



# TRUESELF

## 重要日期 IMPORTANT DATE

15 MARCH 2025

藥檢名單的運動員遞交2025年度第二季行蹤資料的截止日期

Year 2025 Q2 whereabouts submission deadline for testing pool athletes

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## 深化運動禁藥管制國際交流， Strengthening Collaboration and 港韓共商純潔體育 Insight Exchange in Anti-Doping Efforts



韓國運動禁藥管制機構 (KADA) 代表團首次造訪中國香港運動禁藥管制機構 (ADOHK)，本機構主席傅浩堅教授及董事局成員容樹恒教授對代表團到訪表示熱烈歡迎。雙方不僅在運動禁藥管制工作上的國際合作邁出新步伐，亦就共同關心的運動禁藥管制議題進行了深入交流與探討，為純潔體育的發展注入動力。

與會期間，ADOHK與KADA的代表們就各自在運動禁藥管制領域的實踐經驗、挑戰以及未來發展方向進行了坦誠而深入的交流。雙方共同分享了從樣本採集到分析的流程經驗，探討了如何進一步提升運動禁藥管制工作的效率和準確性。

與此同時ADOHK亦為KADA介紹由國家體育總局主辦，即將在11月舉行四年一度的中華人民共和國運動會（全運會）。全運會是國家水平最高、規模最大的全國性大型綜合運動會。ADOHK亦會在第十五屆全運會香港賽區提供專業、高效的運動禁藥管制服務（包括教育及檢測部分），務必為全運會打造一個純潔體育的環境。

此次港韓運動禁藥管制機構的成功交流，不僅為雙方在運動禁藥管制領域的合作開闢了新篇章，並共同推動全球運動禁藥管制的發展。我們期待未來通過更多國際合作與經驗共享，進一步完善運動禁藥管制實踐的承諾。

For the first time, Korea Anti-Doping Agency (KADA) representatives visited Anti-Doping Organization of Hong Kong, China (ADOHK) in December 2024 marking a significant step in fostering international collaboration. Professor Frank FU, Chairperson of ADOHK and Professor Patrick YUNG, Board of Director warmly welcomed the delegation, setting the tone for meaningful discussions and insight exchange.

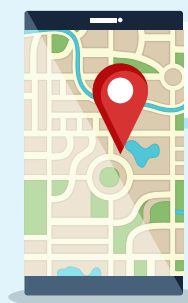
The initiative focused on building mutual understanding of the roles, history, and activities of ADOHK and KADA. Discussions included ADOHK's doping control procedures, from sample collection to analysis, compared with KADA's practices to identify shared strengths and best practices.

ADOHK also shared with KADA its efforts on supporting National Games of the People's Republic of China (NG) which organized by General Administration of Sport of China once every four years. NG is the country's highest-level and largest national multi-sports event. ADOHK would prioritize the delivery of professional anti-doping services (in both Education & Testing sectors) to ensure clean sports at the 15th NG.

Through international networking programs and further highlighted the commitment to refining anti-doping practices, this milestone visit underscores the power of collaboration in advancing global anti-doping practices and fostering clean sports worldwide.







# 提交行蹤資料

## Whereabouts Submission

### 體院新設施大樓訓練場地

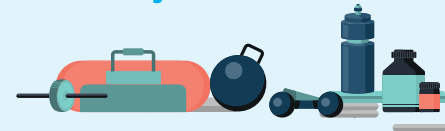
#### Training Location in New Facilities Building of HKSI

香港體育學院（體院）新設施大樓現已啟用。運動員填寫行蹤資料時，必須填寫訓練場地的確實地點，例如體育學院L1 Gym或L2體能訓練室，讓行蹤資料更為準確。

The New Facilities Building in Hong Kong Sports Institute (HKSI) is now officially open. Athletes filling out their whereabouts information should specify the exact locations of their training venues, such as the L1 Gym or the L2 Functional Training Room at the HKSI. This will enhance the accuracy of their whereabouts data.



