



TRUESELF

重要日期 IMPORTANT DATE

15 SEPTEMBER 2025

藥檢名單的運動員遞交2025年度第四季行蹤資料的截止日期
Year 2025 Q4 whereabouts submission deadline for testing pool athletes

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醒目用好ADAMS，提交行蹤資料無煩惱！ Use ADAMS Smartly, Submit Whereabouts with Confidence!

近期比賽密集，運動員四出征戰，更要記得準時、準確地透過ADAMS提交行蹤資料。以下有些貼士，助你簡單掌握要點，避免失誤！

With competitions happening all around the world, it's more important than ever to submit your whereabouts accurately and on time through ADAMS. Here are some tips to help you stay compliant and protect your clean athlete status!

TIPS

每季準時提交！
Submit on Time – Every Quarter!

* 沒有準時提交會被記錄為「匯報失誤」/「違反行蹤資料要求」
Late submission = Filing Failure / Whereabouts Non-compliance



在手機或電腦日曆中設定自動提醒，確保按時完成提交。
Set automatic reminders in your mobile phone or computer calendar to ensure timely submission.

填寫的資料必須與實際行程相符。
The information must reflect where you actually are.



需提供包括門牌號碼、大廈名稱、單位號碼的詳細地址。
Provide a detailed address including street number, name of the building, and unit.

每當行蹤有變（如行程調整、地址更改等），須立即透過ADAMS或Athlete Central 手機應用程式更新信息，確保資料始終準確完整。
If your whereabouts change (e.g., adjusted itinerary, address modification), update the information immediately via ADAMS or Athlete Central mobile app to ensure data remains accurate and complete.



熟練使用ADAMS及Athlete Central的快捷更新功能，減少操作失誤。
Familiarize yourself with the quick update functions in ADAMS and Athlete Central to reduce operational errors.

尤其在海外訓練時，運動員應提供在當地的聯絡電話號碼（不包括WhatsApp），藥檢人員有機會以電話聯絡運動員確認運動員是否身處在該地點。
Athletes are required to provide a local contact phone number especially when they are training overseas (excluding WhatsApp), as doping control personnel may contact them via phone to verify their presence at the designated location.



可補充額外信息輔助定位，以便DCOs快速找到目標地點。
Add supplementary information to assist with location tracking to help Doping Control Officers (DCOs) locate you quickly.

在入住的處所（如：住宅、酒店）或使用訓練設施時，提前告知前臺或保安人員允許DCOs進入相關區域。
When staying at a premises (e.g. residential property, hotel) or using training facilities, inform the reception or security staff in advance to allow DCOs access to relevant areas.



* 運動員責任：對個人行蹤資料的完整性、準確性及即時更新負全部責任。
Athlete responsibility: You are fully accountable for the completeness, accuracy, and real-time updates of your whereabouts information.

可掃此碼了解更詳盡的行蹤資料要求
Please scan this QR code for detailed requirements on Whereabouts Submission



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(十二殘運會) 運動禁藥管制規條摘要及小貼士

Highlights of the Anti-Doping Rules and Tips for The 15th National Games (15th NG) and The 12th National Games for Persons with Disabilities (12th NGD)

為實踐「拿乾淨金牌」的理念，運動禁藥管制規條的實施對十五運會及十二殘運會尤其重要。中國香港運動禁藥管制機構(ADOHK)為運動員準備了一些有關運動會的摘要及小貼士作參考之用：

To implement the concept of "Win Clean Medals", the enforcement of anti-doping rules is very important for the 15th NG and the 12th NGD. Anti-Doping Organization of Hong Kong, China (ADOHK) gathered and summarized some tips for athletes:

ADEL 網上教育課程 ADEL Online Education Course

- 運動員必須於比賽開始前完成「優秀運動員參加大型賽事」課程，並提交證書至所屬體育總會。
Athletes must complete the "Talented athletes competing at major events" course and submit the certificate to their respective national sports associations before the start of the competition.
- 確保證書上的姓名與身份證明文件相符。
Ensure that the name on certificate matches your identification documents.
- 證書的發出日期需為2025年1月1日或以後。
The date of issue of the certificate has to be on or after 1 January 2025.



賽事的藥物檢測 Testing during the Games

- 運動員會被要求提供尿液樣本及/或血液樣本或乾血點樣本。
Athletes will be asked to provide urine sample and/ or blood sample or dried blood spot sample.

