

**重要日期**  
Important Date

**15 SEPTEMBER 2021**

藥檢名單的運動員遞交  
2021年度第四季行蹤資  
料的最后限期

Year 2021 Q4  
whereabouts submission  
deadline for testing pool  
athletes

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## 運動禁藥管制賽前準備工作-東京奧運篇

Anti-Doping Pre-Games Work for the Tokyo 2020 Olympic Games



東京2020奧運會(東奧)正式落幕圓滿結束,香港運動禁藥委員會藉此恭賀各位香港運動員再創驕績!回顧過去數月,本會也就東奧特別加強運動禁藥管制的賽前工作,以確保香港運動員遠離運動禁藥。除了為運動員進行無預告的賽前禁藥檢測外,在教育方面,本會特意於大隊出發前為他們進行了一節運動禁藥管制簡介會,確保參與東奧的代表團清楚了解最新的運動禁藥管制資訊、適用於東奧的運動禁藥管制規條、填寫行蹤資料的要求和運動員的權利和責任。另外,本會亦為他們精心準備了一份「東京2020奧運會運動禁藥管制小冊子」,當中集合了運動禁藥管制規條摘要及相關小貼士,供運動員帶在身旁隨時參考。

除此以外,本會亦致力向公眾推廣運動零禁藥的概念。因此更特製了一份以「奧運會的運動禁藥管制知多少」為主題的資訊圖表,介紹過去五屆奧運會的運動禁藥管制統計數字及一些有趣冷知識。希望藉此可提高運動員及大眾的興趣,繼續支持無運動禁藥的比賽環境,促進公平競賽。

The Tokyo 2020 Olympic Games (Tokyo Olympics) drew to a spectacular close and was marked with the glorious achievements of Hong Kong's proud athletes. The Hong Kong Anti-Doping Committee (HKADC) had been working on various aspects of anti-doping to ensure the athletes were adequately prepared before Tokyo Olympics. Apart from the no-advance-notice pre-games doping tests, in terms of Education, we had conducted an anti-doping briefing session for the delegations to ensure they understood the latest anti-doping information. Topics including Anti-Doping Rules Violations, whereabouts requirements, testing procedures and athlete's rights and responsibilities were covered. In addition, HKADC had also published an anti-doping pamphlet specifically for the Tokyo Olympics which included some tips and rules highlights for the delegations.

To fight against doping, HKADC not only promotes doping-free sport culture to the athletes but also to the public. HKADC has prepared some interesting figures and fun facts about doping control of the 5 previous Olympic Games to raise public awareness in supporting a doping-free environment and fair play in sports in Hong Kong.

# Fairplay Friday

我們的精英運動員及教練平日除了專心訓練及比賽外，他們在宣傳公平競賽的訊息及發揚體育精神方面亦不遺餘力。本會十分感激他們對「Fairplay Friday」Facebook特輯的支持，現在就一起重溫他們的分享吧！

Our elite athletes and coaches not only focus on their trainings and competitions, but also commit to promote the message of fair play and the spirit of sport in their daily life. HKADC is grateful for their support in the "Fairplay Friday" Facebook campaign. Let's look back on their Fairplay quotes!



You win some, you lose some. But you always play fair. -江曼麗 (劍擊)



希望為自己喜歡的運動項目出一分力，推動健全及殘疾人羽毛球運動員一起實踐公平、和諧、包容的體育精神。 -陳浩龍 (殘疾人羽毛球)



Don't lose your way. -張家朗 (劍擊)



若你想看見奇蹟，成為奇蹟。 -梁奇榮 (輪地滾球)



I'd rather lose with dignity, than win by cheating. -何詩蓀 (游泳)



任何限制都是從自己內心開始的，勇敢面對困難，才能突破自己。 -吳芷柔 (羽毛球)



成功沒有捷徑，堅持才能成功。 -石偉雄 (體操)



自己打敗自己是最可悲的失敗，自己戰勝自己是最可貴的勝利。真正的成功者，不在於你成就的大小，而在於你是否努力地去實現自我。 -曾運好 (籃球)



## 模擬個案 Fictitious Case Study

Holly is a promising elite athlete who has been submitting whereabouts and subject to out-of-competition testing anytime and anywhere. During the coronavirus pandemic, Holly has already missed two doping control tests as she had forgotten to update her whereabouts after numerous training camps and competitions being called off.

