



Updates on the Hong Kong Anti-Doping Programme

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Content

- Modifications to the HKADC Anti-Doping Rules and Whereabouts Policy
- Blood testing
- Inadvertent doping
- Updates at the international level



Modifications to HKADC Anti-Doping Rules and Whereabouts Policy

Inclusion
criteria of
testing pools

Retired
athlete
returns to
competi-
tion

Replace-
ment of
the term -
RTP

Reclassification
of whereabouts
failure / non-
compliance

Inclusion Criteria of testing pools

Pool A	Pool B	Pool C
Athletes receiving Elite Training Grant (ETG) and belong to Elite A+ or Elite A categories	Athletes receiving ETG and belong to Elite B+ , Elite B or Elite C categories, and selected athletes in sports targeted for doping control	Athletes being nominated to represent Hong Kong in major games but not included in Pool A or Pool B

Retired athlete returns to competition

Returns to National Events only

- No need to submit whereabouts
- Agree to be tested if required

Returns to International Events

- Follows IF's related regulation
- 3-12 months of advance notice to IF and HKADC
- Submit whereabouts

Reclassification of Whereabouts Failure / Non-compliance

Diff pools have diff whereabouts requirements

Non-compliance in diff pools have diff consequences

Pool C athletes' responsibility only relate to the specific major games

Athlete's status in the HKADC testing pool may change

Removed from or included in Pool C
– all WF/WN will be cancelled

Downgraded from Pool A to B – WF
becomes WN

Escalated from Pool B to A – WN will
be cancelled

Later returns back to the original
pool – previous WF / WN will be
restored

Replacement of the term 'RTP'

- HKADC Anti-Doping Rules written in 2008
- RTP used through out the Rules
- 3-tier testing pool system set up in Sept 2009
- Replacement of the term helps to clarify the Rules
- Do not affect implementation of the Rules



Blood testing

2009

- first athlete being tested positive for hgh

2010

- 258,267 tests – 5,000 blood tests (i.e. 2 %)
- 3 positive cases on hgh

WADA recommended
not less than 10% of
all samples collected
are blood samples



Blood testing

- Invasive
- Detection of substances / methods not easily detected in urine
- Blood transfusion, growth hormone, insulin, CERA
- Previous high test – isoform test detect use within 48 hrs
- Latest high test – biomarker test detect use within 2 weeks



Urine testing

- Non-invasive
- Detection of most substances in the Prohibited List



Blood test

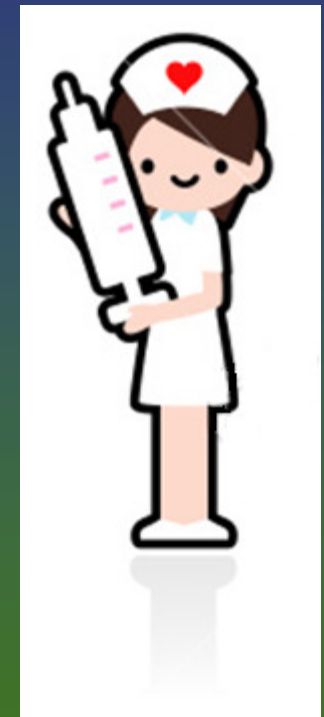
- Test for present of prohibited substance at the time of sample collection
- Indication of 'positive test'

Biological passport

- Monitor changes in a no. of parameters in blood over a period of time
- Abnormal findings may serve as
 - Indication of 'positive test'
 - Intelligence for target testing

Blood sampling procedure

- Doping control team
 - Doping Control Officer + Blood Collection Officer
- Notified and escorted
- Presence of athlete representative preferred
- Seated for 10 min
- Select 'blood sample collection kit' and 'sample transport kit' from at least 3 of each
- Draw 6-10 ml blood
- Seal in A/B containers
- Complete Doping Control Form





