

Krystian Bigosinski
Portland
LD 1134

Thank you, representatives,

I am writing in opposition to LD 233, LD 868, and LD 1134. I am a sports medicine physician with over 15 years of clinical and research experience taking care of athletes at all levels of sport and with extensive knowledge of the current research on trans athletes.

Due to the under-representation of trans girls and women at all levels of sport, the research on any competitive advantage or safety as it relates to the participation of trans athletes is limited, but what research has been done shows that there are no clear or definitive performance advantages conferred to trans girls and women in sport. Furthermore, there are no clear demonstrable impacts on safety for athletes when competing with or against trans girls and women, and safety policies are already in place that protect all athletes without the need for additional exclusionary or invasive policies. While there have been a handful of high profile instances of athletes being injured by trans athletes, and while all athlete injuries are traumatic for the individuals involved and demand our care and attention, there is no demonstrable wide-spread safety issue in allowing trans girls and women to participate in sports. On the other hand, the research is clear that suicide rates for trans individuals are higher than those of their cis gender peers, and in states where anti-trans legislation was passed, there has been a measurable increase in suicide attempts of trans teenagers of as much as 72%. Furthermore, participation in sports has decisively been shown to improve both mental and physical well-being for athletes across all ages and into adulthood.

It is overwhelmingly clear that any such legislation will cause more harm than good as far as preserving the safety and well-being of all athletes in Maine, and I ask that you vote against LD 233, LD 868, and LD 1134.

Sincerely,

Krys Bigosinski, MD