

# 運動禁藥管制小知識

## Anti-Doping Tips

### 治療用藥豁免

#### Therapeutic Use Exemption (TUE)

1. 運動員如需要使用禁用物質或方法治病，必須持有有效的治療用藥豁免。  
If an Athlete need to use any prohibited substances/methods due to medical reasons, a valid Therapeutic Use Exemption (TUE) must be obtained.
2. 運動員如獲IF、AF或HKADC批准治療用藥豁免，或需要申請治療用藥豁免，請向港協暨奧委會秘書處聯絡。  
Please contact the SF&OC Secretariat if an Athlete has any valid TUE approved by IF, AF or HKADC, or if a TUE application needs to be made.

### 服用藥物前檢查禁用狀況

#### Check prohibition status before using any medicine

1. 運動員在使用任何藥物前，應先檢查其禁用狀況。運動員可於以下網上資料庫檢查藥物的禁用狀況：  
Athletes are strongly advised to check the prohibition status of medication before use through the following online databases:  
**運動禁藥資料庫**  
**DrugInSport (DIS)**  
[www.druginsport.hk](http://www.druginsport.hk)  
**Global Drug Reference Online**  
[www.globaldro.com](http://www.globaldro.com)
2. 如有任何疑問，應馬上聯絡香港運動禁藥委員會。  
Contact HKADC when in doubt.

### 提交行蹤資料

#### Whereabouts Submission

1. 所有運動員必須提交行蹤資料並清楚列明住宿的地址(包括大廈名稱和房號)及時間。同時亦需要提供訓練的地點及時間。  
All Athletes should provide whereabouts information, specifying the **locations and times** where he/she will be **residing** (includes the name of the building & room number). Whereabouts information on **training** including locations and times also has to be submitted.
2. 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 must update the information as necessary so that it is current at all times.



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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DrugInSport: [www.druginsport.hk](http://www.druginsport.hk)



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

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第3屆夏季青年奧運會  
3<sup>rd</sup> Summer Youth Olympic Games

運動禁藥管制小知識  
Anti-Doping Tips

## 運動禁藥管制規條重點 Highlights of the Anti-Doping Rules

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

以下是其中一些情況或行為會構成違反運動禁藥管制規條 (這並非完整列表) :

Here are some of the circumstances or conduct that constitute Anti-Doping Rule Violations (this is not the full list):

1. 運動員身體樣本含有禁用物質或其代謝物。  
Presence of a prohibited substance or its metabolites in an Athlete's sample.
2. 運動員採用或意圖採用運動禁用物質或方法。  
Use or attempted use by an Athlete of a prohibited substance or a prohibited method.
3. 運動員在沒有充分的理由下逃避、拒絕或不能提供樣本作檢測。  
Evading, refusing or failing to submit to sample collection.
4. 干預或意圖干預運動禁藥管制的任何部份。  
Tampering or attempted tampering with any part of doping control.
5. 藏有禁用物質或方法。  
Possession of prohibited substance or a prohibited method.

請到香港運動禁藥委員會網頁詳閱10項運動禁藥管制規條 :

Study the details of 10 Anti-Doping Rule Violations on HKADC website:

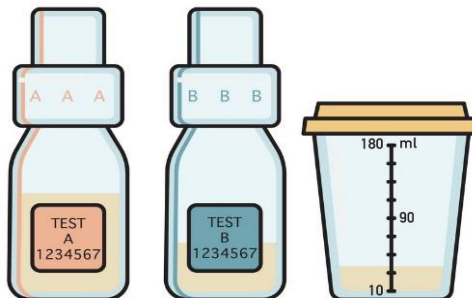
[http://www.antidoping.hk/what\\_we\\_do.php?target=violations](http://www.antidoping.hk/what_we_do.php?target=violations)

## 運動禁藥管制小知識 Anti-Doping Tips

### 為藥檢作好準備

#### Prepare for doping test

1. 在整個藥檢過程中可由一名代表陪同；如運動員未滿18歲，則**必須**由一名成人陪同。  
A representative can be present with the Athlete throughout the entire doping control process; Athlete under the age of 18 **MUST** be accompanied by an adult.
2. 在整個藥檢過程中，運動員需要接受藥檢人員全程監督。  
Athlete will be escorted during the whole doping control process.
3. 帶備附有照片的身份證明文件(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 a photo ID (e.g. accreditation card or passport) & valid TUE (if any).
4. 當運動員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.
5. 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.



## 藥物檢測 Testing

1. 第3屆夏季青年奧運會賽內及賽外檢測的定義:  
Definition of "In-Competition" & "Out-of-Competition" Doping Control for the 3<sup>rd</sup> Summer Youth Olympic Games :

**賽內檢測** : 由運動員所編定參與之比賽開始前12小時直至該比賽結束期間，所進行的相關樣本採集。

**In-Competition**: The period commencing 12 hours before a Competition in which the Athlete is scheduled to participate through the end of such Competition and the Sample collection process related to such Competition.

**賽外檢測** : 任何非賽內檢測之樣本採集。

**Out-of-Competition**: Any period which is not In-Competition.

2. 在不作預先通知的情況下，運動員會隨時隨地被要求進行藥物檢測。  
Athletes will be tested on a "No advance notice" basis at anytime and anywhere.
3. 運動員有機會在同一藥檢中被要求提供尿液及血液樣本。  
Both urine and blood samples may be collected at the same sample collection session.

### 時刻帶備2018禁用清單

#### Keep the 2018 Prohibited List at hand

1. 切勿使用2018禁用清單內所列載的任何物質/方法。  
Stay away from all substances/ methods listed on the 2018 Prohibited List.
2. 求診時必須帶備並出示2018禁用清單。  
Bring along the 2018 Prohibited List and present it during medical consultation.