

# FAQ COMING OUT IN SPORT



## Why come out?

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.

## What should an LGBT athlete consider before coming out?

Before coming out, it’s important for an LGBT athlete to consider their safety, security, and environment. It can be helpful to assess the level of acceptance for the LGBT community in the athlete’s sport and team, as well as in their community. It’s also important to make sure the athlete is emotionally ready for the potential reactions from their teammates, coaches, and opponents. Additionally, it can be useful to think through the specific steps they wish to take in order to come out and any possible challenges they may face.

## What are some anticipated challenges of coming out?

Coming out in sports can present a number of challenges for athletes. These challenges may include backlash from teammates, coaches, and opponents, as well as feelings of isolation or rejection. In some cases, athletes may experience discrimination or unequal treatment due to their gender identity or sexual orientation. Additionally, there may be other professional obstacles, such as a decrease in sponsorships or opportunities for advancement.

**Explore our COMING OUT GUIDE for more information!**