

FAQ TRANS ATHLETES



Do trans athletes have an unfair competitive advantage?

The question of whether transgender athletes have an unfair advantage in sports because of hormones is complex, highly debated, and varies depending on numerous factors, including the sport, the level of competition, and the individual athlete's characteristics. Scientific research on this topic is ongoing, and conclusions are not universally agreed upon. Here are several key points that are often discussed in this context.

Why so much legislation about such a small group of people?

Trans people only make up 1% of the global population, and intersex people only make up 2% of the population. However, trans people are consistently at the forefront of policy conversations. There are several factors that help explain the specific focus on trans people in policy, including:

- Increased visibility
- Less support in the LGBTQ+ community.
- Misinformation

Is competitive advantage negated because of HRT?

No. Studies suggest that hormone therapy can reduce physical performance measures in transgender women to levels comparable to those of cisgender women, but there is also evidence indicating that some advantages, such as bone structure and lung capacity, might not be fully negated. However, these competitive advantages, in combination with competitive advantages that are negated by estrogen used for HRT, are within a reasonable margin of error of natural variation for gender segregated competition.

Is it unsafe for trans and cis children to share a locker room?

No. It is unsafe for children's mental wellbeing to be isolated and discriminated against.

- Nondiscrimination laws protecting trans people have been around for a long time, with no increase in safety risks in public restrooms and other gender-segregated facilities, such as locker rooms.
- Policies that exclude trans women and girls from women's locker rooms make trans women and girls more vulnerable to harassment. These same policies ALSO endanger cis women. In fact, we already have accounts of cisgender women being attacked in public spaces because people assumed they were trans. That is, in part, why dozens of anti-sexual assault and domestic violence organizations have come out in support of inclusive restroom policies.

FAQ TRANS WOMEN IN SPORT



Do trans women have an unfair advantage?

The small number of trans and intersex girls and women athletes have NOT demonstrated any categorical “dominance” or overwhelming advantage. Years of data negate this dominance argument.

- The notion that trans girls have an overall competitive advantage in sports also implies that every single cisgender woman is physically inferior, which feeds into sexist stereotypes we know to be false.
- This notion overlooks the fact that class and money are often responsible for competitive advantages in sports (i.e., access to private coaching, better facilities, better sports equipment, and specialized training).
- When estrogen is used for HRT, it is not considered a PED because trans individuals using it are most likely to have less than or equal to the same levels of estrogen levels as their cis peers. This does not produce competitive advantage, and is within a reasonable margin of error of natural variation for gender segregated competition.

Are trans women a threat to cis women’s opportunities in sports?

No. There are actually very few trans people in competitive sports—and the success of those trans people has, for the most part, been exaggerated to perpetuate transphobia.

- Initial research shows “participation among high school girls remained static from 2011 to 2019 in states with fully transgender-inclusive sports policies, whereas participation among girls in states with outright bans or trans-exclusive policies (combined) has decreased.” In other words, where states enacted hostile policies to bully trans students, we see fewer girls total playing school sports.
- Anti-trans sports bans subject all women and girls to accusations of being “too masculine” or “too good” at their sport to be a “real” woman or girl. These tests especially harm women and girls who fall outside stereotypical notions of womanhood--often intersex people or people of color--because they don’t conform to current adopted standards of femininity.
- As addressed above, there are numerous examples of actual sex discrimination against girls and women in sports: fewer athletic opportunities, second-class facilities and equipment, sexual abuse by peers and coaches, pay inequity, and more. But sports bans are not addressing these real problems, which negatively affect all women.

FAQ TRANS ATTENDEES



How can we ensure trans attendees feel welcome at our sporting events?

Start by implementing inclusive policies, such as gender-neutral restrooms and clear anti-discrimination guidelines. Educate staff and volunteers on trans inclusivity and ensure all communication materials reflect a commitment to diversity and respect.

How do we handle tickets and identification for trans attendees?

Adopt a respectful approach to ticketing and identification that does not require disclosure of gender unless absolutely necessary. Use names and pronouns as indicated by the attendee, and ensure staff are trained to handle identification checks sensitively.

What should we do if a trans attendee experiences harassment or discrimination?

Have a clear, immediate action plan that includes support for the individual and appropriate measures against the perpetrator. Ensure staff know how to swiftly and sensitively respond to such incidents, emphasizing your event's zero-tolerance policy for discrimination.

What facilities should be available to trans attendees?

Provide accessible, gender-neutral restrooms and changing facilities. Ensure these are clearly signposted and communicated in event literature to make trans attendees feel seen and accommodated.

Can trans attendees participate in fan activities and competitions?

Absolutely. Encourage and facilitate participation of trans attendees in all fan activities, competitions, and interactions. Ensure these spaces are inclusive and that any gendered activities are approached with flexibility and sensitivity to everyone's comfort and identity.

How can we promote inclusion and safety in our event marketing?

Use inclusive language and imagery in your marketing materials, showcasing diversity and explicitly stating that your events are welcoming for trans attendees. Highlight your inclusive policies and any specific accommodations you provide.