

TrueSelf



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

香港運動禁藥委員會通訊 HKADC NEWSLETTER

第二十四期 • 2015年9月
Issue 24 • September 2015

Support Fair Play • Complete Clean Everyday
齊來支持公平競賽 運動榮譽榮人人愛



培育正確價值觀 Nurturing the Correct Values

“考試不准作弊！”這條從第一天上學已經學會的校規，曾幾何時已經成為我們根深柢固的人生價值，由此足證價值觀念的灌輸若從小做起，效果必然事半功倍，而公平競賽及體育精神的教育方針並無二致。

香港運動禁藥委員會剛剛推出為全港中學生而設的教育講座，於2015/16學年接受學校報名。學生可透過講座學習體育精神及其日常生活應用，並認識運動禁藥的禍害，歡迎各中學參加，講座詳情可瀏覽本會網頁 (www.antidoping.hk)。

公平競賽和體育精神的教育推廣不只限於運動員及學生，所有運動愛好者都是我們的推廣對象。本會剛印製好一系列六款海報，通過生動構圖及鮮明標題，宣揚公平競賽及打擊運動禁藥的重要訊息。海報將派送往所有中學、青年中心、體育總會及運動場館以供展示之用。

藉由不同渠道向青少年灌輸正確的體育價值觀，香港運動禁藥委員會決心為香港守護一個無禁藥的比賽環境、培育公平競賽文化。

“No cheating in exams!” A school regulation we all learned from the very first day of school somehow becomes a belief etched in our moral values. It proves that the education of values would be far more effective when it is introduced at a young age. The same applies to the education of fair play and sport ethics.

HKADC has recently launched the new education talk for secondary schools which will be open for registration throughout the school year 2015/16. Students will learn the spirit of sport and its application to daily life, as well as the dangers and consequences of doping. HKADC cordially invites all secondary schools to participate and the programme details are available on our website (www.antidoping.hk).

The promotion of fair play and sport ethics is not limited to athletes and students only. All sports enthusiasts are our promotion targets as well. HKADC has produced a series of six posters to deliver the important messages of clean sport and anti-doping through vivid graphics and titles. The posters will be distributed to all secondary schools, youth centres, sports associations, and sports venues for display.

By nurturing the correct sports values for the youth through different channels, HKADC is committed to preserving a drug-free culture for our sports community.

重要日期 Important Dates

2015年9月30日

藥檢名單的運動員遞交2015年度第四季行蹤資料的最後限期

30 September 2015

Year 2015 Q4 whereabouts submission deadline for testing pool athletes

委員會 The Committee

主席 Chairman

傅浩堅教授 MH, JP
Prof. Frank FU, MH, JP

成員 Members

王敏超先生 JP
Mr. Ronnie M. C. WONG, JP
霍啟剛先生
Mr. Kenneth K. K. FOK
伍靜國先生 SBS, JP
Mr. NG Ching Kwok, SBS, JP
謝德富醫生 BBS, JP
Dr. TSE Tak Fu, BBS, JP
楊世模博士
Dr. Simon YEUNG
陳柏灣先生
Mr. CHAN Pak Wan

藥檢用具大檢閱 (完)

Testing Kits on Parade (Finale)



(圖1) 尿液比重測量儀器
(Fig.1) Refractometer

運動員為求盡快提供90毫升或以上尿液以完成藥檢，因而會在等候期間飲用大量清水，但此舉往往反而令藥檢時間變得更長，為什麼呢？因為如果尿液樣本的比重 (Specific Gravity) 或俗稱「濃度」太低而不符合標準，運動員須要再一次提供樣本。大家可能好奇如何能即場揭曉樣本的濃度結果，其實有賴「藥檢用具大檢閱」系列壓軸出場的「尿液比重測量儀器」。

Some athletes consume a lot of water during the waiting period, trying to provide 90ml or more of urine sample to complete the doping test as soon as possible. However this could be the other way round and make the test last even longer. Why? This is because the athlete will be required to provide an additional sample if the Specific Gravity or concentration of the first urine sample is too low. You may wonder how the sample concentration could be known immediately on spot. It all relies on the "Refractometer", the last testing kit on parade.

尿液比重測量儀器 (圖1)

在尿液樣本已倒進A、B瓶及瓶蓋完全扭緊鎖上後，運動禁藥管制主任會抽取剩餘在集尿杯內的少量樣本(圖2)，然後使用測量儀器量度樣本的比重是否適合化驗(圖3)。根據「國際藥物檢測及調查標準」International Standard for Testing and Investigations (ISTI)，測量儀器顯示的樣本比重讀數必須達到1.005或以上方為合適(圖4)，否則運動員須要再次提供樣本。

⚠️ 注意事項：

- 量度樣本比重只會在A、B瓶蓋完全扭緊後進行，因此整個量度過程並不會影響A、B瓶內的樣本。
- 如使用尿液試紙量度(圖5)，樣本比重須達到1.010或以上。

Refractometer (Fig.1)

Once the urine sample has been stored in the A & B bottles and secured, the Doping Control Officer will take a tiny bit of residual sample from the collection vessel (Fig.2) and use the refractometer to check if the Specific Gravity of the sample taken is appropriate for analysis. (Fig.3) According to the International Standard for Testing and Investigations (ISTI), the readings of Refractometer must be above 1.005 to meet the requirement. (Fig.4) Otherwise, the athlete has to provide an additional sample.

