

運動禁藥管制規例重點 Highlights of the Anti-Doping Rules

提交行蹤資料 Whereabouts Submission

- 所有運動員需要提交每日的行蹤資料並清楚列明**住宿**的地址(包括房號)及時間。如運動員並非入住大會酒店，他們需要同時提供**訓練**的地點及時間。

All athletes should provide whereabouts information on a daily basis specifying the locations and times where he/she will be **residing** (includes room number). If athletes are staying outside Athletes' Hotels, whereabouts information on **training** including locations and times will also be needed.

- 當知道行蹤有變，運動員需立即更新資料以確保資料準確無誤。

Athletes shall update the information as necessary so that it is current at all times.



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治療用藥豁免 Therapeutic Use Exemption (TUE)

- 運動員如須要使用禁用物質或方法治病，須盡早於賽期前向所屬國際體育聯合會(IF)、亞洲體育聯合會(AF)或香港運動禁藥委員會(HKADC)申請。

Athletes with a documented medical condition requiring the use of a Prohibited Substance/ Method must obtain a TUE in advance of the Games from their International Federation (IF), Asian Federation (AF) or Hong Kong Anti-Doping Committee (HKADC).

- 運動員如獲IF、AF或HKADC批准治療用藥豁免，須於賽期開始前42日(即2017年1月1日前)向OCA總部遞交一份副本。

The athlete granted approval of a TUE by the IF, AF or HKADC is required to provide a copy of the approval to the OCA Headquarters 42 days in advance of the start of the Games Period (i.e., by 1 January 2017).

聲明: 以上規例重點乃英文版本之中文譯本，如有歧義，概以英文版本為準。

Hong Kong Anti-Doping Committee 香港運動禁藥委員會

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Hong Kong Anti-Doping Committee
香港運動禁藥委員會

札幌2017亞洲冬季運動會 Sapporo 2017 Asian Winter Games



2017
SAPPORO
ASIAN WINTER
GAMES



イブモン
EZOMON

運動禁藥管制小知識及規例重點

Anti-Doping Tips & Highlights of the Anti-Doping Rules

運動禁藥管制小知識 Anti-Doping Tips

熟悉10項運動禁藥管制規條 Familiarize yourself with the 10 Anti-Doping Rules

1. 除了陽性檢測結果外，尚有其他情況可觸犯運動禁藥管制規條

Apart from being tested positive, there are other conditions which may lead to violations of the anti-doping rules.

2. 瀏覽香港運動禁藥委員會網頁重溫各項運動禁藥管制規條

Revise the Anti-Doping Rules on HKADC website

(http://www.antidoping.hk/what_we_do.php?target=violations)

服用藥物前檢查禁用狀況 Check prohibition status before taking any medicine

1. 運動禁藥資料庫網站或手機程式

DrugInSport (DIS) website or App

(www.druginsport.hk)



2. 如有問題應馬上聯絡香港運動禁藥委員會

Check with HKADC when in doubt



WhatsApp: (852) 6257 7099



Email: antidoping@hkolympic.org

運動禁藥管制小知識 Anti-Doping Tips

為藥檢作好準備 Prepare for doping test

1. 在整個藥檢過程中，運動員需要接受藥檢人員全程監督。拒絕藥檢已屬違規行為

You will be escorted during the whole process. Refuse to submit to doping test is a violation of the anti-doping rules.

2. 帶備身份證明文件(如運動員証或旅遊證件)以及有效的治療用藥豁免(如有)

Bring along your photo ID (e.g. accreditation card or passport) & valid TUE (if any).

3. 當被通知需要接受藥檢後，應盡快到藥檢室報到

Report to the Doping Control Station as soon as possible after being notified.

4. 備妥過往7天使用藥物/補充劑的記錄

Provide detailed records of any medicine/supplements used over the past 7 days.

時刻帶備2017禁用清單 Keep the 2017 Prohibited List at hand

1. 切勿使用2017禁用清單內所列載任何物質/方法

Stay away from all substances/methods listed in the 2017 Prohibited List.

2. 看醫生時必須帶備並出示2017禁用清單

Bring along the 2017 Prohibited List and show it when visiting your doctor.

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藥物檢測 Testing

- 亞洲奧林匹克理事會(OCA)在賽期內(即從2017年2月12日至26日)有權執行禁藥管制

The Olympic Council of Asia (OCA) shall have the right to conduct Doping Controls throughout the Period of the Games (i.e., 12 – 26 February 2017).

- OCA會在不作預先通知的情況下，隨時隨地要求運動員進行藥物檢測

Athletes may be tested by OCA on a “No advance notice” basis at anytime and anywhere during the Games Period.

- 所有在賽期內採集的樣本都會以**賽內檢測**的標準作化驗，即使檢測是在比賽前或比賽後進行

All samples collected during the Games Period will be analyzed as per menu for **In-Competition Testing** even though they may be taken pre-or post-competition.