Real threats to the HK athletes

Inadvertent doping



Supplement



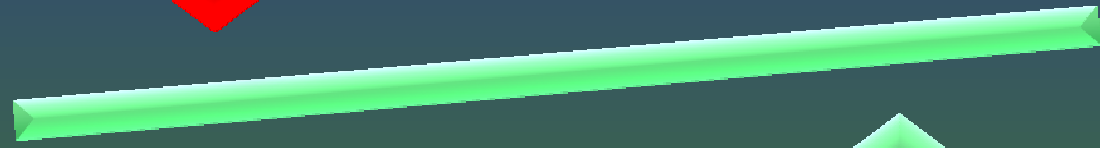
Chinese medicine



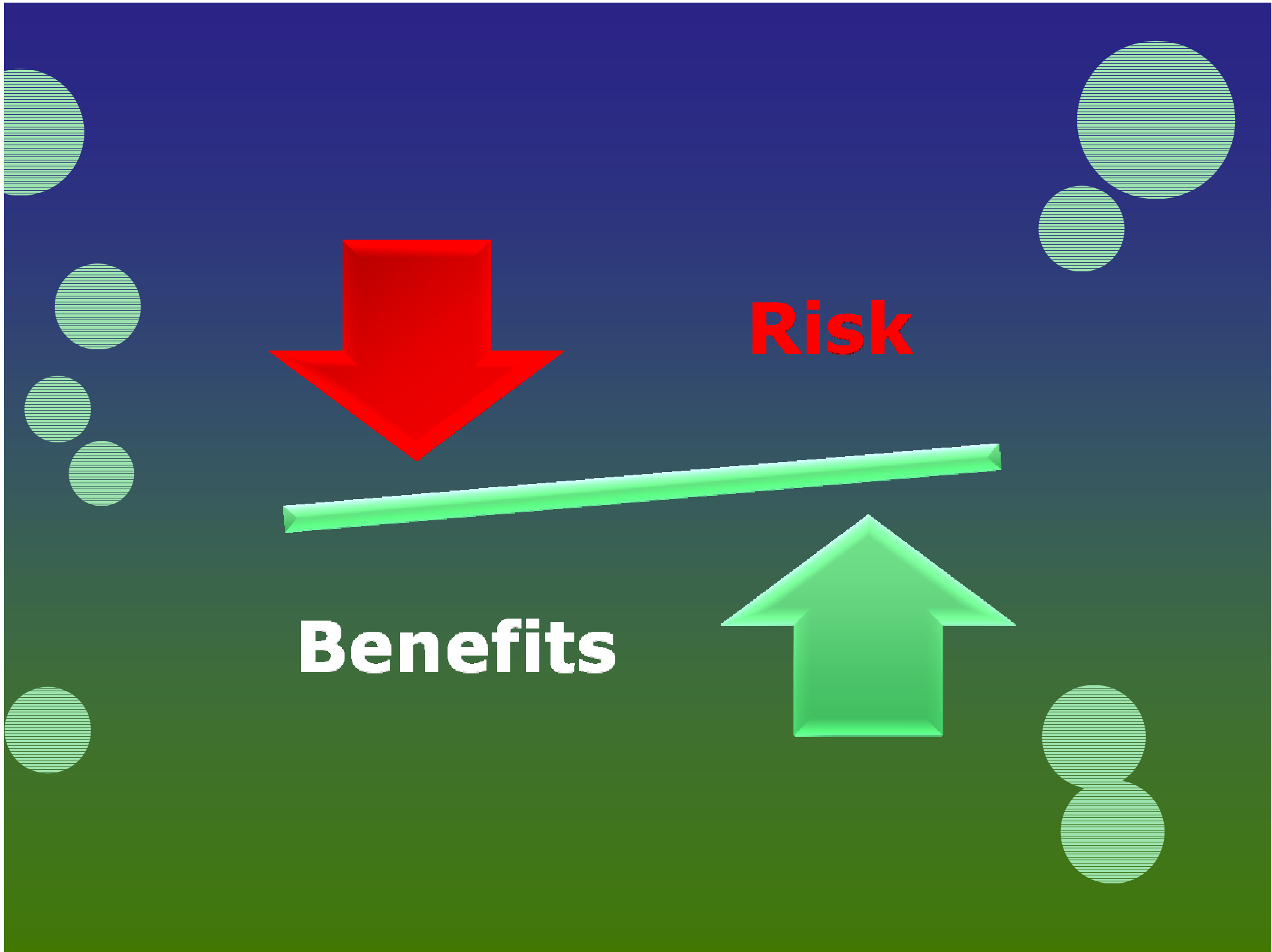
Food



Risk



Benefits



BENEFITS OF SUPPLEMENT



Common myths about dietary supplement

Natural is safe



Natural is healthy and beneficial



More is better

Almost never true

Athletes are deficient in important compounds

Almost never true

Any alternative?

