

## 重要日期 IMPORTANT DATES

### 31 DECEMBER 2019

藥檢名單的運動員遞交 2020 年度第一季行蹤資料的最後限期  
Year 2020 Q1 whereabouts submission deadline for testing pool athletes

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# 2020 年度禁用清單將於 2020 年 1 月 1 日生效 The 2020 Prohibited List will come into effect on 1 January 2020

世界運動禁藥機構 (WADA) 已推出 2020 年度禁用物質及方法清單 (禁用清單), 並將於 2020 年 1 月 1 日生效。

任何物質或方法如經 WADA 判斷符合以下三項之中的其中兩項條件, 均會被列入禁用清單:

- 有可能提升運動表現;
- 對運動員有實際或潛在的健康風險;
- 違反體育精神

WADA 每年都會更新禁用清單, 並在其生效前數個月預先公佈, 以確保運動員及支援人員有足夠時間熟悉新的禁用清單及其修訂。根據嚴格責任原則, 無論運動員是否故意攝入禁用物質, 都須為其體內發現的物質負上全責。故此, 本會慎重建議所有運動員需詳閱 2020 年度禁用清單, 覆檢正在服用的藥物, 以及在必要情況下申請治療用藥豁免 (TUE)。

2020 年度禁用清單及詳盡的修正摘要可於 WADA 的網頁 ([www.wada-ama.org](http://www.wada-ama.org)) 下載。香港運動禁藥委員會亦印製了袋裝版 2020 年度禁用清單供運動員使用。如欲索取袋裝版禁用清單, 歡迎聯絡本會。

The World Anti-Doping Agency (WADA) has published the 2020 List of Prohibited Substances and Methods ("The Prohibited List"), which will come into effect on 1 January 2020.

For a substance or method to be added to the Prohibited List, it must be determined by WADA that it meets any two of the following three criteria:

- It has the potential to enhance sport performance;
- It represents an actual or potential health risk to the athlete;
- It violates the spirit of sport

The Prohibited List is updated annually and released a few months ahead of its effective date so that athletes and their support personnel can acquaint themselves with the list and any modifications that may affect them. According to the Strict Liability Principle, athletes are strictly liable for any substance found in their system, whether or not they intentionally or unintentionally used a prohibited substance. Therefore, athletes are strongly advised to familiarize themselves with the 2020 Prohibited List, review any medications they use and apply for a Therapeutic Use Exemption (TUE) if required.

The 2020 Prohibited List and the Summary of Major Modifications and Explanatory Notes can be downloaded on WADA's website at [www.wada-ama.org](http://www.wada-ama.org). HKADC has also produced a pocket-sized version of the 2020 Prohibited List for athletes' use, so please contact HKADC office if you would like a copy.





# 藥檢物資袋開箱圖

## Tetris Challenge: Doping Control Supplies Bag

運動禁藥管制主任出勤時總是攜帶着一個物資袋，袋子的尺寸雖然不是太大，但重量也有約 10 磅。您知道袋子裡有什麼乾坤嗎？現在就讓我們一起開箱吧！

Doping Control Officer (DCO) often carries a supplies bag to a sample collection session. The bag size is not too big but it weighs nearly 10lbs. Are you curious about what is inside the bag? Now you have got the chance, let's unbox it!



編號 No.	項目名稱 Item	項目簡介 Introduction
1.	運動禁藥管制主任 Doping Control Officer (DCO)	DCO 必須出席年度培訓及通過每兩年的覆核考試，以確保能提供最佳的服務水平。 DCO must attend the annual training and be recertified every 2 years to ensure the highest standard of quality.
2.	尿液樣本收集套裝 Urine Sample Collection Kit	運動員將獲提供最少三套樣本收集套裝以作選擇。每套套裝包含一個「A 瓶」、一個「B 瓶」及兩個可密封袋。樣本收集瓶具有防干預包裝設計，是用作收集、儲存及運送尿液樣本予以進一步的運動禁藥檢測。 Athlete is given a choice of at least 3 sets of Urine Sample Collection Kit. Each Sample Collection Kit consists of an "A Bottle", a "B Bottle" and 2 sealable bags. With its tamper-evident containers, the Kit is used to collect, store and transport urine samples for the purpose of doping control.
3.	集尿杯 Urine Collection Vessel	集尿杯是一次性的尿液收集容器，它的封蓋具有防溢漏設計。 Urine Collection Vessel is a single-use item for collecting urine sample with a leak-proof top lid.
4.	尿液比重測量儀器 Refractometer	尿液比重測量儀器用來測試運動員尿液樣本的比重（俗稱濃度）是否適合化驗。 Refractometer is used for checking the specific gravity of urine sample as to whether it is suitable for analysis.
5.	尿液試紙 Reagent strips	尿液試紙亦可用來測試運動員尿液樣本的濃度。 Reagent strips can also be used for checking of the specific gravity of urine sample.
6.	即棄手套 Disposable gloves	基於衛生理由，即棄手套亦會被使用。 Disposable gloves can be used for hygienic reasons.
7.	滴管 Pipette	利用一支塑膠幼滴管以吸取集尿杯內的少量尿液作濃度測試。 A thin plastic tube is used for transferring small amount of urine from the Urine Collection Vessel for measuring the specific gravity.
8.	文件夾 Documents Folder	文件夾內載有 DCO 用來作紀錄藥檢程序所需的表格。 The documents folder contains necessary documents that DCO need for the doping control process.
9.	密封瓶裝水 Sealed Bottled Water	運動員可以選擇密封瓶裝水以補充水份，以便幫助提供樣本。 Athlete is given the chance to hydrate with individually sealed bottled water.
10.	防水墊 Underpad	當運動員將收集到的尿液倒入樣本收集瓶時，可以使用防水墊，以防尿液溢出。 An underpad is used while athlete is pouring the collected urine into the Sample Collection Kit in case of spilling.
11.	部分樣本收集套裝 Partial Sample Kit	當運動員未能提供足夠份量的尿液樣本，部分尿液樣本收集套裝會用作暫時封存運動員的部分尿液樣本。 部分樣本收集套裝內附有一個膠塞及一個印有獨特編號可密封的膠袋以作暫時封存，樣本將會被封存直至運動員可提供更多的尿液樣本。 If an athlete cannot provide the required amount of urine, the partial sample will be temporarily and securely sealed. The Partial Sample Kit contains a plastic stopper and a uniquely numbered security plastic bag for sealing the partial sample temporarily until more sample can be provided.



