



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

TRUESELF

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重要日期 Important Dates

30 September 2017

藥檢名單的運動員遞交2017年度第四季行蹤資料的最後限期

Year 2017 Q4 whereabouts submission deadline for testing pool athletes

委員會 The Committee

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校園教育講座 提高學生的 公平競賽意識



Education Talks for Secondary Schools Raising awareness of fair play among students

香港運動禁藥委員會自2015年開始推出特別為中學生而設的運動禁藥管制講座，致力在校園內推廣公平競賽訊息及宣揚體育精神的價值。在2016/2017學年，本會安排了18個校園講座，共有超過3,000名學生參與。

鑑於校園教育講座反應熱烈，本會將於2017/2018學年繼續為所有中學生（包括低年級、高年級及運動代表隊等）舉辦講座。講座內容包括：

- 體育精神和公平競賽
- 體育精神在日常生活中的應用
- 運動禁藥管制介紹
- 服用運動禁藥對健康的影響及後果

本會相信盡早將運動禁藥管制知識及公平競賽的概念融入校園，有助向年青人灌輸運動以外的正確價值，並能培養正直的品德及行為，為年青人在校園內外締造一個無運動禁藥的健康公平競賽環境。學校如有興趣安排講座，歡迎向本會查詢有關詳情。

The Hong Kong Anti-Doping Committee (HKADC) has been promoting the message of fair play and the spirit of sport to students through our tailor-made anti-doping education talks to secondary schools since 2015. In the school year 2016/2017, HKADC conducted 18 school talks for over 3,000 students.

In view of the overwhelming response, HKADC will continue to organize the programme in the coming school year 2017/2018 for all secondary school students (lower form, upper form, sport teams, etc.). Topics of the talk include:

- Spirit of Sport & Fair Play
- Application of spirit of sport in daily life
- Introduction of Doping Control
- Health Risks of Doping & its Consequences

We believe that early introduction of anti-doping and fair play in schools can instill values beyond sport to youths and foster their positive behaviors. Anyone who are interested, please contact HKADC for details.



齊來支持公平競賽
運動禁藥人人愛
Support Fair Play
Compete Clean Everyday



血的疑惑 (I) The My

解開血液檢測的謎團

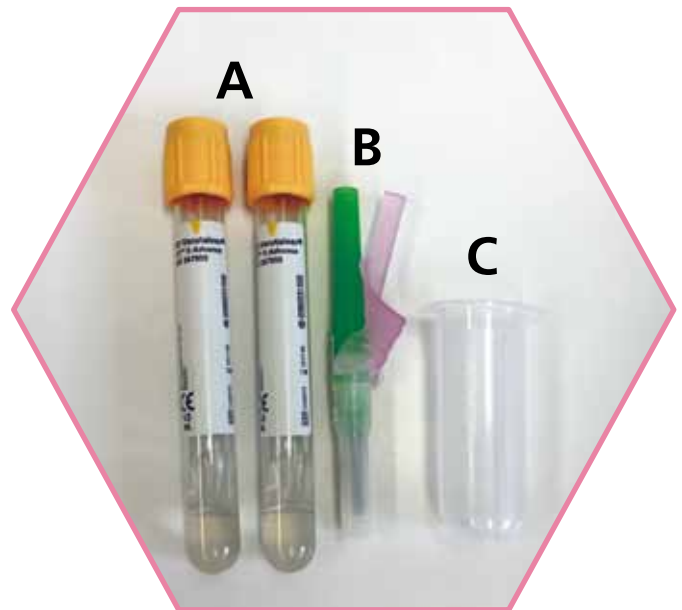
在世界運動禁藥機構(WADA)的積極推動下，血液檢測已成為打擊運動禁藥不可或缺的一環。作為運動員或運動支援人員，你對血液檢測的認識又是否足夠呢？

今期就由認識血液檢測用具開始，讓大家了解血液檢測程序多一點。首先登場的是「真空採血套裝」Vacutainer®。

Driven by the World Anti-Doping Agency (WADA), blood testing is becoming a more and more important tool in the fight against doping. As an athlete or an athlete support personnel, how much do you know about blood testing?

Let's learn more about the blood sample collection procedures, starting from the blood sample collection equipment. Here is the first one, the Vacutainer® Package.

名稱 Name	用途 Usage
A. 真空採血試管 Vacutainer® tubes	收集兩支各 5 毫升 (共 10 毫升) 血液樣本 To collect two tubes of 5ml (total 10ml) blood sample
B. 無菌針 Sterile needle	在手前臂以靜脈穿刺方式抽血 To draw blood from the arm through venipuncture
C. 試管架 Tube holder	組合真空採血試管及無菌針 To connect the Vacutainer® tube and sterile needle



「真空採血套裝」Vacutainer®
Vacutainer® Package

注意事項 Points to note

- 運動員在提供血液樣本前須以雙腳著地的姿勢安坐最少 10 分鐘 (圖 1)
Athlete has to remain seated for at least 10 minutes before undergoing venipuncture (Figure 1)
- 每次檢測最多只會嘗試 3 次以抽取足夠血液樣本 (圖 2)
The blood collection procedure will only be repeated up to a maximum of 3 attempts in total to collect sufficient blood (Figure 2)
- 10 毫升的血液大約為 2 茶匙份量
10ml of blood is about 2 teaspoons



圖 1 Figure 1

運動員在抽血前必須保持圖中坐姿 10 分鐘
Athlete has to remain seated for at least 10 minutes before undergoing venipuncture

圖 2 Figure 2



BCO 會因應需要而使用「蝴蝶針」(Butterfly Needle) 抽取血液樣本
BCO may use the Butterfly Needle for venipuncture when required

ystery of Blood (1)

Solving the puzzle of blood testing



謎團 Puzzle 1

如果運動員害怕打針抽血，可否選擇提供尿液樣本代替？

If an athlete has a fear of needles and blood, can he/she provide a urine sample instead?