Athletes believe supplement could



Increase muscle



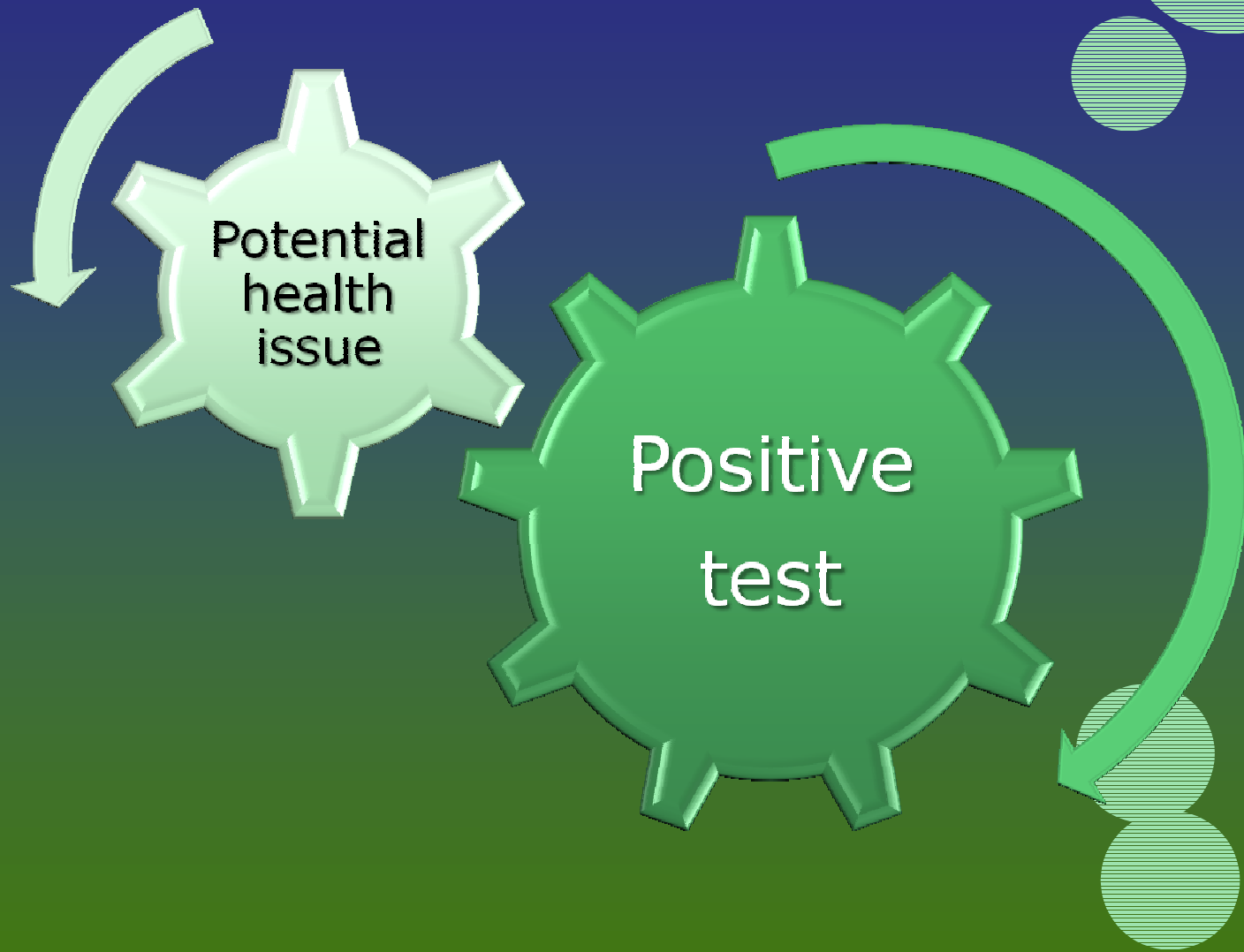
Speed recovery



Help athletic performance

The slide features a dark blue to green gradient background. It is decorated with several light green circles of varying sizes, some with horizontal line patterns. These circles are arranged in clusters on the left and right sides of the slide.

POTENTIAL RISK OF SUPPLEMENT





Unlike medicine, it is impossible to be 100% sure that a supplement is safe (free from positive test).

What's the differences?

