁藥的比賽環境，促進中國香港運動員成為世界及奧運冠軍。

我們有幸得到各個義務專責委員會成員一直以來的全力支持，出任不同的義務專責小組，還有三位非常能幹的歷任及現任經理，分別是袁慧儀博士、吳卓茹女士和鄧德光先生及其員工，為委員會的成功作出巨大貢獻。

如果競賽上允許使用運動禁藥的話，運動員將不能在公平的競爭環境中較量，體育精神和公平競爭的精神將受到嚴重損害。因此，當世界運動禁藥機構（WADA）於1999年成立，負責制定及領導全球合作的運動禁藥管制計劃，香港亦迅速成為簽署機構，並一直盡最大努力遵守及履行《世界運動禁藥法規》。

經過七年的努力，在香港特區政府和奧委會的支持下，我們即將取得文化體育及旅遊局的直接資助，於2023年4月1日起，成為一個獨立運作的運動禁藥管制機構。我們對這一個新挑戰感到高興，同時亦承諾將會盡最大的努力繼續遵守及履行《世界運動禁藥法規》，為我們的運動員在未來能夠在純潔體育中競賽。

For the past 15 years, the Hong Kong Anti-Doping Committee (HKADC) worked under the auspices of Sports Federation & Olympic Committee of Hong Kong, China (SF&OC) and played an important role in promoting clean sport and facilitating Hong Kong athletes to become World and Olympian champions. We are blessed with a group of dedicated volunteers who served in various panels and contributed tremendously to the success of the HKADC. Also, with three highly competent directors, Dr. Yvonne Yuan, Ms. Lorraine Ng and Mr. Humphreys Tang and their staff.

If doping were allowed, athletes would no longer be competing on a level playing field and the spirit of sportsmanship and fair play would be severely compromised. The founding of World Anti-Doping Organization (WADA) in 1999 with an aim to lead a collaborative worldwide movement for doping free sport was thus timely. Hong Kong was quick to recognize this organization and has been doing our best to comply with the WADA Code ever since.

After 7 years of hard work, we were able to secure both the support from the Government of the HKSAR as well as the SF&OC to become independent as from 1 April 2023, to be funded under the Culture, Sports and Tourism Bureau directly. We are happy with this new challenge and will continue to try our best to comply with the WADA Code and enable our athletes to compete in "true sport" in the years ahead.

ADEL 與運動支援人員

ADEL and Athlete Support Personnel

之前提及ADEL有提供大量適合不同階段運動員的課程，其實ADEL亦有為不同角色的運動支援人員，包括教練、醫療專業人士、家長及教師等，度身訂造適合他們的課程。運動支援人員的課程除了讓他們增進自己的運動禁藥管制知識外，同時希望他們可以在不同範疇上防止運動員使用及誤用運動禁藥，以及幫助運動員建立正確的體育道德。

As you all know ADEL provides many courses to athletes in different stages, in fact it also provides relevant courses to athlete support personnel (ASP) of different roles, such as coaches, medical professionals, parents and teachers. These ASP courses not only improve their anti-doping knowledge, the courses also help ASP to prevent athletes from doping either intentionally or inadvertently, as well as to instill the correct sport ethics to the athletes.

教練 Coaches



有中文版

High Performance Coaches' Education Program (English)

2 courses

Education Program

有中文版

Athlete Support Personnel (ASP) Guide to the Code 2021 (English)

★ 5.0

E-Learning

有中文版

Athlete and Athlete Support Personnel Guide to the List 2023 (English)

★ 5.0

E-Learning

有中文版

At-a-Glance: Athlete Whereabouts

★ 5.0

E-Learning

有中文版

Factsheet for athletes and ASPs - glucocorticoid injection education

★ 5.0

E-Learning

有中文版

Dried Blood Spot (DBS) Testing - The Basics

4 courses

Education Program

有中文版

Factsheet for athletes and ASPs - tramadol education (multiple languages)

3 courses

Education Program

快將推出
Coming soon

ADEL for Coaches of Youth and Recreational Athletes

醫療專業人士 Medical Professionals



有中文版

Medical Professional's Education Program (English)

2 courses

Education Program

有中文版

ADEL for Medical Professionals at Major Games (English)

★ 5.0

E-Learning

有中文版

Athlete Support Personnel (ASP) Guide to the Code 2021 (English)

★ 5.0

E-Learning

有中文版

Athlete and Athlete Support Personnel Guide to the List 2023 (English)

★ 5.0

E-Learning

有中文版

At-a-Glance: Therapeutic Use Exemptions (TUE)

★ 5.0

E-Learning

有中文版

Factsheet for medical professionals - glucocorticoid injection education

★ 5.0

E-Learning

有中文版

Dried Blood Spot (DBS) Testing - The Basics

4 courses

Education Program

有中文版

Factsheet for medical professionals - tramadol education (multiple...)

3 courses

Education Program

家長 Parents



有中文版

Parents of Elite Athletes Education Program (English)

2 courses

Education Program

有中文版

Sport Values Online for Adults

5 courses

Education Program

教師 Teachers



有中文版

Sport Values in Every Classroom

★ 5.0

E-Learning

有中文版

Sport Values Online for Adults

5 courses

Education Program

ADEL 網頁
ADEL website

adel.wada-ama.org

手機應用程式
Mobile App

ADEL by WADA





運動員退役須知

Athletes' Retirement 101

為符合香港運動禁藥委員會（下稱委員會）及相關的運動禁藥管制條例，所有屬於委員會註冊藥檢名單(RTP)或精英藥檢名單(ETP)，或國際聯會註冊藥檢名單的運動員，應留意有關退役的條例。

For Hong Kong Anti-Doping Committee (HKADC) and anti-doping purposes, athletes belong to the Registered Testing Pool (RTP) or Elite Testing Pool (ETP) of HKADC, or the RTP of an International Federation (IF) should be aware of the regulation related to retirement.



運動員必須正式通知有關機構關於你打算退役的決定。
例如：國際聯會 / 本地體育總會 / 香港體育學院

Athlete should formally notify these organizations that you have decided to retire from your sport, i.e., International Federations / National Sports Associations / Hong Kong Sports Institute.

香港運動禁藥委員會在收到由香港體育學院發出有關運動員退役的正式通知後，香港運動禁藥委員會便會向運動員發出「退休通知表格」。運動員須填妥表格並送回香港運動禁藥委員會。

HKADC would issue "Retirement Notification Form" to athlete once received the official confirmation about the athlete's retirement decision from the Hong Kong Sports Institute. Athlete should fill-in the form properly and return to HKADC.



運動員在未有收到國際聯會及 / 或香港運動禁藥委員會的確認退休通知前，你作為藥檢名單運動員的身份及其相關責任將維持不變。你仍需繼續提交行蹤資料，及準備隨時接受禁藥檢測。請你務必遵守相關的運動禁藥管制條例，並明白如果在此階段拒絕提供藥檢樣本或藥檢呈陽性，你有可能會違反運動禁藥管制規條。

The status of athlete being a Testing pool athlete and its obligations remain unchanged until you have received confirmation letter from your IF and/or HKADC. Meanwhile, you should continue to submit whereabouts and be prepared to be tested. You must comply with the anti-doping rules and could be liable to Anti-Doping Rule Violations in the event of a test refusal or positive test.

運動員的退役申請必須在收到國際聯會及 / 或香港運動禁藥委員會的確認通知函後方為正式生效。

Athlete retirement would take effect only after you have received a confirmation letter from IF and / or HKADC.