不可以。血液檢測是用來偵測尿液樣本未必檢測到的禁用物質及方法(如生長激素及血液回輸)，所以不能以尿液樣本代替。抽血程序由具備專業抽血資格的「血液採集主任」(Blood Collection Officer)按照指引執行，運動員大可放心(圖3)。

No. Blood testing allows for improved detection of prohibited methods/substances which may not be detected in urine (such as Growth Hormone (GH) and blood transfusions), therefore, it cannot be substituted by urine testing. The blood sample collection procedure is performed by a Blood Collection Officer (BCO), who is a qualified phlebotomist, in accordance with the relevant guidelines so athletes need not to be worried (Figure 3).



圖3 Figure 3

BCO 負責採集血液樣本
BCO is responsible for collecting blood sample from athlete



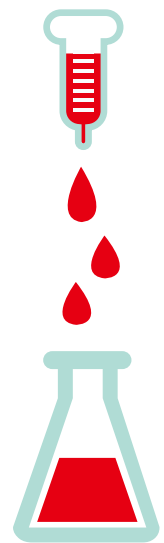
謎團 Puzzle 2

運動員進行取血後，會否影響當日稍後的訓練或比賽的表現？

Will an athlete's performance in training or competition be affected after the blood collection?

由於須抽取的血液量不多，理論上不會影響運動員當日稍後的訓練或比賽。不過，為了減少抽血部位出現瘀青的機會，運動員在檢測後最少30分鐘內，應盡量避免手部進行劇烈運動。

Since the amount of blood needs to be collected is minimal, it will not affect an athlete's performance in training or competition later on. To minimize bruising on the arm, athlete should not undertake any strenuous exercise using the arm where blood is drawn for at least 30 minutes after sample collection.



下期預告 Highlight of next issue

血液樣本會如何冷藏運送到 WADA 認可的實驗室作化驗呢？

How is a blood sample sent to a WADA accredited laboratory for analysis?



第五屆亞洲室內暨武術運動會 運動禁藥管制小知識

Anti-Doping Tips for the 5th Asian Indoor & Martial Arts Games (AIMAG)

提交行蹤資料

- 運動員需要提交每日的行蹤資料，並清楚列明住宿的地址（包括房號）及時間。運動員亦有可能需要提供訓練及比賽的日程。
- 當知道其行蹤有變，運動員須立即更新資料以確保資料準確無誤。



運動員在藥檢過程中的權利

- 在整個藥檢過程中可由一名代表陪同；如運動員未年滿18歲，則**必須**由一名成年人陪同。
- 清楚了解整個藥檢程序。
- 獲提供最少三套集尿杯和樣本收集瓶以作選擇。
- 就樣本收集過程表達意見和提問。



注意事項

- 瀏覽香港運動禁藥委員會的網站，重溫十項運動禁藥管制規條。
- 運動員在使用任何藥物前，應先於「運動禁藥資料庫 DrugInSport」(www.druginsport.hk)或Global Drug Reference Online (www.globaldro.com)查詢有關藥物的禁用狀況。
- 一些傳統的土庫曼食品和飲料有機會含有各種化學成分不明的香草，運動員在阿什哈巴德用餐時需要特別小心。根據「嚴格責任原則」，無論運動員是否故意攝入，都必須為其內體發現的禁用物質負上全部責任。
- 如對藥物的禁用狀況有任何疑問，請立刻聯絡「香港運動禁藥委員會」查詢。



Whereabouts Submission

- Athletes should provide whereabouts information on a daily basis specifying the locations and times where he/she will be residing (including room number). Training and competitions schedules may also be required.
- Athletes shall update the information as necessary so that it is current at all times.



Athlete's Rights during testing

- To have a representative present throughout the entire process; athlete under the age of 18 **MUST** be accompanied by an adult.
- To have the procedures clearly explained.
- To be provided with at least 3 sets of Urine Collection Vessel and Sample Collection Kit for selection.
- To give comments and raise concerns regarding the sample collection process.



Points to note

- Revise the 10 Anti-Doping Rules on HKADC website.
- Check the status of any medicine you are taking or intend to take through DrugInSport (www.druginsport.hk) or Global Drug Reference Online (www.globaldro.com).
- Be cautious when dining in Ashgabat as some traditional Turkmen food and drinks may contain various kinds of herbs with unknown chemical composition. According to the strict liability principle, athlete is responsible for any prohibited substance found in his or her body, no matter if the prohibited substance is used intentionally or not.
- Contact HKADC if in doubt of the prohibition status of any medicine.

「土庫曼」知多點 Do you know?

第五屆亞洲室內暨武術運動會將於2017年9月17至27日在土庫曼的阿什哈巴德舉行。土庫曼位於中亞洲的西部，百分之八十的土地被卡拉庫姆沙漠覆蓋，而大約百分之十五的面積則為山丘和山脈。

The 5th AIMAG will be held from 17 to 27 September 2017 in Ashgabat, Turkmenistan. Turkmenistan is located in the western part of Central Asia. Over 80% of the country is covered by the Karakum desert, while approximately 15% of its territory is occupied by hills and mountains.