Medicine

- Clinical trials to prove safety and efficacy before launch in market
- Strict regulation on the label and production process

Known chemical composition

Supplement

- Proof of unsafe → Remove from market
- Label could not be trusted
 - Use of misleading names
 - Contamination

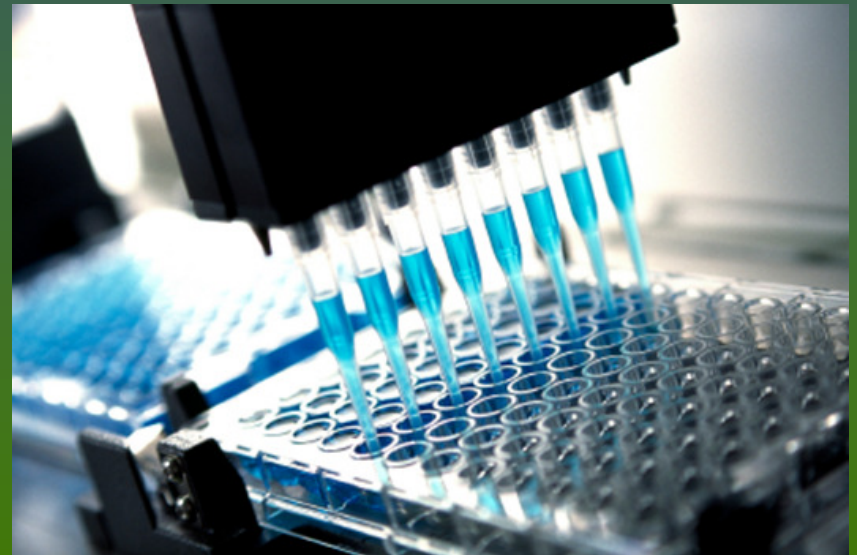
Unknown chemical composition



Athletes should strongly
consider not using
supplement

Ways to reduce risk (not eliminate)

- Choose ingredients, not desired results
- Scrutinize the company
- Third party testing
 - Batch specific, test battery, detection limit
- News and updates
- Red flags





Make with 'too good to be true' claims

- muscle building
- weight loss
- sexual enhancement
- energy 'supplement'

- Advertise as 'newest scientific breakthrough', 'secret formula'
- Claim to be alternative to prescription medicine
- Contains herbal ingredients

Substance Alert: Methylhexaneamine in Supplements

16/04/2012



Due to the recent positive cases involving Methylhexaneamine found in Hong Kong athletes, HKADC again **strongly urge** athletes to check any supplements they may be using as to whether these products may contain the Prohibited Substance Methylhexaneamine. Methylhexaneamine is classified as a stimulant on the WADA 2012 Prohibited List and is prohibited in-competition.

Methylhexaneamine is commonly labeled under different names and for example could be

found labeled as "1,3-dimethylamylamine" in the supplement "Jack 3d". Various names of Methylhexaneamine include:

Methylhexanamine	Geranamine	2-hexanamine,4-methyl-(9CI)
1,3-dimethylamylamine	Geranium oil, extract	1,3-dimethylpentylamine
dimethylamylamine (DMAA)	dimethylpentylamine	Pentylamine
Forthan	4-methyl-2-hexanamine	Pentylamine, 1,3-dimethyl
Forthane	4-methylhexan-2-amine	4-methyl-2-hexylamine
Floradrene	2-amino-4-methylhexane	1,3-dimethylamylamineforthane
dimethylhexaneamine	2-hexanamine,4-methyl-	C7H17N

籲市民勿服兩無標示成分減肥藥

(星島) 05月 22日 星期四 08:46PM

星島日報
SINGTAU PAPER

衛生署呼籲市民不要購買或服用兩種分別名爲「芭莎第3代全效加強版O B 蛋白瘦身素」及「自然瘦」的減肥產品，化驗結果顯示，兩減肥藥含有未有標示的成分「酚酞」及「西布曲明」，可能引致嚴重的副作用。

衛生署是跟進有市民查詢上述兩款產品和展開調查後，作出以上呼籲。該兩名市民曾在互聯網上購得有關產品，而其中一位市民聲稱會服用「芭莎第3代全效加強版O B 蛋白瘦身素」。但未出現身體不適情況。「酚酞」曾用作治療便秘，因可能致癌而被禁



