

Transgender Athletes and Sample Collection

The inclusion of transgender athletes in sport is a growing priority within the Canadian sport system. This is also the case with high performance sport across Canada. Recognizing that DCOs may conduct sample collection on transgender athletes, the purpose of this document is to provide DCOs with some basic information about transgender people, guidance for doping control and resources for further reading.

Commonly Used Terms and Definitions

Our language plays an important role in creating safe, inclusive and positive environments for transgender people. Below is a brief summary of current terminology (as written in “Creating Inclusive Environments for Trans Participants in Canadian Sport”):

Sex and Gender: Whereas “sex” is a person’s physical characteristics, “gender” is about what it means to be a man or woman in society. Gender is the expectations and stereotypes about behaviours, actions and roles linked to being a “man” or “woman.” Social norms related to gender can vary depending on the culture and can change over time.

Gender identity: Each person’s internal and individual experience of gender. It is a person’s sense of being a woman, a man, both, neither or anywhere along the gender spectrum. A person’s gender identity may be the same as or different from their birth-assigned sex.

Trans (adjective): An umbrella term that describes people with diverse gender identities and gender expressions that do not conform to stereotypical ideas about what it means to be a girl/woman or boy/man in society. Trans can mean transcending beyond, existing between or crossing over the gender spectrum. It includes, but is not limited to, people who identify as transgender, transsexual, a cross dresser or gender non-conforming. Trans includes people whose gender identity is different from the gender associated with their birth-assigned sex.

Cisgender (adjective): Most people are cisgender (not trans); that is, their gender identity is in line with or “matches” the sex they were assigned at birth.

Gender-neutral pronouns: The most commonly used pronouns include they, them, and theirs (e.g., Michelle ate their food because they were hungry). Some people prefer not to use pronouns at all, using their name as a pronoun instead. Never refer to a person as “it” or “he-she” unless they specifically ask you to do so.

Guidance for Doping Control

- When reviewing an athlete’s identification, be mindful that the gender on their identification may not match the gender provided in the mission order. For the purposes of doping control, record the gender in which the athlete is registered, as determined by their sport, on the Doping Control Form (provided in the mission order).

- If you are unable to confirm an athlete's identity through photo identification, use another acceptable method, such as a verbal confirmation of identity by athlete support personnel (e.g., coach). The identifier's full name and role must be recorded on the Athlete Selection Order.
 - Address an athlete by their chosen name and use pronouns that align with their gender identity and/or gender expression (e.g., he, she, they).
- Ask questions that are relevant to doping control and do not seek additional information that might unwittingly oblige athletes to divulge personal information.
- Maintain information and doping control paperwork in a way that respects an athlete's right to privacy and confidentiality.
- In accordance with CCES sample collection procedures, ensure the DCO/Chaperone who witnesses the passing of the sample is the same gender as the gender in which the athlete is registered to compete.
 - There is no standard process by which individuals transition from one gender to the other. Consequently, an athlete's genitalia may not be consistent with the physical characteristics of the gender in which the athlete is registered to compete.
- If an athlete enquires about medical exemptions or prohibited substances, encourage them to visit the Global DRO and/or seek information in confidence from the CCES to determine the status of their medication(s) and whether a medical exemption is required.

Summary

- Follow CCES sample collection procedures.
- Use inclusive language.
- Maintain professionalism and athlete confidentiality.
- Train Chaperones to follow the same approach.

Resources for Further Reading

1. [Creating Inclusive Environments for Trans Participants in Canadian Sport](#)
2. [Webinar - Creating Inclusive Environments for Trans Participants in Canadian Sport](#)
3. [Sport in Transition](#)
4. [Dutee Chand CAS decision](#)
5. [IOC Consensus Meeting on Sex Reassignment and Hyperandrogenism](#)
6. [NCAA Inclusion of Transgender Student-Athletes](#)

If you have questions, please contact Matthew Koop (mkoop@cces.ca, 1-800-672-7775).