

重要日期 IMPORTANT DATES

30 JUNE 2019

藥檢名單的運動員遞交 2019 年度第三季行蹤資料的最後限期
Year 2019 Q3 whereabouts submission deadline for testing pool athletes

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中學運動禁藥教育講座 Secondary School Anti-Doping Talk

參與體育，拒絕運動禁藥！

香港運動禁藥委員會致力在中學校園內宣揚體育精神的價值和公平競賽的訊息，向學生灌輸運動禁藥知識及正確的體育道德。中學運動禁藥教育講座至今已連續推行了 4 年，一共有 46 間學校，累積超過 11,000 名中學生參與。

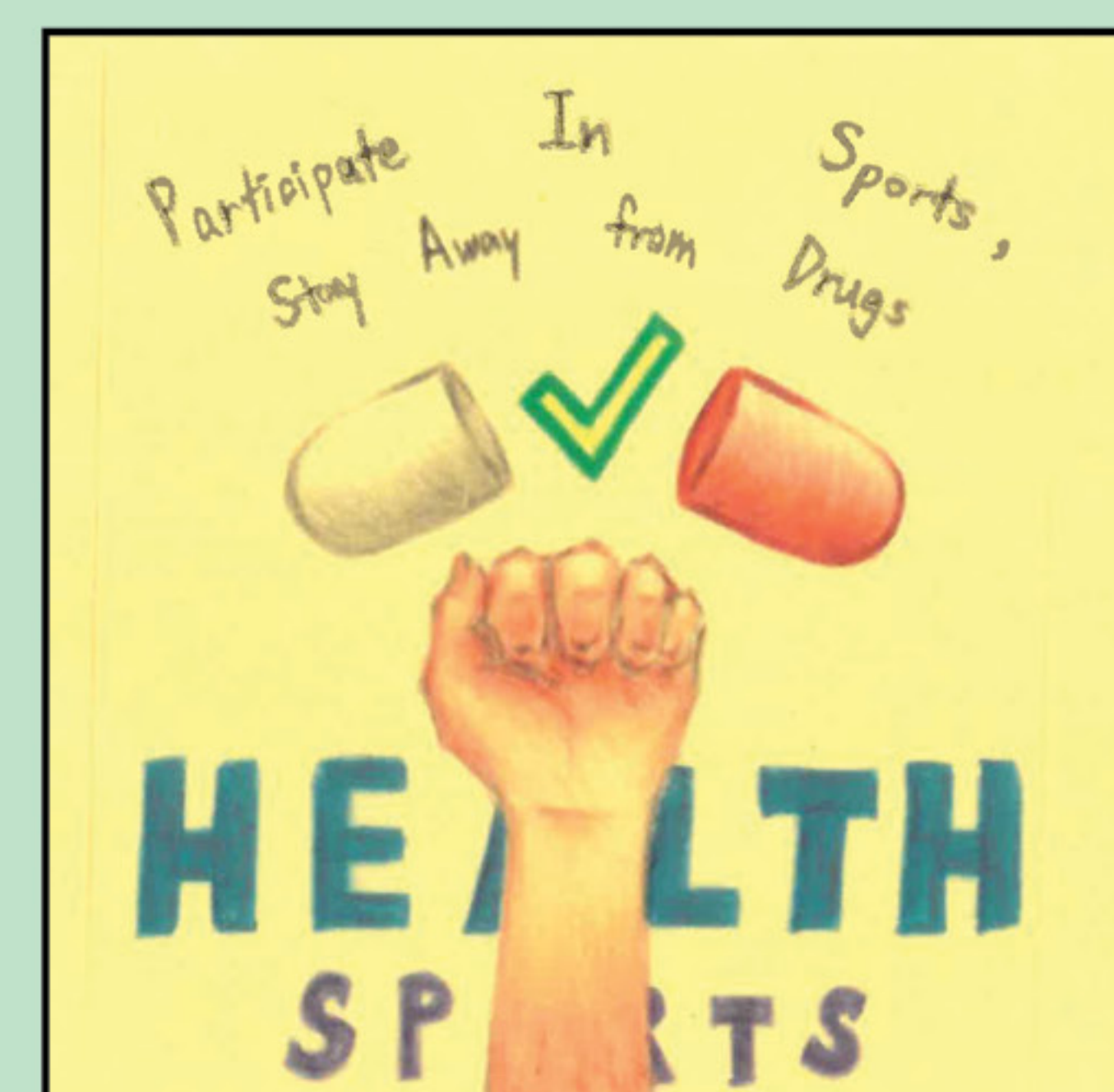
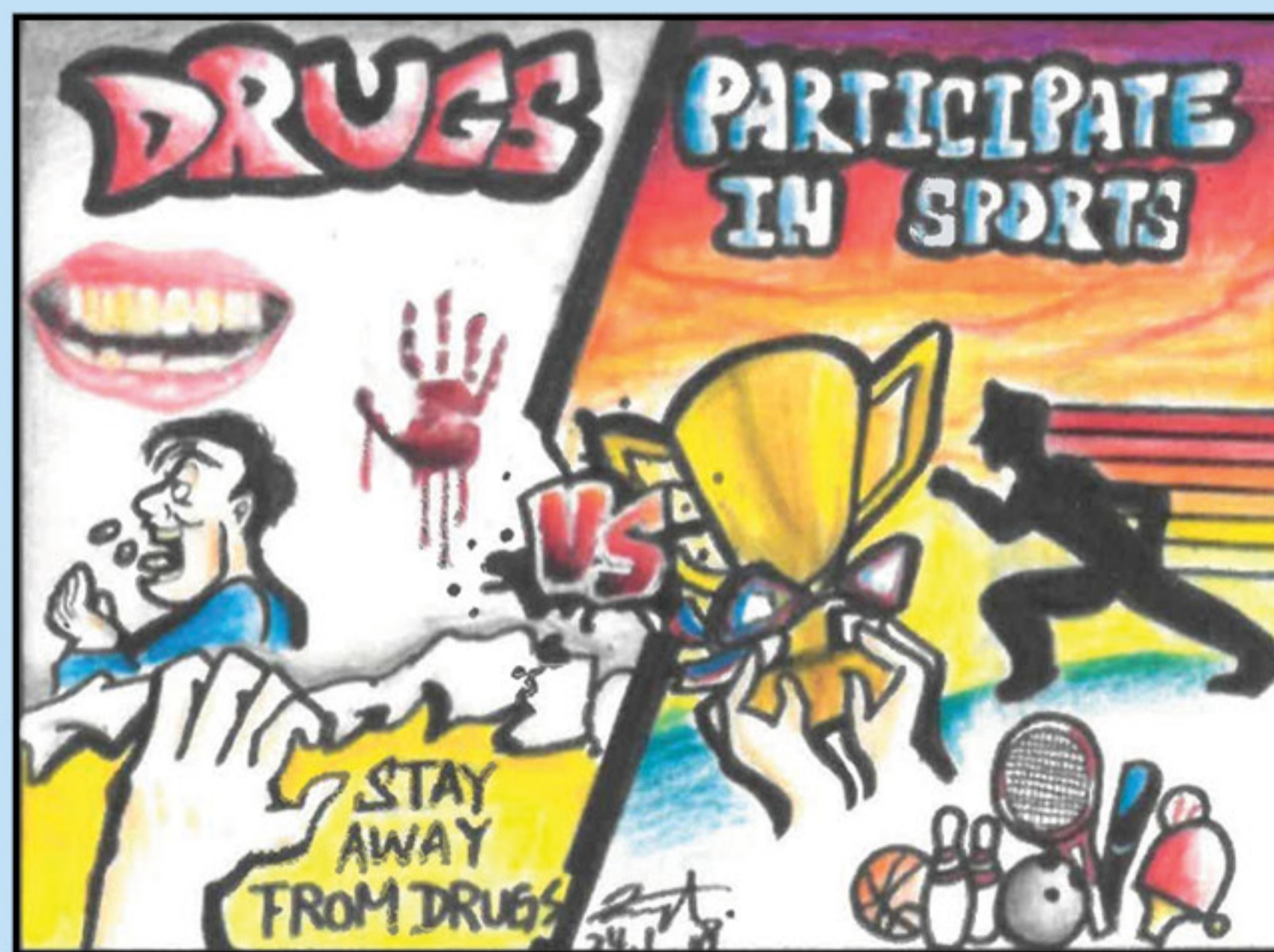
2019/2020 年度的運動禁藥講座現已接受報名，如有查詢，歡迎與本會聯絡或瀏覽本會網頁：
www.antidoping.hk

Participate in Sport, Stay Away from Doping!

The Hong Kong Anti-Doping Committee (HKADC) is dedicated in promoting the spirit of sport and the message of fair play in secondary schools, together with the aim of instilling anti-doping knowledge and proper sport ethics to students. Having implemented for 4 consecutive years, a total of 46 secondary schools with over 11,000 students have participated in our Anti-Doping Talks.