「西布曲明」是
的減肥西藥成分
員指導下才可使用。其副作用
包括可能導致血壓上升及心跳加劇，有心臟病的人士不應服用。

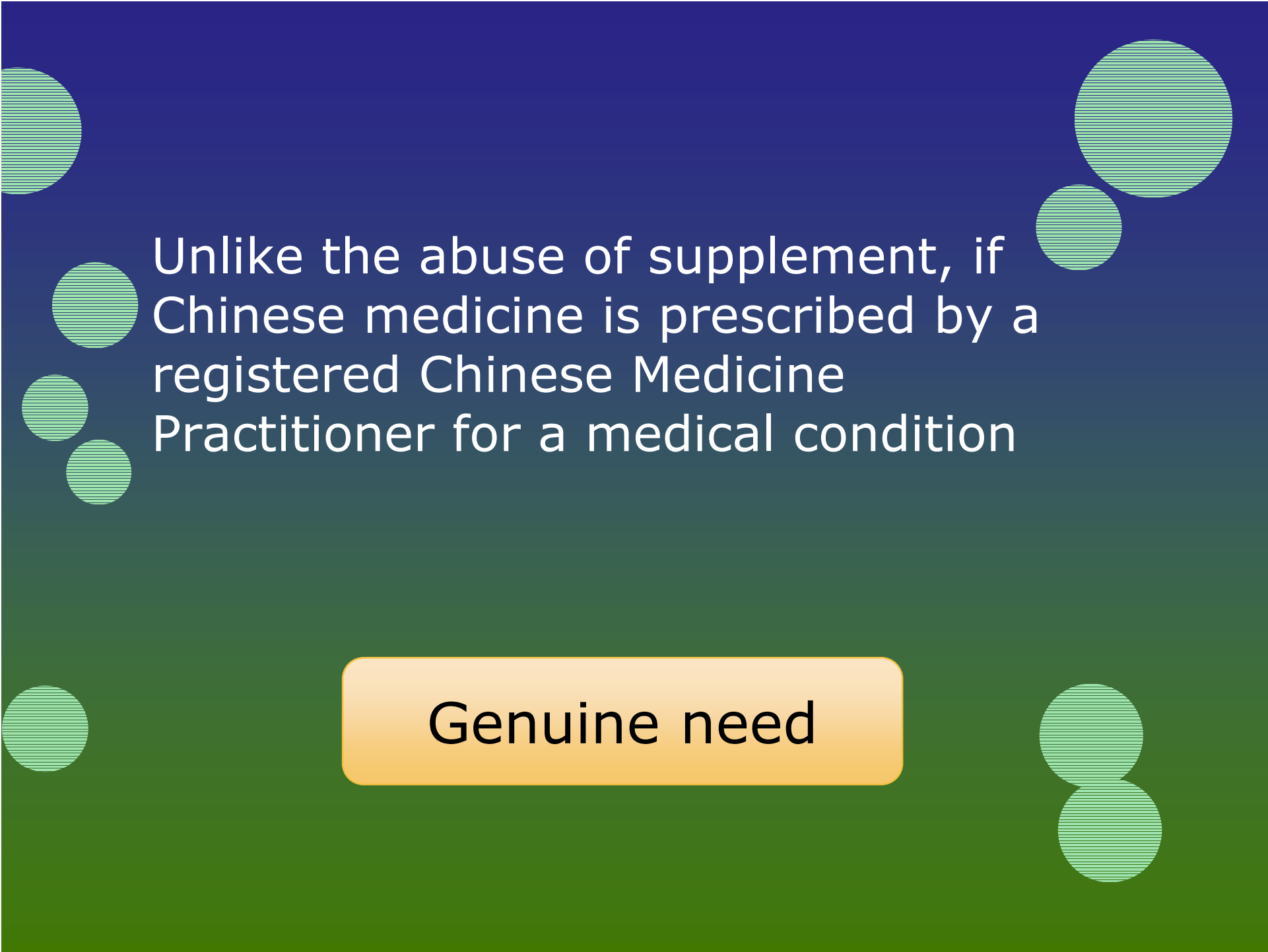
Stimulants



**How about
Chinese
medicine?**

- Safety & efficacy (for average people)
 - level of heavy metals, pesticide residue, & microbiological content regulated
 - chemical composition and conc. of active ingredients regulated
- Risk of contamination during extraction and processing

Unknown chemical composition



Unlike the abuse of supplement, if Chinese medicine is prescribed by a registered Chinese Medicine Practitioner for a medical condition

