



## 重要日期 | IMPORTANT DATE

15 MARCH 2024

藥檢名單的運動員遞交2024年度第二季行蹤資料的截止日期

Year 2024 Q2 whereabouts submission deadline for testing pool athletes

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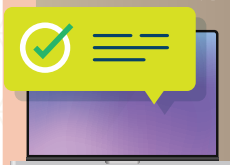
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# 運動員行蹤資料指南 Quick Guide for Athletes' Whereabouts Submission



確保您已在提交的行蹤資料中包含所有這些資訊：  
Make sure you have included all these information in your submission:

**01** | 必須每季遞交行蹤資料  
每個季度的遞交限期分別為：  
12月15日、3月15日、6月15日及9月15日



To be submitted on a quarterly basis.  
The deadlines for each quarter are 15 December, 15 March, 15 June, and 15 September

**02** | 必須更新行蹤資料，以確保資料準確及完整



Whereabouts shall be updated as necessary so that it remains accurate and complete at all times

**03** | 每日的詳細過夜住宿地址



Detailed address of daily Overnight Accommodation

**04** | 06:00 – 23:00  
訓練 / 比賽時間表或其他恆常活動資料  
RTP運動員：每日  
ETP運動員：每星期最少3日



Training / Competition schedule or other regular activities  
RTP: Everyday  
ETP: At least 3 days per week

**05** | 05:00 – 23:00  
只限RTP運動員：每日指定60分鐘時段  
RTP athletes only: Daily 60-minute Timeslot



## 以下小貼士有助你養成良好的行蹤資料習慣： Quick tips to help you building good whereabouts habits:



當知道行蹤有變，運動員須及早登入ADAMS或利用Athlete Central手機應用程式更新資料  
Athlete must update their whereabouts information in ADAMS or Athlete Central app as soon as there is any anticipated change



選擇填寫一個你通常會出現於同一地方的時段  
Pick a time slot where you are always likely to be in the same place



於Athlete Central手機應用程式開啟通知  
Enable Athlete Central notifications



提供額外資訊令運動禁藥管制主任更容易追蹤你的位置  
Add additional information to make it easier for DCO to locate you



通知你所入住的酒店人員或設施的保安人員容許運動禁藥管制主任進入  
Inform your hotel reception or facilities security to allow Doping Control Officers (DCOs) entering the building



保持更新你的郵寄住址，電郵地址及電話號碼  
Keep your mailing address, email and phone number up-to-date



於手機 / 電腦日曆設定每季提交行蹤資料截止日的提示  
Set calendar notifications on your mobile phone / computer for the quarterly Whereabouts Submission Deadlines



確保提交的行蹤資料準確及詳細  
Be specific and detailed when submitting your Whereabouts information

\* 運動員須為自己的行蹤資料負責，包括持續更新及完成提交行蹤資料。  
\* Athletes are ultimately responsible for constantly updating and completing their whereabouts information.

# 曲馬朵 - 知多一點點 Know more about Tramadol

2024年度禁用清單已於2024年1月1日生效，當中最大變動為將曲馬朵納入為賽內禁用物質。

## 究竟曲馬朵是什麼？

2024 Prohibited List has taken effect on 1 January 2024. One of the major changes is **Tramadol** to be banned **In-competition. What is Tramadol?**

曲馬朵於禁用清單內被列為第S7類麻醉劑。  
Tramadol is prohibited in the class of S7. Narcotics.

曲馬朵又被稱為Tramulief, Tramquel, Ultram等等。  
Tramadol is also called by the brand names such as Tramulief, Tramquel, Ultram...etc.

自2016年起被世界運動禁藥機構列入觀察名單。  
It was put on WADA's monitoring program since 2016.

曲馬朵於運動訓練或比賽中經常被使用作止痛劑，尤其是單車、欖球及足球。  
Significant use of tramadol in sports as painkiller, especially in cycling, rugby and football.

WADA所資助的研究亦確認服用曲馬朵有助提升運動表現的可能性。  
Research studies funded by WADA, have also confirmed that the potential for Tramadol to enhance sports performance.

研究數據顯示使用曲馬朵會導致注意力下降、癲癇、或出現濫用情況。  
Using Tramadol might cause decreased alertness, seizures, and potentially addiction.

長期服食曲馬朵亦有可能導致嚴重疾病，腦神經或心血管出現問題，如昏迷、心跳過快等。  
Might also lead to some serious health risks, such as neurologic toxicity like coma, or cardiovascular toxicity like tachycardia.