Holly 是一名精英運動員，因此須按規定提交行蹤資料，並接受無預告的賽外藥物檢測。疫情期間，大部分賽事及訓練都被取消，Holly 因為忘記更新行蹤資料已經有兩次遺漏檢測的紀錄。大約一個月前，即將接近提交行蹤資料截止日期，Holly 的教練剛告知她將會在兩個月後代表香港出戰亞洲錦標賽。在未知有關比賽的詳細安排下，她沒有提交行蹤資料並錯過了提交行蹤資料的限期。不幸地，這屬於匯報失誤，亦將會是 Holly 在 12 個月內第 3 次的行蹤資料失誤，如果這次的匯報失誤都被紀錄在案，她將會違反運動禁藥管制規條（下稱「違規」）。

A month ago shortly before the deadline for Whereabouts submission, Holly's coach informed her that she has been selected to represent Hong Kong at the Asian Championships to be held in two months. Without knowing the detailed arrangement of the Championships, she did not know how to provide her whereabouts in the coming months, hence left the filing blank and even passed the submission deadline. Unfortunately, this was regarded as a Filing Failure, which would be the third Whereabouts Failures recorded against Holly within the last 12-month period. If this Filing Failure was declared against her, she might have committed an Anti-Doping Rule Violation (ADRV) under the Anti-Doping Rules.

按照 Holly 的解釋，體壇受疫情影響而停擺，在無法確定計劃比賽或訓練行程的情況下，她不知道應如何填寫未來 3 個月的行蹤資料。

Holly explained that being unsure of the future training and competition schedules, she was unable to provide her whereabouts for the coming three months and she was distracted as the pandemic changes the way sport can be played.



**Holly 是否要為她的行蹤資料失誤負責？**  
**Should Holly be responsible for Whereabouts Failures?**



- 縱使運動員有機會對其失誤作出解釋，但一切藉口如訓練行程未定、因傷休息或疏忽大意皆無法改變有關的違規裁決。運動員本人要對提交準確的行蹤資料負上最終責任。  
Excuses such as being unsure of future training schedules, taking a break from training or competition due to injury, or carelessness cannot be used to overturn the assertion of Whereabouts Failures. It is the athlete's responsibility to submit and keep their whereabouts information up-to-date at all times.
- 匯報不準確的行蹤，以至不按規定提交所需行蹤資料，會被視為「匯報失誤」。如果運動禁藥管制主任未能在運動員所匯報的指定 60 分鐘時段內及地點找到運動員進行檢測，則會被視為「遺漏檢測」。註冊藥檢名單的運動員如果在 12 個月內合共觸犯 3 次「匯報失誤」及 / 或「遺漏檢測」，運動員會被指控違規，並很大機會受到停賽處分。  
Misinforming whereabouts or not informing at all, is considered as a "Filing Failure". Not being present for the test whenever a Doping Control Officer arrives at the declared location within the 60-minute time slot is considered a "Missed Test". For Registered Testing Pool athletes, having accumulated 3 Filing Failures and/or Missed Tests within a period of 12-month, the athlete will be alleged to have committed an ADRV and could be sanctioned with ineligibility.
- 隨著科技的進步，運動員已經可以於任何時候利用「運動禁藥管制行政管理系統」(ADAMS) 及 Athlete Central 手機應用程式，更方便快捷地於網上提交及更新行蹤資料。  
With the advanced technology, ADAMS and Athlete Central App are accessible by athletes 24/7 and that make whereabouts submission and update simpler and more convenient.