



**The Hongkong Bank Foundation
Continuing Coach Education Programme
滙豐銀行慈善基金教練延續培訓計劃**

~ Seminar on "Supplement and Inadvertent Doping - A Guideline to Athletes and Coaches" ~
「補充劑與誤服違禁藥 - 運動員與教練須知」講座

Supplement use is common among athletes as it may help to meet specific physiological or nutritional needs that enhance sports performance. However, athletes should be aware of the ingredients of the supplement that may lead to a positive doping test. This seminar lists the potential danger of using supplement and highlights the precautions. Nowadays, the fight against doping no longer depends solely on evidences from the laboratory. Athletes and coaches may fall into the trap of inadvertent anti-doping rule violations if they are not familiar with the current regulations. The seminar will also use doping cases to illustrate the need for practical advices for athletes and coaches.

為提升運動表現，運動員普遍會透過服用補充劑以滿足生理及營養需要。然而，運動員須注意所服用補充劑的成份，以免違反藥檢規定。透過講座，講者會為大家講解服用補充劑的潛在危險及需注意的地方。現今藥檢已非單靠實驗室的鑑證，如運動員與教練不清楚現今藥檢規定，可隨時誤墮違規的陷阱。此講座亦會透過一些藥檢個案以供運動員及教練作為借鏡。

Speaker 講者**Dr Yvonne Yuan Wai-yi 袁慧儀博士 Ph.D., MBA, C.S.C.S.**

Member of the Doping Control Commission of the Asian Federation of Sports Medicine

亞洲運動醫學聯合會違禁藥管制委員會委員

Sports Biochemist of Hong Kong Sports Institute 香港體育學院運動生化主任

Details 內容

| | |
|-------------------------------|---|
| Date 日期 | 5 September 2008 (Friday) 2008年9月5日 (星期五) |
| Time 講授時間 | 6:45 p.m. - 7:00 p.m. Registration 登記 7:00 p.m. - 8:00 p.m. 1st session 第一節 8:00 p.m. - 8:15 p.m. Break 休息 8:15 p.m. - 9:00 p.m. 2nd session 第二節 |
| Venue | Lecture Theatre, Olympic House, 1 Stadium Path So Kon Po, Causeway Bay, Hong Kong 香港銅鑼灣掃桿埔大球場徑1號奧運大樓演講廳 |
| Capacity 人數 | 100 pax (first-come-first-served) 100位 (先到先得) |
| Fee 費用 | HK\$100 (Handouts and light refreshment included. Fee is non-refundable once enrolled.) 港幣一百元正 (費用包括講義及茶點。報名一經接納，恕不退款。) |
| Certificate 證書 | Certificates of Attendance will be issued by the Hong Kong Coaching Committee 參加者將獲香港教練培訓委員會頒授出席證書 |
| Medium of Instruction 講授語言 | Cantonese 廣東話 |

Application 報名辦法

Please complete the attached enrollment form and send it together with a crossed cheque of HK\$100.00 (made payable to the 'Hong Kong Sports Institute Limited') and a stamped self-addressed envelope to:

參加者請填妥報名表格，連同(1) 港幣一百元正之報名費(以劃線支票繳交，抬頭請寫：香港體育學院有限公司)及(2) 貼上足夠郵資之回郵信封 一併寄交至：

Coach Education Department,
Hong Kong Sports Institute,
2 On Chun Street,
Ma On Shan, Shatin, N.T.

新界沙田馬鞍山
鞍駿街2號
香港體育學院
教練培訓部 收

Collection and Use of Personal Data 收集及使用個人資料：

All information provided will be treated as confidential and will not be returned. The HKCC, its authorized agents or representatives may use, distribute, and/or reproduce related materials for promotional and publicity purposes.

所有提交的資料將絕對保密，亦不獲發還。香港教練培訓委員會或其授權機構或代理人可能會使用、分發及/或複製有關資料，以作推廣及宣傳的用途。

Enquiries 查詢電話： 2681 6129 (Ms Fung 馮小姐)

Enrollment Deadline 15 August 2008 (Friday)
截止報名日期 2008年8月15日 (星期五)