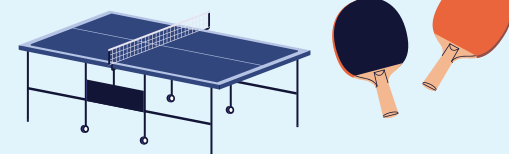
#### L1 體能訓練室 L1 Gym



#### 空手道館 Karatedo Hall



#### 乒乓球館 Table Tennis Hall



## 如何在ADAMS填寫準確訓練位置？

### How to fill in precise Training Location in ADAMS?

根據行蹤資料要求，運動員須提交準確的訓練地點，以便運動禁藥管制組織執行相關管制工作。

Athletes are required to submit precise training locations as part of their whereabouts information to facilitate the Anti-Doping Organizations' regulatory anti-doping activities.

列出訓練地點的地址 List the address of the training venue

列出準確的訓練位置（如樓層、場地等） Provide specific details about the training locations (such as floor number, room...etc.)

Label	香港體育學院田徑場	
Address	沙田源禾路25號 香港 CHINA	
More information		
Building		Room
Category	Regular activities	
Start Date	06-Jan-2025	
Recurrence	Weekly on Monday, Wednesday, Saturday	
End Date	31-Mar-2025	
Start Time	10:00	
End Time	11:00	

填寫清楚體院的訓練地點  
Input the exact training location of HKSI



Label	HKSI		
Address	Hong Kong Sports Institute ... NT HONG KONG		
More information			
Building		Floor	Room
Category	Regular activities		
Start Date	03-Jan-2025		
Recurrence	Weekly on Wednesday, Friday, Saturday		
End Date	29-Mar-2025		
Start Time	06:00		
End Time	07:00		

沒有提供確實訓練地點  
Missing exact training location



## 運動禁藥管制小貼士 — 教練篇

### Tips for Coaches in Doping Control

運動禁藥管制中，除了運動員，教練亦擔任相當重要的角色！教練適當的協助可以幫助運動禁藥管制主任更有效地執行藥檢工作。下列的小貼士有助教練於日常生活及藥檢程序中，提供適當的協助和支援。

Coaches play a crucial role in supporting athletes during doping control. By providing proper guidance, they can help the Doping Control Officers (DCO) carry out doping test effectively. Here are some essential tips for coaches during sample collection procedures and in their day-to-day routines.

#### 藥檢程序中：

##### During sample collection procedures:

Peter Chan	✓
Mary Lee	✗
Sam Lam	✓



1 當運動禁藥管制主任到場做藥檢時，教練可主動提供當日出席訓練的運動員名單或向運動禁藥管制主任逐一介紹在場的運動員。

When the DCO arrives to conduct the test, coaches can assist by providing a list of athletes present at the training session or by personally introducing each athlete to the DCO, ensuring a smooth and efficient process.

⚠ DCO 不得向教練披露受邀進行藥檢的運動員姓名

⚠ DCO are prohibited from disclosing the names of selected athletes to coaches

2 藥檢過程中，如運動員要求一位運動員代表陪同，教練可作為運動員代表陪同運動員完成檢測程序。

During the sample collection procedures, if athletes request an athlete representative, the coach could serve as the athlete representative to accompany them through the testing procedures.

⚠ 如運動員未滿18歲，必須由一位成年人陪同完成整個藥檢過程

⚠ Athletes below 18 years old must be accompanied by an adult during the entire sample collection procedures.



#### 日常生活中：

##### In their day-to-day routines:

1 當訓練時間有改動或已確定往外地集訓/比賽的日子，可盡早通知運動員，並同時提醒運動員即時更新行蹤資料。

When coaches send out any revised training schedule or confirmed overseas training/competition, they can also remind athletes to update their whereabouts immediately.