# 日曆 2020 Calendar



一月 January							二月 February							三月 March						
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
		1	2	3	4	5						1	2							1
6	7	8	9	10	11	12	3	4	5	6	7	8	9	2	3	4	5	6	7	8
13	14	15	16	17	18	19	10	11	12	13	14	15	16	9	10	11	12	13	14	15
20	21	22	23	24	25	26	17	18	19	20	21	22	23	16	17	18	19	20	21	22
27	28	29	30	31			24	25	26	27	28	29		23	24	25	26	27	28	29
														30	31					
四月 April							五月 May							六月 June						
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
		1	2	3	4	5					1	2	3	1	2	3	4	5	6	7
6	7	8	9	10	11	12	4	5	6	7	8	9	10	8	9	10	11	12	13	14
13	14	15	16	17	18	19	11	12	13	14	15	16	17	15	16	17	18	19	20	21
20	21	22	23	24	25	26	18	19	20	21	22	23	24	22	23	24	25	26	27	28
27	28	29	30				25	26	27	28	29	30	31	29	30					
七月 July							八月 August							九月 September						
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
		1	2	3	4	5						1	2		1	2	3	4	5	6
6	7	8	9	10	11	12	3	4	5	6	7	8	9	7	8	9	10	11	12	13
13	14	15	16	17	18	19	10	11	12	13	14	15	16	14	15	16	17	18	19	20
20	21	22	23	24	25	26	17	18	19	20	21	22	23	21	22	23	24	25	26	27
27	28	29	30	31			24	25	26	27	28	29	30	28	29	30				
							31													
十月 October							十一月 November							十二月 December						
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
			1	2	3	4							1		1	2	3	4	5	6
5	6	7	8	9	10	11	2	3	4	5	6	7	8	7	8	9	10	11	12	13
12	13	14	15	16	17	18	9	10	11	12	13	14	15	14	15	16	17	18	19	20
19	20	21	22	23	24	25	16	17	18	19	20	21	22	21	22	23	24	25	26	27
26	27	28	29	30	31		23	24	25	26	27	28	29	28	29	30	31			
							30													

日期 Date	活動 Event
9/1-22/1	洛桑 2020 冬季青年奧運會 Lausanne 2020 Winter Youth Olympic Games
17/3-19/3	WADA 2020 年度會議 WADA 2020 Annual Symposium
31/3	遞交 2020 第 2 季行蹤資料的最後限期 2020 Q2 Whereabouts Submission Deadline
10/4	PLAY TRUE Day
30/6	遞交 2020 第 3 季行蹤資料的最後限期 2020 Q3 Whereabouts Submission Deadline
24/7-9/8	東京 2020 奧林匹克運動會 Tokyo 2020 Olympic Games
25/8-6/9	東京 2020 殘疾人奧林匹克運動會 Tokyo 2020 Paralympic Games
30/9	遞交 2020 第 4 季行蹤資料的最後限期 2020 Q4 Whereabouts Submission Deadline
28/11-6/12	三亞 2020 亞洲沙灘運動會 Sanya 2020 Asian Beach Games
31/12	遞交 2021 第 1 季行蹤資料的最後限期 2021 Q1 Whereabouts Submission Deadline

日期 Date	公眾假期 Public Holiday
1/1	一月一日 New Year's Day
25/1	農曆新年初一 Lunar New Year
26/1	農曆新年初二 The Second Day of Lunar New Year
27/1	農曆新年初三 The Third Day of Lunar New Year
28/1	農曆新年初四 The Fourth Day of Lunar New Year
4/4	清明節 Ching Ming Festival
10/4	耶穌受難節 Good Friday
11/4	耶穌受難節翌日 The Day Following Good Friday
13/4	復活節星期一 Easter Monday
30/4	佛誕 Birthday of Buddha

日期 Date	公眾假期 Public Holiday
1/5	勞動節 Labour Day
25/6	端午節 Tuen Ng Festival
1/7	香港特別行政區成立紀念日 HKSAR Establishment Day
1/10	國慶日 National Day
2/10	中秋節翌日 The Day Following Mid-Autumn Festival
25/10	重陽節 Chung Yeung Festival
26/10	重陽節翌日 The Day Following Chung Yeung Festival
25/12	聖誕節 Christmas Day
26/12	聖誕節後第一個周日 The First Weekday After Christmas Day

香港運動禁藥委員會 HONG KONG ANTI-DOPING COMMITTEE

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