

The Testing Procedures



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

Athletes may be required to submit a sample for doping control anytime, anywhere. Testing can be conducted during competition or out-of-competition. The paragraphs below summarize the proper procedures on providing urine sample for doping control and also highlight the athletes' rights.

Note: Departures from these procedures will not invalidate a test result unless they seriously affect the integrity of the sample.

Notification

Sample collection starts with the selected athlete being notified by a Doping Control Officer (DCO) or chaperone. The athlete will be required to present a photo ID to confirm his/her identity. He/she will also be reminded on the right to have a representative (e.g. coach, team official, parents) present during the entire process. The notification is complete after the athlete signs on the notification form to confirm that he/she has received the notification and has understood what is expected during the process.

The athlete is expected to report to the Doping Control Station as soon as possible after the notification. He/she may be allowed to complete certain activities (such as press conference, training session) before doing so. However, the DCO or chaperone will be accompanying the athlete until the sample collection is completed.

What happens at the Doping Control Station?

1. Report to the Doping Control Station and prepare for sample provision

The time of arrival at the Station will be recorded. The athlete will be given a chance to hydrate. Individually sealed beverage will be available.

2. Get ready to provide sample

When the athlete is ready to empty his/her bladder, he/she will be given a choice of individually sealed collection vessels. The athlete and athlete representative should carefully check that the equipment is intact and has not been tampered with. From then onwards, only the athlete should handle the collection vessel until the sample bottles are sealed.

3. Provide the sample

The athlete visits the toilet and is accompanied by a DCO/chaperone of the same gender. The athlete should remove or adjust clothing so that the DCO/chaperone (as witness) is able to directly observe the sample provision. At least 90 ml of urine should be provided.

4. Dividing and sealing the sample

Athlete will be provided with at least 3 sets of Doping Control Kit (A/B bottles) to choose from. The chosen kit should be carefully checked if it is intact and has not been tampered with. After opening the kit, the numbers on the bottles, lids, and shipping container have to be cross-checked to confirm that they are the same. DCO will instruct the athlete to divide the sample between the 'A' and 'B' bottles. Small amount of sample should be left in the collection vessel so that the DCO can measure the specific gravity. Athlete should seal the 'A' and 'B' bottles and then the athlete representative and DCO should carefully check that the bottles are sealed properly.

5. Completion of Doping Control Form

Athlete should provide information about any medication or supplement taken in the past 7 days. If the athlete has any comments about the procedures, he/she has the right to include that on the Doping Control Form. Athlete should also indicate if there is any granted Therapeutic Use Exemption (TUE).

The DCO should then slowly go through all the information on the Doping Control Form with the athlete (and the athlete representative, if present). Be sure to confirm that all the information is correct, including the sample code number.

All involved parties (DCO, witness, athlete representative (if present), athlete) should sign on the Doping Control Form to certify that the procedures have been conducted properly. Before leaving the Station, the athlete will be provided with a copy of the Doping Control Form.



1. notification of a drug test



2. reporting to doping control station



3. preparing for sample provision



4. selecting a collection vessel



5. providing a sample



6. selecting a sampling kit, dividing and sealing the sample



7. recording medication and supplement used



8. sealing the sample kit



9. certifying the testing procedure

What happens to the sample as it leaves the Doping Control Station?

All collected samples will be packaged for sending to a WADA-accredited laboratory for analysis. The transportation will be conducted by a chain of custody to ensure the security of the samples and that the samples can be tracked.

What are the rights of athlete regarding the test?

- Athlete has the right and is encouraged to have a representative present through the entire process.
- Athlete has the right to have the procedures clearly explained.
- Individually sealed drinks, for athlete to freely choose from, should be provided to help him/her to hydrate.
- At least 3 collection vessels and Doping Control Kits should be available for the athlete to choose from.
- Athlete's name should not appear on the Doping Control Form that is being sent to the laboratory.
- Athlete has the right to note comments and concerns regarding the sample collection session.
- Sample collected from the athlete should be securely stored and transported.

How to prepare myself for drug testing?

Being an athlete, you should be prepared to submit yourself for testing anytime, anywhere. The procedure can be completed much easier if you always carry the following documents with you:

- Photo ID
- Record of medicine and supplement being used recently
- Valid Therapeutic Use Exemption (if apply)

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檢測程序



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運動員何時何地亦有可能被要求提供樣本，作違禁藥檢測；檢測在比賽期間或非比賽期間亦會進行。下文綜述運動員為違禁藥檢測提供尿液樣本的標準程序，並說明運動員有關的權利。

