



## 2025年度DCO覆核考試及年度培訓 2025 DCO Recertification Exam & Annual Training

運動禁藥檢測是有效防止使用運動禁藥的阻嚇手段。因此，確保運動禁藥管制主任(DCO)的藥檢執行符合國際標準，並熟悉最新的藥檢程序是非常重要的。

本機構的DCO於2025年3月參加了2025年度的覆核考試及年度培訓，以獲取2025至2026年的專業資格認證。培訓內容包括DCO的表現回顧、藥檢程序的提醒和收集樣本工具的更新等。所有參加培訓的DCO均順利通過考試並獲得認證。

本機構亦藉此機會向服務超過15年的DCO頒發長期服務證書，以感謝他們的支持和付出。

Doping tests are robust and effective deterrents against doping. Therefore, it is important to ensure the Doping Control Officers' (DCO) implementation is in compliance with the International Standards and they are familiar with the latest doping control procedures.

In March 2025, ADOHK DCOs participated in the 2025 DCO Recertification Exam & Annual Training to secure their accreditation status for 2025 – 2026. The training included the review and discussion of DCO's performance, reminders and updates on doping control procedures and equipment. All attending DCOs successfully passed the examination and were recertified.

ADOHK also seized this opportunity to express gratitude to the dedicated DCOs who have served the organization for 15 years, by presenting the certificate of appreciation.

### 長期服務獎 Long service award



多謝你們的支持和付出！  
Thank you for your dedication!



我們專業的DCO聚首一堂！  
A house filled with dedicated and skilled DCOs!



中國香港運動禁藥管制機構 ANTI-DOPING ORGANIZATION OF HONG KONG, CHINA

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中國香港運動禁藥管制機構  
ANTI-DOPING ORGANIZATION OF HONG KONG, CHINA

2025/6月JUNE  
通訊NEWSLETTER

# TRUESELF

### 重要日期 IMPORTANT DATE

15 JUNE 2025

藥檢名單的運動員遞交2025年度第三季行蹤資料的截止日期  
Year 2025 Q3 whereabouts submission deadline for testing pool athletes

### 董事局成員 BOARD OF DIRECTORS

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第十五屆全國運動會(十五運會)及  
全國第十二屆殘疾人運動會暨  
第九屆特殊奧林匹克運動會(殘特奧會) -

**ADEL 網上教育課程**  
Online Education Course

for The 15<sup>th</sup> National Games (NG) and The 12<sup>th</sup> National Games for Persons with Disabilities (NGD) & The 9<sup>th</sup> National Special Olympic Games (NSOG)



十五運會及殘特奧會的競賽及群眾項目已於早前陸續展開。為符合賽事的運動禁藥管制措施，運動員及教練於參加比賽前，需根據賽事的要求完成指定的ADEL網上教育課程，並取得有關證書方可參賽。

The competition events and mass participation events for the NG and NGD & NSOG have recently begun. To comply with the anti-doping rules and regulations for the events, athletes and coaches must complete the designated ADEL online education course and obtain the relevant certificate before participating in the competition.



優秀運動員參加大型賽事 (繁體中文)  
Talented athletes competing at major events (English)



ADEL高水平教練教育計劃 (繁體中文)  
Coaches of High Performance Education Program (English)

|                | 十五運會及殘運會<br>(競賽項目)<br>NG and NGD<br>(Competition event) | 十五運會及殘運會<br>(群眾項目)<br>NG and NGD<br>(Mass participation event)  | 特奧會 NSOG           |
|----------------|---|---|--------------------|
| 運動員<br>Athlete | 必須<br>Compulsory  | 建議<br>Recommended<br><br>*獲得決賽資格的運動員必須於決賽階段前完成課程<br>Athletes qualify for the final stage are compulsory to complete the course before the final stage | 不需要<br>Unnecessary |
| 教練<br>Coach    | 必須<br>Compulsory  | 建議<br>Recommended   | 不需要<br>Unnecessary |

ADEL網址 Website: <http://adel.wada-ama.org/>





# 下載及提交ADEL證書 Download and Submit ADEL Certificate



運動員及教練完成相關課程後，需下載電子證書及於截止日期前交予所屬的體育總會作紀錄，證書的有效日期必須由2025年1月1日開始。

After completing the relevant course, athletes and coaches need to download the electronic certificate and submit it to their respective national sports associations before the deadline for record-keeping. The certificate is valid starting from 1 January 2025.



