

Sarah Baker  
Hancock  
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If we want to improve sports, we should address the primary barriers to fairness — which are not trans people.

The massive inequities in sports are primarily driven by racism, misogyny and socioeconomic disparities. The Women Sports Foundation lists barriers for fairness in women's sports: lack of women in sports leadership, bullying due to gender, finances, and lack of adequate media coverage. No where on the list is trans women's participation in sports.

In addition, trans women do not have an advantage over cis women because they are trans. Biological diversity is everywhere. In elite level sports, trans women are required to suppress testosterone in order to compete in the women's category. Therefore they are at no advantage. In school sports, students are coming of age and maturity at different rates and governing the level of ever-shifting biological advantage is impossible. A growth spurt at age 10 vs age 12, an ability to gain muscle mass or to memorize a sequence of plays — these are not linked to gender but to the unique biology of the individual. Consider that when cis men are good at a sport, they are praised (e.g. Michael Phelps) but when women are good, they are accused of being unfair or having some sort of “abnormal” advantage.

A final note - lots of people point to then changing rooms for sports as a place where having trans female athletes changing with cis female athletes is dangerous to the cis female athletes. As the mom of two high school athletes, I will say that the students never change in group changing areas. High school students prefer privacy, no matter what the gender. They change in bathroom stalls or their cars or other private areas. This danger is concocted to make trans females seem threatening and to make people feel like it's their duty to protect cis females. And it reminds me of the 1950s when racists felt it their duty to protect white women from black women in sports and in other areas of life, saying they were dangerous and dirty. Racial segregation was built on this and it was wrong, just like this trans segregation is wrong.