注意：除非下述程序出現嚴重偏差，並影響檢測的可靠性，否則檢測結果不會被作廢。

檢測通知

運動禁藥管制主任（Doping Control Officer, DCO）或陪人員將親身通知被挑選參與檢測的運動員，並要求有關運動員出示附有照片的身份證明文件，以確認身份。運動禁藥管制主任或陪人員亦會提醒運動員，有權攜同一名代表，如教練、隨隊工作人員、父母，參與樣本提供過程。通知程序完成後，運動員需於通知表格上簽署以確認收到禁藥檢查通知，和明白有關程序和通知書內容。

之後運動員須盡快到運動禁藥檢測站報到。運動員亦有可能獲准先完成其他事務，如出席記者會，或進行訓練，但直至樣本收集程序完成前，運動禁藥管制主任或陪人員會在場陪同有關運動員。

在運動禁藥檢測站的情況是怎麼的？

一. 到檢測站報到及補充水份

運動員抵達運動禁藥檢測站的時間將被記錄。運動員此時可以飲用獨立包裝的飲品，以補充水份。

二. 準備提供樣本

當運動員準備好排尿提供樣本，就可以選擇獨立封口的集尿杯。運動員和其代表應細心檢查及確保有關容器完好無損，及未曾被開啟。選好集尿杯後，直至樣本瓶被密封前，只容許運動員本身操作集尿杯。

三. 排出樣本

運動員將由性別相同的運動禁藥管制主任或陪人員陪同上洗手間。運動員須除下或調整衣物，讓運動禁藥管制主任或陪人員（作為見證人）親眼目睹尿液樣本從運動員身體排出的整個過程。運動員須提供最少九十毫升尿液樣本。

四. 分瓶及封存

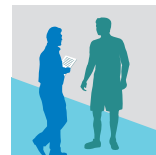
運動員將獲提供最少三套樣本瓶（「A」、「B」瓶）以作選擇。運動員應小心檢查有關容器，並確定完好無損。打開樣本瓶的包裝後，須覆核瓶身、瓶蓋、運送容器上的編號是否相同。運動禁藥管制主任將指示運動員把樣本倒進「A」瓶和「B」瓶。運動員應保留少量樣本於集尿杯內，讓運動禁藥管制主任量度樣本的比重（specific gravity）。然後運動員應分別將「A」瓶和「B」瓶封密，再由運動員代表和運動禁藥管制主任仔細檢查是否已封密妥當。

五. 填寫藥檢紀錄單

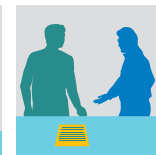
此時運動員應提供過去七天服用的藥物和補充劑的記錄。如運動員對樣本收集過程有任何意見，有權填寫在藥檢紀錄單上；如獲治療用藥豁免，必須在表格上說明。

運動禁藥管制主任將與運動員和其代表（如在场），詳細複檢藥檢紀錄單上所有內容。運動員須確保紀錄單上的內容，包括樣本編號，皆為正確。

所有參與樣本提供過程的人士，即運動禁藥管制主任、見證人、運動員和其代表（如在场），應在藥檢紀錄單上簽署，證明過程正常。離開運動禁藥檢測站前，運動員將獲一份紀錄單副本。



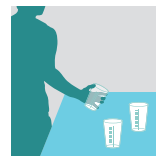
1. 樣本採集通知



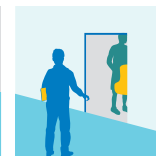
2. 向運動禁藥檢測站報到



3. 準備提供樣本



4. 選取集尿杯



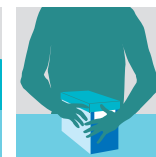
5. 提供尿樣



6. 選取樣本瓶，分瓶及封瓶（A / B瓶）



7. 申報用藥及補充劑記錄



8. 封瓶



9. 簽署確認採樣過程

運動員的樣本離開運動禁藥檢測站後，會如何被處理？

所有收集得來的樣本，將被小心包裝，然後運送到獲世界運動禁藥機構認可的實驗室；運送隊伍將確保樣本安全，並在運送途中隨時可被追蹤。

運動員在藥物檢測中有哪些權利？

- 我們鼓勵運動員行使權利，攜同一名代表進入檢測站，確保所有程序正確。
- 運動員有權清楚了解整個檢測過程。
- 運動員有權自由選擇獨立包裝的飲料，以補充水份。
- 運動員可從最少三套集尿杯和樣本瓶中，選擇使用。
- 運動員的姓名不可出現於將被送到實驗室的藥檢紀錄單上。
- 運動員有權就樣本收集程序，表達意見和提問。
- 收集得來的樣本需在安全情況下儲存和運送。

運動員要為藥物檢測做甚麼準備？

運動員何時何地也須準備好接受藥物檢測。隨身帶備以下文件，就可讓檢測順利完成：

- 附有照片的身份證明文件
- 最近服用的藥物和補充劑記錄
- 有效的治療用藥豁免文件（如適用）



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