Genuine need

含西藥的中成藥須回收

(明報) 05月 14日 星期三 09:45PM



衛生署忠告市民不要購買及服食一種名為宜利祛風舒筋丸的中成藥，因該產品含未有標明的西藥成分。

衛生署發言人表示該產品是根據《中醫藥條例》(第549章)獲過渡性註冊資格的中成藥，故此，不應含有西藥成分。

他說產品含微量「地塞米松」(dexamethasone)，對健康構成不良影響的機會很微。不過，產品並沒有標明該成份，亦沒有根據《藥劑業及毒藥條例》註冊，不能確保其整體安全、品質和成效。



Glucocorticosteroids

為保障
面回收有關

在調查期間，署方人員在今午展開行動，在製造商的處所檢獲約30樽產

To use or not to use? Chinese medicine



Safety
?



Efficacy
Genuine need



**To eat or
not to eat?**



morphine

HERBI

Special
Mate de Coca

Coca
tea

Poppy
seed

cocaine

Pig's
liver

Clenbuterol

Pork



**Support
personnel**

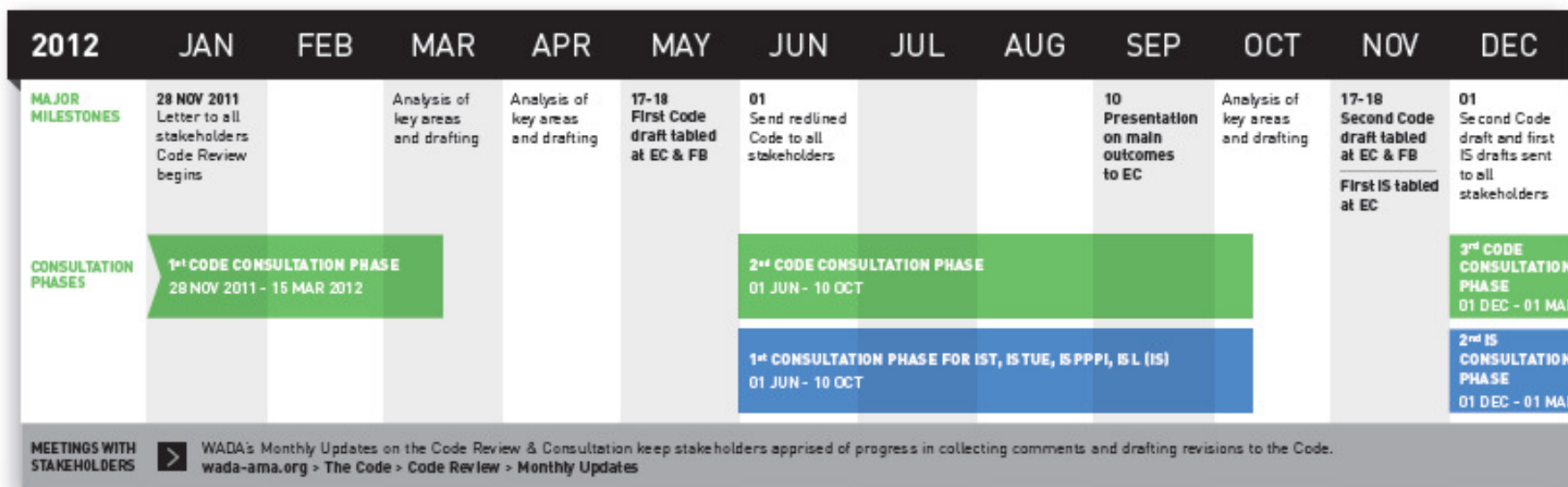
**Informed
decision**

Coach



Updates at the international level

CODE REVIEW PLAN



FB Foundation Board
EC Executive Committee

IS International Standards
IST International Standard for Testing

ISTUE International Standard for Therapeutic Use Exemption
ISPPPI International Standard for Protection of Privacy and Personal Information

ISL International Standard for Laboratories



Some suggestions to the WADC

Definition of ADRV

- (~~Refusing~~) Evading sample collection is an ADRV
- Any combination of three missed tests and/or filing failures within a twelve-
(~~an eighteen~~) month period is an ADRV
- New ADRV – Prohibited Association

Sanctions



- Positive test caused by contaminated products – warning to two years of ineligibility
- Positive test caused by Substances of Abuse - rehabilitation program instead of ineligibility
- To encourage assistance to discovery other ADRVs – possibility of full amnesty
- More details on aggravating circumstances – 4 years of ineligibility for first violation