The 2019/2020 Anti-Doping Talk is now open for application. For enquiries, please contact HKADC or visit our website: www.antidoping.hk

五旬節林漢光中學的學生在參與本會運動禁藥講座後設計的明信片 Postcards designed by students from Pentecostal Lam Hon Kwong School after our anti-doping talk



齊來支持公平競賽
運動禁藥人人愛
Support Fair Play
Compete Clean Everyday



運動禁藥檢測程序知多啲

Know More About the Doping Control Process



為了建立公平的競賽環境，所有運動禁藥管制組織必須根據世界運動禁藥機構 (WADA) 的「藥物檢測及調查國際標準」，以同一準則執行標準的運動禁藥檢測程序。不過，因應特殊情況，運動禁藥管制主任 (DCO) 有權在不影響樣本的「特性、安全和完整性」的原則下，適當改動標準的尿液樣本收集程序。以下是部份例子：

To preserve an environment for fair play in sport, all Anti-Doping Organizations must implement the standard sample collection procedures according to the World Anti-Doping Agency's International Standard for Testing and Investigations. However, Doping Control Officers (DCO) have the authority to make modifications on the standard urine sample collection procedures in exceptional circumstances as long as such modifications will not compromise the identity, security or integrity of the sample. Here are some examples:

● 適用於殘疾運動員 Athletes With Impairment

1. 在標準的尿液樣本收集程序中，運動員的樣本由選取集尿杯開始，直至樣本被密封前必須由運動員本人處理。如運動員因殘疾或受傷而未能自行處理樣本，在運動員及 DCO 同意下，運動員代表或 DCO 可協助執行部份程序，例如選取樣本瓶、將樣本倒進樣本收集瓶、封存樣本等。
 2. 使用尿液收集或排放系統的運動員，必須在提供尿液樣本作藥檢前，在 DCO 監察下清空系統中的尿液，或在情況許可下更換新的系統。
1. In a standard urine sample collection procedure, only the athlete should retain control of his/her sample from choosing the collection vessel until the sample is sealed. An athlete with an impairment or injury may be assisted by an athlete's representative or the DCO, where authorized by the athlete and agreed by the DCO, to handle some of the procedures, such as selecting the sample collection kit, pouring the sample into the sample collection kit or sealing the sample.
 2. Athletes who are using urine collection or drainage systems are required to eliminate existing urine from such systems before providing a urine sample for analysis under the DCO's direct observation, or replacing the existing system with a new one prior to the sample collection where possible.

● 適用於青少年運動員 Athletes Who Are Minors ●

1. 如運動員未年滿 18 歲，在整個藥檢過程中必須有一位成年人代表在場陪同，包括見證運動員提供尿液樣本的過程。除非運動員要求，否則該代表並不會直接觀察運動員的排尿過程。此舉的目的為確保 DCO 按照正常程序監察運動員排尿。
 2. 如運動員拒絕由成年人代表陪同，則 DCO 必須確保有第三者在場作見證。
1. For athlete who is under the age of 18, an adult representative must be present throughout the entire sample collection session, which includes witnessing the urine sample provision process. The representative shall not directly observe the passing of the urine sample, unless requested to do so by the minor athlete. This is to ensure that the DCO is observing the sample provision correctly according to the standard procedures.
 2. If athlete declines the presence of a representative, then a third-party representative of the DCO must be present.

為保障運動員的權利，DCO 會將有關改動記錄在運動禁藥管制表格中。

To protect the rights of athletes, DCO will document all modifications made on the Doping Control Form.

請看最後一頁了解更多關於運動禁藥檢測程序.....

Please turn to the last page to know more about the Doping Control Process.....

模擬個案

Fictitious Case Study



Thomas 是一名精英運動員，長年累月的密集訓練及比賽令他深受傷患困擾。一個月前，Thomas 在訓練時觸及手腕的舊患，痛得連球拍也拿不起。由於 Thomas 兩日後要出戰亞錦賽，急於康復的他決定向中醫師求診。中醫師即時為他敷藥，並處方了五天份量的「天然草本止痛藥」給他服用。

Thomas 最後在亞錦賽中贏得第三名，並在賽後接受了大會安排的賽內藥物檢測。日前，Thomas 收到了國際聯會的違規通知，指控他在亞錦賽提供的尿液樣本含有賽內禁用物質。Thomas 後來發現中醫師處方的止痛藥中含有賽內禁用的麻醉劑。

Thomas is an elite athlete who constantly struggles with injuries owing to prolonged intensive training and competitions. A month ago, Thomas twisted his injured wrist again severely during training and that he couldn't even hold his racket. Since he was going to compete at the Asian Championships two days later, he wanted to recover quickly and hence decided to consult a Chinese Medicine Practitioner. The Practitioner treated him with herbal paste dressing and prescribed him with a 5-day dose of "Natural Herbal Painkiller".