賽內檢測 In-Competition

由運動員被編排參加比賽的之前一天晚上 11:59起，直至完成該比賽及與該比賽相關之樣本收集程序結束。(馬術及網球有不同定義)
The period commencing at 11:59p.m. on the day 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. (Alternative definition for Equestrian and Tennis)

賽外檢測 Out-of-Competition

任何不屬於「賽內」的期間。
Any doping control which is not "In-Competition".

治療用藥豁免 (TUE) Therapeutic Use Exemption (TUE)

競賽項目 Competition events

- 若運動員需要使用禁用物質或方法作治療用途，請於用藥前向 ADOHK 提交TUE申請表格。
If athletes need to use prohibited substance or method for treatment, submit the TUE application form to ADOHK before use.
- 如運動員需申請補辦TUE，請向ADOHK提交申請表格。
If athletes need to apply for a retroactive TUE, submit the application form to ADOHK.

電郵
E-mail: tue@antidoping.hk



TUE 申請表格
TUE Application form

群眾及大眾項目 Mass participation event

- 運動員不需於比賽前預先申請TUE，如正在使用禁用物質或方法作治療用途，請於接受藥檢後盡快向ADOHK申請補辦TUE。
Do not need to apply for TUE in advance before the competition. If an athlete is using prohibited substance or method for treatment, apply for retroactive TUE as soon as possible after the doping test.

運動員接受藥檢後24小時內須向中國反興奮劑中心 (tue@chinada.cn) 提交已獲批准及有效的TUE證明文件。
Athletes need to provide the approved and valid TUE document to CHINADA (tue@chinada.cn) within 24 hours after the doping test.



檢查藥物禁用狀況的工具 Tools for verifying the prohibition status of medication



2025年度禁用清單
The 2025 Prohibited List



運動禁藥資料庫
DrugInSport (DIS)



The Global Drug Reference Online
(Global DRO)



運動員安全用藥查詢系統
Athletes Medication Query System

了解運動禁藥管制規條及為藥檢做好準備 Familiarize with Anti-Doping Rule Violations (ADRVs) and Prepare for the Doping Test



11條運動禁藥管制規條
11 ADRVs



尿液檢測程序
Urine Testing



血液檢測程序及樣本收集
Blood Testing & Sample Collection

反興奮劑教育拓展站 Anti-Doping Education Booth

- 內地、澳門及香港的酒店或比賽場地均設有反興奮劑教育拓展站。
Anti-doping education booths will be set up at hotels or competition venues in Mainland China, Macau and Hong Kong.
- 賽期內有任何有關運動禁藥管制疑問，歡迎於開放時間到反興奮劑教育拓展站查詢及獲取相關資訊。
Welcome to visit the education booth if you have any questions regarding doping control, you can go to the education booths in opening hours for inquiries and relevant information.
- 拓展站設有小遊戲，完成小遊戲後可獲得限量版紀念品！
Welcome to the education booth and take part in the mini-games. Special souvenirs will be given out to those complete the games!



為十五運會和十二殘運會作全方位準備

Multi-Faceted Preparations for The 15th NG & The 12th NGD



24
JUN

廣州天河Tianhe, Guangzhou

醫源性、藥源性興奮劑風險防控培訓

Training on Risk Preparation from Medical Administration

中國反興奮劑中心派員向賽區各單位代表講解如何透過醫源性及藥源性的方法，來避免運動員誤服運動禁藥。

Representatives from CHINADA explained to participants from Guangdong, Macau and Hong Kong on how to prevent athletes from inadvertent doping in the aspect of pharmaceutical products.

3
JUL

深圳龍崗Longgang, Shenzhen

反興奮劑教育拓展工作會議及交流

Anti-doping Education Exchange and Sharing

廣東賽區代表向中國反興奮劑中心及港澳賽區代表介紹反興奮劑教育拓展工作情況及分享實施經驗。

Representatives from Guangdong provided an overview of the progress in anti-doping education booth and shared their implementation experiences with the representatives from CHINADA, Macau and Hong Kong.



12
JUL

26
JUL

27
JUL

香港專業進修學校(港專) Hong Kong College of Technology



反興奮劑義工培訓

Volunteers' Training

ADOHK舉辦義工培訓工作坊，旨在培訓義工支援十五運會和十二殘運會運動禁藥管制的工作。透過工作坊，義工認識及了解運動禁藥管制的國際標準，以便稍後協助ADOHK執行教育及檢測的工作。是次工作坊成功培訓超過440名義工。

The training was conducted by ADOHK to prepare volunteers to support anti-doping tasks in both Education and Testing operations for the 15th NG and the 12th NGD while ensuring compliance with the International Standards. Over 440 volunteers were trained.