

重要日期  
Important Date

15 JUNE 2022

藥檢名單的運動員遞交  
2022年度第三季  
行蹤資料的截止日期

Year 2022 Q3 whereabouts  
submission deadline for  
testing pool athletes

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運動員行蹤資料檢查站  
Athletes' Whereabouts Checkpoint

檢查你提交的行蹤資料是否集齊以下項目 (請在適當方格內填上「✓」號)  
Check if your submitted whereabouts include all the following items (Please "✓" as appropriate)

☐ 每日的詳細  
過夜住宿地址  
Detailed address of  
daily Overnight  
Accommodation

☐ 每星期最少3日 (06:00 – 23:00)  
訓練/比賽時間表或其他恆常  
活動資料  
Training/Competition schedule  
or other regular activities at least 3  
days per week (06:00 – 23:00)

☐ 只限RTP運動員:  
每日指定60分鐘時段  
(05:00 – 23:00)  
RTP athletes only:  
Daily 60-minute Timeslot  
(05:00 – 23:00)



必須提供詳細地址及準確位置。準確位置的例子:

• 香港體育學院健身室 • 太和體育館一號活動室  
A specific location must be provided in the detailed address. Examples of a specific location:  
• Gym in HKSI • Activity Room 1 in Tai Wo Sports Center



如果提供酒店地址作行蹤, 請謹記在辦理入住手續後補充房號。  
If a hotel address is provided, please remember to add the room number after checking in.



如果需要接受強制檢疫, 必須在行蹤上清楚註明檢疫日子。  
If you are required to undergo compulsory quarantine, please indicate the quarantine period clearly in the entries.



如果你的2019冠狀病毒病檢測結果呈陽性或出現病徵, 請立即通知本會。  
If you are tested positive for COVID-19 or having any symptoms, please inform HKADC immediately.



實用小貼士 Useful Tips



1 於手機 / 電腦日曆設定每季提交行蹤資料截止日的提示  
Set calendar notifications on your mobile phone / computer for the quarterly  
Whereabouts Submission Deadlines

第一季度  
1 – 3月  
Quarter 1  
Jan – Mar

12月15日  
15 December

第二季度  
4 – 6月  
Quarter 2  
Apr – Jun

3月15日  
15 March

第三季度  
7 – 9月  
Quarter 3  
Jul – Sep

6月15日  
15 June

第四季度  
10 – 12月  
Quarter 4  
Oct – Dec

9月15日  
15 September

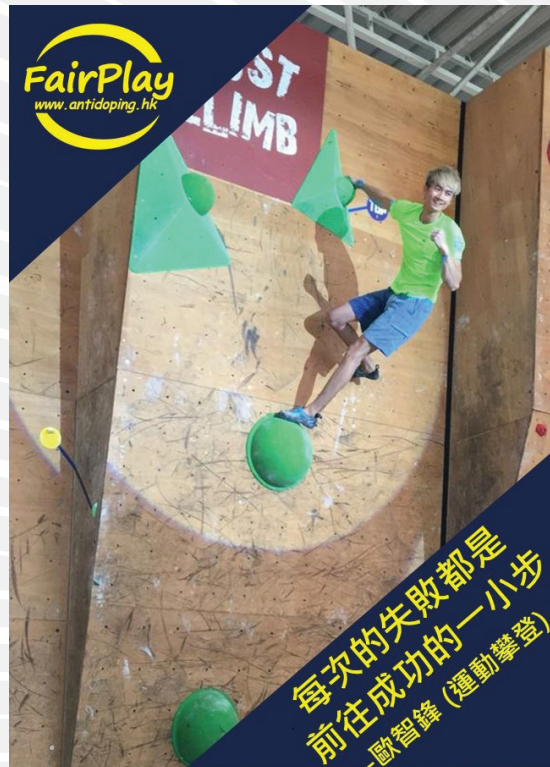


2 將登入的雙重認證方法設定為「一次性密碼」(TOTP), 以避免於  
海外因為收不到手機短訊而無法登入ADAMS  
Set up the Two-Factor Authentication Method with TOTP in order to log into  
ADAMS, as you may not receive the TOTP SMS when travelling overseas



每當知道行蹤有變, 必須立即登入ADAMS / Athlete Central更新資料!  
Updates must be made in ADAMS / Athlete Central as soon as any changes arise!





# 回顧香港運動員於“Fairplay Friday”的分享

Look back on Hong Kong athletes' sharing on “Fairplay Friday”

Like us on Facebook



Hong Kong Anti-Doping Committee



#HKAntidoping

#香港運動禁藥委員會

#FairPlayFriday







# 運動禁藥管制教室

## Anti-Doping in Every Classroom

香港運動禁藥委員會一直致力為香港締造一個無運動禁藥的比賽環境，並積極將運動禁藥管制知識、公平競賽及體育精神的價值帶入校園，從而向青少年灌輸正確的體育道德、培養正直的品德及行為。



運動禁藥教育講座一直深受各學校的歡迎，故本會在提供面授講座的同時，亦可安排網上講座，務求以不同的方式讓學生們擴闊自己的知識領域，並將體育精神的價值融入日常生活當中。本會歡迎學校填寫以下申請表為各級同學及運動代表隊安排講座。

中學運動禁藥教育講座申請表：  
<https://tinyurl.com/4unatft2>



Hong Kong Anti-Doping Committee (HKADC) is committed to preserve a doping-free environment for fair play in sport in Hong Kong. We also believe that early introduction of anti-doping, fair play and spirit of sport values in schools will help to instill the correct sports ethics in the youths so as to nurture good character and conduct.

The anti-doping education talks have been well-received by teachers and students. Therefore, HKADC will continue to organize face-to-face session, as well as online session aims at broadening students' horizons in different formats, and helping them to learn how to apply the spirit of sport values in daily life.

All schools are cordially invited to arrange an anti-doping education talk for your students and sports teams by filling out the below application form.



Anti-Doping Education Talks Application Form:  
<https://tinyurl.com/4vwzdhde>



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

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Hong Kong Anti-Doping Committee

HKAntiDoping