Eventually, Thomas won a bronze medal at the Asian Championships and received in-competition doping test conducted by the event organizer after the competition. Recently, he received a Notice of Charge from his International Federation, alleging that prohibited substance was found in his urine sample collected during the Championships. Thomas later realized that the painkiller prescribed by the Chinese Medicine Practitioner contained narcotics which was prohibited in-competition.

Thomas 是否需要為誤用運動禁藥而負責呢？ Should Thomas be responsible for inadvertent doping?



1. 根據世界運動禁藥法規，無論運動員是否故意攝入，都必須為其體內發現的禁用物質負上全部責任。
 2. 中草本植物種類繁多，而且生產及製作方法廣泛卻欠統一標準，運動員不能保證服用的中草藥沒有受污染或不含運動禁用物質。
 3. 運動員服用中草藥前應慎重評估有關需要及潛在風險，同時考慮其他更安全的方法。
1. According to the World Anti-Doping Code, athlete is responsible for any prohibited substance found in his or her body, no matter if the prohibited substance is used intentionally or not.
 2. Due to the vast variety of Chinese herbs and the extensive, non-standardized ways of production and preparation of Chinese herbal medicine, there is no guarantee that a Chinese herbal medicine does not contain or is not contaminated with prohibited substance(s).
 3. Athlete should seriously assess the need and the potential risks before using Chinese herbal medicine while considering other relatively safer alternatives.

團結一致為清白運動員建立更美好的將來

Uniting the anti-doping community to build a brighter future for clean athletes

每年三月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) 為運動禁藥管制組織提供一個良機，以掌握世界運動禁藥管制策略的最新發展及分享打擊運動禁藥的訊息。

今年的 iNADO 工作坊及 WADA 年度會議分別以「合作提升能力」及「攜手邁向 2021」為題，集中討論 2021 世界運動禁藥法規的草案及其他將會一同生效的國際標準。

本會將未雨綢繆確保香港的運動禁藥管制計劃符合新的運動禁藥法規，並繼續與運動禁藥管制組織團結一致，維護正直廉潔的體育操守。

The Institute of National Anti-Doping Organizations Workshop (iNADO Workshop) and the World Anti-Doping Agency Symposium (WADA Symposium) held in Lausanne, Switzerland in March annually provide a great opportunity for anti-doping organizations to keep abreast of the latest development of the world anti-doping strategies and to share information on the fight against doping.

Under the theme of "Raising the Water Level" and "Towards 2021 – Navigating the Future Together" respectively, the iNADO Workshop and the WADA Symposium this year focused on reviewing the drafted 2021 Anti-Doping Code and its associated International Standards which would come into force along with the Code.

HKADC plans ahead to ensure that our anti-doping programme is in compliance with the new Code and continues to work with the anti-doping community to protect the integrity of clean sport.



廣東話版的「運動禁藥檢測程序」影片已經推出 Cantonese version of the “Doping Control Process for Athletes” video is now available

為了令運動員更了解自己在藥檢程序中的權利及責任，香港運動禁藥委員會特別將世界運動禁藥機構 (WADA) 的「運動禁藥檢測程序」影片配上廣東話旁白，講解運動員在運動禁藥檢測程序中的基本須知，並概述藥檢程序中的各個階段：挑選運動員、通知運動員、樣本收集、樣本化驗和結果管理。

運動禁藥檢測程序影片 (廣東話版) 可於 WADA 網頁觀看：www.wada-ama.org

To enhance athletes' understanding of their rights and responsibilities during the doping control process, HKADC has specially produced a Cantonese dubbing of the World Anti-Doping Agency's (WADA) "Doping Control Process for Athletes" video which provides athletes with basic information about their need-to-know during the doping control process and outlines each phase of the process: athlete selection, athlete notification, sample collection, laboratory analysis, and results management.

Doping Control Process for Athletes Video (Cantonese) is now available on WADA's website: www.wada-ama.org



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