⚠️ Points to note :

- The samples secured in A & B bottles will not be affected as the test on Specific Gravity will only be carried out after the caps of A & B bottles are locked.
- Specific Gravity has to be over 1.010 if reagent strips are used. (Fig.5)



小知識：

在一般情況下，運動員獲通知接受藥檢後補充不多於一公升水份已經足夠，然後請耐心等待。

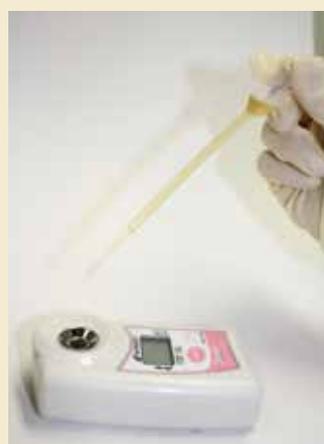


Tips:

Under normal circumstances, athletes should consume no more than 1 litre of water and then wait with patience after being asked to undertake a doping test.



(圖2)
於集尿杯內抽取樣本以量度樣本比重
(Fig.2)
Collecting sample from the collection vessel to test the Specific Gravity



(圖3)
數滴樣本已足夠量度
(Fig.3)
A few drops will suffice



(圖4)
比重讀數必須達到1.005或以上方可
(Fig.4)
Readings must be above 1.005



(圖5)
尿液試紙
(Fig.5)
Reagent strips

模擬個案 Case Study

精英運動員Maria被診斷出身體出了毛病，並由醫生給她處方藥物，Maria檢查後發現原來該藥物是一種賽內禁用物質。

Maria知道自己有機會接受藥檢，而只有「治療用藥豁免」方可讓運動員使用此類禁用物質以作治療用途，所以她馬上自行填寫申請表格並遞交香港運動禁藥委員會辦理申請手續。未等及收到任何回覆，Maria便匆匆起程美國參與世界錦標賽，一心以為自己已被豁免並馬上開始服藥。Maria做得對嗎？

Elite athlete Maria was just diagnosed with a medical condition by her family doctor and prescribed with some medicine which was prohibited in-competition after her checking.

Knowing that she may be drug tested and that a Therapeutic Use Exemption (TUE) is an exemption that allows an athlete to use a prohibited substance for therapeutic purpose, she quickly completed the TUE application form on her own and submitted to HKADC for approval of her medicine use. Without seeking for any feedback/reply on the application, she then immediately flew off to the United States to compete at the World Championships, thinking she was all covered while she started taking the medicine right away. Is Maria right?



**注意！
請切記...**
**Caution!
Please note...**

1. 「治療用藥豁免」申請表格上某些項目**必須**由醫生填寫，不可能由運動員全部自行填寫。
2. 除了「治療用藥豁免」申請表格，運動員亦**必須**向醫生取得相關醫療文件(如：化驗報告及病歷記錄)，連同申請表格一併遞交。
3. 如運動員參與由國際體育聯會所籌辦之賽事，**服藥前**必須先獲批核豁免。豁免申請須於參賽前30天提交，並注意在某些情況下「治療用藥豁免」的審批權屬於國際體育聯會，而並非由香港運動禁藥委員會等本地運動禁藥管制組織處理，運動員須事先查明應該向哪個機構遞交申請。

1. Some sections of the TUE application form **must** be completed by the doctor. The athlete alone could not have completed the application.
2. Other than the TUE application form, the athlete **must** also obtain supporting medical documents (eg, lab reports, medical history reports) from the doctor and submit them together with the application.
3. Athlete competing at an International Federation sanctioned event, an approved TUE is needed **prior** to using any prohibited substance. The TUE application should be made 30 days in advance before participating in a competition. Some instances the International Federation is the granting body for the TUE, not the local anti-doping organization like HKADC. Athlete must check first to whom to submit the TUE application.



運動禁藥教育短片 New Anti-Doping Education Videos

全部出爐! all released!

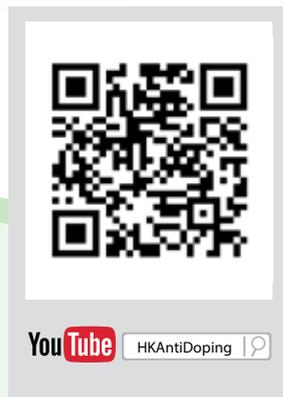
本會於今年製作的新一系列運動禁藥教育短片，已經全部推出！一共五輯的短片以輕鬆手法，向運動員及大眾講解執行藥物檢測的目的、介紹禁用清單及運動禁藥管制規條、以及提交行蹤資料的重要。立即到本會的YouTube 頻道 (<https://www.youtube.com/HKAntiDoping>) 或用手機掃描下方的QR Code，一次過重溫五輯短片！

The new series of anti-doping education videos produced by HKADC this year are all released. Using a causal and lively approach, this series of 5-episode education videos explain to athletes and general public the purpose of doping control, introduce the Prohibited List and Anti-Doping Rules, as well as the importance of whereabouts submission. Go visit our official YouTube channel (<https://www.youtube.com/HKAntiDoping>) or use your smart phone to scan the QR code below to watch all five videos in a roll!

短片主題如下:

Topics of the videos are as follows:-

1. 為何需要執行藥檢?
Why Doping Control?
2. 禁用清單
The Prohibited List
3. 違反運動禁藥管制規條 (1)
Anti-Doping Rule Violations – Part 1
4. 違反運動禁藥管制規條 (2)
Anti-Doping Rule Violations – Part 2
5. 行蹤資料
Whereabouts



YouTube HKAntiDoping



香港運動禁藥委員會的教育宣傳對象包括哪些人士?

Who are the target groups of Hong Kong Anti-Doping Committee's education and promotion programmes?

- | | |
|--|---|
| (a) 運動員及運動支援人員
Athletes and athlete support personnel | (c) 運動愛好者及普羅大眾
Sports enthusiasts and the general public |
| (b) 學生
Students | (d) 以上全部
All of the above |

Answer: (d)