確保姓名與身份證明文件相符  
Ensure that the name matches your identification documents



確保證書的發出日期為2025年1月1日或之後  
Make sure that the date of issue of the certificate is on or after 1 January 2025



確保課程符合其身份(運動員/教練)  
Ensure that the course is appropriate for your identity (Athlete/ Coach)

## 證書要求及豁免 Certificate requirement and exemption:

如運動員早前因參加2024年巴黎奧運會、2024年巴黎殘奧會或2025年哈爾濱亞洲冬季運動會而完成“2024年巴黎奧運會ADEL課程”、“2024年巴黎殘奧會ADEL課程”或“ADEL國際級運動員教育計劃”，及可提供相關證書作證明，則無需完成“優秀運動員參加大型賽事”課程。

For athletes who participated in the 2024 Paris Olympic Games, 2024 Paris Paralympic Games or the Harbin 2025 Asian Winter Games and completed the course “ADEL for Paris 2024 Olympics”, “ADEL for Paris 2024 Paralympic Games” or “International-Level Athlete's Education Program” respectively, they are not required to complete the "Talented athletes competing at major events" course if they can provide the relevant certificate as proof.

| 賽事 Event  | 課程 Course  |   |
|---|--|---|
| 2024巴黎奧運會<br>2024 Paris Olympic Games             | 2024年巴黎奧運會ADEL課程<br>ADEL for Paris 2024 Olympics                 |  |
| 2024巴黎殘奧會<br>2024 Paris Paralympic Games          | 2024年巴黎殘奧會ADEL課程<br>ADEL for Paris 2024 Paralympic Games         |  |
| 2025年哈爾濱亞洲冬季運動會<br>Harbin 2025 Asian Winter Games | ADEL國際級運動員教育計劃<br>International-Level Athletes Education Program |  |



# 2025年iNADO工作坊與WADA周年會議概覽 A Snapshot of 2025 iNADO Workshop & WADA Symposium

2025年地區運動禁藥管制組織協會(iNADO)工作坊及WADA周年會議於瑞士洛桑舉行(3月17至19日)

The 2025 Institute of Anti-Doping Organizations (iNADO) Workshop and WADA Annual Symposium in Lausanne, Switzerland (17-19 March)



魏詩衡小姐(助理經理 (聯絡)) (中)代表本機構出席工作坊及會議  
Ms. Mina NGAI, Assistant Manager (Liaison) [middle] represented ADOHK in both workshop & symposium

## iNADO工作坊 iNADO Workshop

### 議題 Topic

應用創新科技於運動禁藥管制、提高國際間的合作與有效實踐策略  
Innovation in Anti-Doping, Collaboration Across Borders & Effective Strategies and Practices



## WADA周年會議 WADA Symposium

WADA主席Witold Bańka先生致辭時強調會議的目標：建立組織間的深遠聯繫，推動打擊運動禁藥管制的使命。

Mr. Witold Bańka, WADA President, gave speech on the aim of the symposium – Fostering meaningful connections and advancing the shared mission in anti-doping.



### 議題 Topic

提升運動員的參與、為運動禁藥管制面臨的挑戰提出創新方案

Amplifying the Athlete Voice, Generating New Ideas towards Key Challenges in Anti-Doping

籌備2027年法規及探討運動禁藥污染問題  
Preparation of the 2027 Code & Issue of contamination in Anti-Doping