如果賽內或洗脫期內必須使用曲馬朵，請盡快申請治療用藥豁免(TUE)。  
Please apply TUE if Tramadol must be used In-Competition or during Washout period.

曲馬朵的洗脫期為24小時。  
Washout period established at 24 hours.

### 賽外 OUT-OF-COMPETITION

\*曲馬朵不被禁用  
\*Tramadol is NOT BANNED

賽內期前24小時  
24 hours before IN-COMPETITION

如於此時期使用曲馬朵，有機會令賽內檢測結果呈陽性  
If Tramadol is used, there is a risk for their testing sample collected in-competition to return positive

### 賽內 IN-COMPETITION

**禁止**使用曲馬朵  
Tramadol is **BANNED**

賽內期開始  
Beginning of IN-COMPETITION

\*曲馬朵之洗脫期因人而異，建議使用前先諮詢醫生。  
\* Washout period of Tramadol for each athlete is different. You are strongly advised to check with doctor before use.

# 找不同 Spot the Difference

尿液樣本收集用具

Urine Sample Collection Kits

位於瑞士的藥檢用具公司「Berlinger」於上年9月及11月分別推出了全新研發的尿液樣本收集塑膠瓶及全新設計的集尿杯。我們當然亦緊貼最新產品動態並將最新的藥檢用具帶到香港。

現在就讓我們比較一下玻璃和塑膠樣本瓶及集尿杯有什麼不同之處吧！

Berlinger, the production company of sample collection kit based in Switzerland, introduced the new urine sample collection plastic kits and newly designed urine collection vessel (UCV) in September and November last year respectively. As ADOHK always follows closely the latest product trend, so here we showcase the new sample collection kits to you.

Let's check out the differences between the glass and plastic bottles, as well as the UCVs!

## 尿液樣本收集瓶 Urine sample collection kits

有膠模包裝  
Sealed with a shrink foil

只有銀色封條  
Sealed with a void

重量：475克  
Weight: 475 g

玻璃瓶  
Glass Kit

塑膠瓶  
Plastic Kit

重量：230克  
Weight: 230 g

瓶後沒有刻度  
Nothing on the back of the bottle

瓶後有刻度  
Scale on the back of the bottle

玻璃瓶及塑膠瓶於外表上沒有太大分別  
No significant difference between the appearance of glass and plastic bottles

玻璃瓶  
Glass Kit

塑膠瓶  
Plastic Kit

玻璃瓶  
Glass Kit

塑膠瓶  
Plastic Kit

## 集尿杯 Urine collection vessel

包裝上沒有任何分別  
No difference on the packing

將杯蓋往下壓  
Close the UCV by pushing down the lid

舊  
Old

新  
New

順時針扭動杯蓋  
Close the UCV by turning the lid clockwise

於90毫升及150毫升的刻度上有立體標示  
Physical indication at 90ml and 150ml

白色封條  
White foil

平滑的杯身  
Smooth cup

透明膠貼  
Transparent sticker

新  
New

舊  
Old

新  
New

新的杯口設計令運動員可以更容易將樣本倒入瓶子  
The spout of the new UCV allows precise decanting

# FairPlay. keep our sports clean

## 攜手維護運動零禁藥



中國香港運動禁藥管制機構有限公司早前受香港體育學院運動營養及監控部邀請，為體院各運動支援人員包括教練及行政人員舉辦了一場運動禁藥管制講座。當日講座主要內容包括提交行蹤資料的目的及要求、2024年度禁用清單的修正摘要及運動禁藥管制規條等，希望藉此令大家更了解及掌握最新的運動禁藥管制資訊。

本機構亦不時為各體育總會、香港代表隊運動員、青少年運動員、運動支援人員及教練課程等提供適切的運動禁藥管制講座。如想了解詳情，歡迎透過電郵或電話聯絡本機構。

Anti-Doping Organization of Hong Kong, China Limited (ADOHK) was previously invited by the Sport Nutrition & Monitoring Department of the Hong Kong Sports Institute (HKS) to conduct an anti-doping seminar for athlete support personnel, including coaches and administrators. The seminar covered topics such as the purpose and requirements of submitting whereabouts information, a summary of major modifications of the 2024 Prohibited List and the anti-doping rule violations, aiming to enhance understanding and provide the latest anti-doping information.

In addition, ADOHK regularly provides custom-made anti-doping seminars for various national sports associations, athletes representing Hong Kong, youth athletes, athlete support personnel and coaching courses. Please feel free to contact ADOHK via email or phone for more information.



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

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