2 教練可提醒運動員服用任何藥物前，應參閱年度禁用清單、使用DrugInSport (DIS)、GlobalDRO或向醫療人員查詢，確保藥物沒有禁用物質。

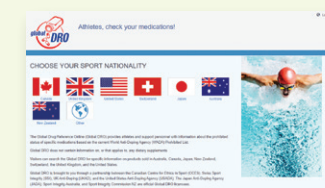
Coaches can remind athletes to review the Prohibited List, use resources like DrugInSport or GlobalDRO, or consult medical professionals before taking any medications to ensure they do not contain prohibited substances.



禁用清單  
Prohibited List



DIS:  
<https://www.druginsport.hk/>



GlobalDRO:  
<https://www.globaldro.com>



3 定期安排運動禁藥管制講座予運動員  
Arrange anti-doping talks for athletes regularly



4 教練應鼓勵運動員保持正面的價值觀及了解最新的禁藥管制資訊  
Coaches should inspire athletes to uphold anti-doping values and stay informed on the latest information





# 亞洲及大洋洲國際運動禁藥管制研討會

## International Anti-Doping Seminar in Asia & Oceania 2024



**日期** : 2024年12月10至11日  
**Date** : 10 — 11 December 2024



**地點** : 日本東京  
**Venue** : Tokyo, Japan



**主辦單位** : 世界運動禁藥管制機構(WADA)及日本運動禁藥管制組織(JADA)協辦  
**Organizer** : Japan Anti-Doping Agency (JADA) in partnership with the World Anti-Doping Agency (WADA)



**本機構代表** : 杜文懿小姐 (副經理 (檢測))  
**ADOHK Representative** : Ms. Michelle TAO (Deputy Manager (Testing))

### 主題 Theme :

提升純潔體育社群能力：分享實用見解與促進合作關係  
Empowering the Clean Sport Community: Sharing Practical Insights and Fostering Collaboration

### 重點 Focus :

提升運動禁藥管制的實踐，並促進亞洲及大洋洲區內運動禁藥管制組織之間的合作  
To enhance anti-doping practices and foster collaboration among clean sport practitioners in Asia and Oceania

### 研討會亮點 Seminar Highlights :



介紹WADA戰略計劃 (2025-2029)  
Introduction of WADA Strategic Plan (2025-2029)



2027年世界運動禁藥法規及國際標準的更新  
2027 World Anti-Doping Code & International Standards Updates



實施有效運動禁藥管制計劃的關鍵策略與做法  
Key Strategies and Practices for Implementing an Effective Anti-Doping Programme



藥物檢測與教育之間的協同效應  
Synergies between Testing and Education



專注於以運動員為中心的方法的專題訪談  
Panel Interview focusing on Athlete-centered Approach

超過100名來自30多個國家及地區的參加者出席此次研討會。  
More than 100 participants from over 30 countries and regions attended the seminar.

### 研討會後感 Reflection :

這次研討會成功促進了各運動禁藥管制持分者之間的知識分享，強調合作和運動員的積極參與是讓運動禁藥管制措施成功的關鍵部分。同時亦為將會在2027年實施的新法規和國際標準的倡議奠定了建設性的基礎。

The seminar successfully facilitated knowledge sharing among various stakeholders in the anti-doping community, emphasizing collaboration and athlete engagement as critical components for effective anti-doping measures. It also set a constructive tone for future initiatives leading up to the implementation of the new Code and International Standards in 2027.



工作人員實時用圖像形式紀錄專題訪談內容的重點。  
The staff recorded the key points of the Panel Interview in real-time using visual formats.



Michelle受邀向所有參加者分享在香港執行的藥物檢測計劃。  
Michelle was invited to share the Testing Programme implemented in Hong Kong with all the participants.



與來自哈薩克斯坦、馬來西亞和菲律賓的代表進行小組討論。  
Small group discussion with representatives from Kazakhstan, Malaysia and the Philippines.

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

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