

TRANS AND GENDER DIVERSE INCLUSION IN SPORT

CREATING INCLUSIVE ENVIRONMENTS

We are an inclusive club – everybody is welcome, including trans and gender diverse people.



Trans and gender diverse people come in all different shapes and sizes, just like the rest of the population. There may be trans or gender diverse people in your club or organisation and you may not know.

It is up to the individual whether they share their gender identity or not. Children and young people may start their gender affirmation much earlier in life and could have been playing at your club since they were a junior.

Barriers to inclusion

- Fear of harassment, abuse and discrimination
- No access to safe and inclusive bathrooms and change facilities
- Social media debates with false information about transgender people in sport
- Unwelcoming discriminatory sporting environments

What you can do

- Be welcoming and accommodating to everyone who wants to be involved the club.
- Understand that trans people participate in sport for the same reasons as everybody else – for fun, to make new friends and to enjoy the physical and mental health benefits sport brings.
- Respect the rights of trans and gender diverse people to use the bathroom and change room they feel comfortable in.
- Use inclusive language and always put the person first.
- Avoid using phrases and sayings such as, 'you look just like a man' or 'you can't tell'. It may seem harmless, but it can be taken as an insult.

Making sport inclusive for everyone