Financial sanction and related

- Remains ineligible until all cost to CAS has been settled
- May include appropriate recovery of costs related to ADRV
- May apply financial sanction in cases for maximum period of ineligibility has been applied



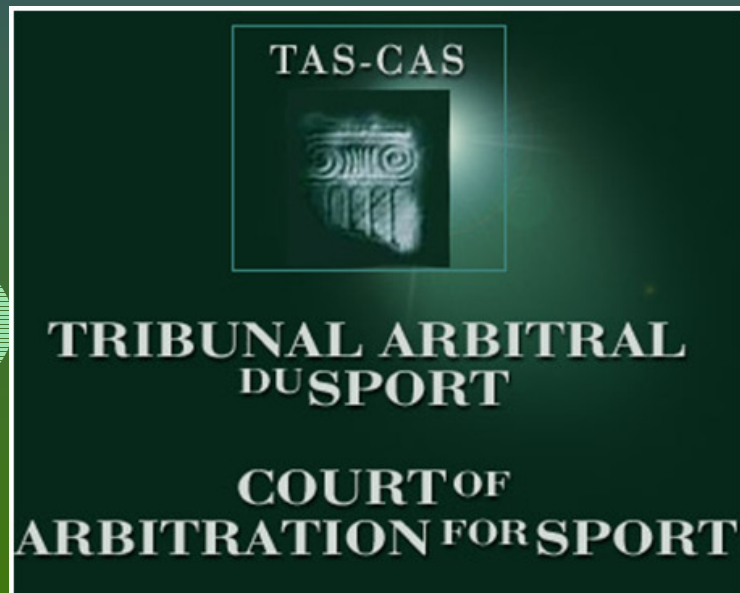
Dwain Chambers shows off his gold medal after success in the men's 60m final at the 2010 World Indoor Athletics Championships in Doha, Qatar.



David Millar puts on the Tour de France leader's yellow jersey back in 2000.

Osaka Rule (IOC) and by-law of BOA

- IOC - bans any athlete who has received a doping suspension of more than six months from competing in the next Olympic
- British Olympic Association – bans any convicted drug chest for life from the Olympic

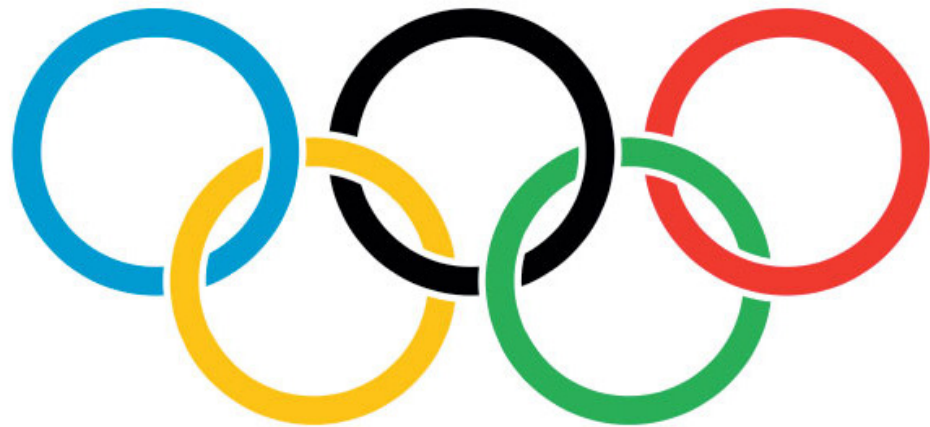


CAS

- overturns the rules
- considers these as 'double jeopardy'

Limitation to participation at Olympic Games

Athletes convicted of serious doping offences will not be allowed to participate at the next Summer / Winter Olympics



Statute of Limitations

Extended from 8 years to 14 years for

- Trafficking
- Administration
- Complicity
- Aggravating circumstances

Role of stakeholders

NADO

Automatic investigation
on athlete support
personnel
-ADRV by minor
-Supporting > 1 athlete

Government

Legal basis for sharing
information with ADO and
sharing of information
among ADOs

Doping control at London Olympic

- More than 6,200 tests
- Biological passport, intelligent testing
- 150 scientists work around the clock
- Looking for more than 200 prohibited substances
- Providing results within 24 hours
- Samples stored for 8 years
- Improved detection for blood transfusion
- Total data analysis (metabolomics)

