

**BC Athletics AGM**  
Saturday August 19th, 2023

**Female Athlete Director Report**  
Rebecca Dutchak

***1. World Athletics Council have adopted the same rules as swimming did last year in deciding to bar athletes who have transitioned from male to female and have gone through male puberty.***

After speaking with several biologically female athletes, the following points summarize their opinions and viewpoints regarding this pertinent topic.

- ➔ There is a general consensus among biological women that they do not want trans-females to compete in the female category of competition due to the genetic advantage that trans-females possess. (This advantage arises from factors such as higher testosterone levels, larger muscles, and naturally greater athletic ability).
- ➔ Concerns have been raised that allowing trans-women to compete in this category could demoralize biologically female athletes, leading to a perceived "losing battle" where victory against trans-women athletes may seem virtually impossible. Some women may even consider resorting to doping to attempt to "even the playing field."
- ➔ As a possible solution, there has been a proposal to create an "open" category. However, we, as a provincial sporting organization, must carefully consider and discuss the potential implications of introducing an entirely new category of competition.
- ➔ For recreational sporting events, biological females have expressed no issue with trans-women competing in the female category. However, when it comes to competitive events, there is a consensus that trans women should compete in the male category (or have a separate "open" category).

Overall, biological female athletes generally oppose trans-females competing in the female category due to genetic advantages; however, they have no issues with trans-females competing in the female category for recreational activities.

CBC Article:

<https://www.cbc.ca/sports/olympics/summer/trackandfield/world-athletics-bans-transgender-women-1.6788581>

ESPN Article:

[https://www.espn.com/olympics/story/\\_/id/35925450/track-organizers-ban-transgender-women-elite-competitions](https://www.espn.com/olympics/story/_/id/35925450/track-organizers-ban-transgender-women-elite-competitions)

Athletics Canada Policy on Transgender Athletes:

<https://athletics.ca/wp-content/uploads/2023/01/Athletics-Canada-Policy-on-Transgender-and-Gender-Diversity-Inclusion-January-2023.pdf>

**2. Resources** → Female athletes have expressed their desire for enhanced accessibility to specialized resources, with a mindful consideration of feasibility and practicality.

- **Sports Science Support:** This includes physiotherapy, athletic therapy, nutrition counseling, and mental performance coaching. These resources can significantly contribute to their overall well-being and performance on and off the field.
  - ◆ *Holistic Approach* → The integration of physiotherapy, nutrition counseling, and mental performance coaching ensures a holistic approach to female athletes' care. By addressing physical, nutritional, and psychological aspects, sports science support helps female athletes achieve a balanced and sustainable athletic journey. This comprehensive care also reduces the risk of burnout and supports female athletes in managing the challenges they may face in all areas of their lives.
  - ◆ *Performance Optimization* → With access to these resources, female athletes can fine-tune their training regimens, nutrition plans, and mental preparation, ultimately reaching their full potential as athletes. This comprehensive approach creates a positive cycle where improved performance leads to increased confidence, motivation, and dedication to further excel in their respective sports.
  - ◆ *Long-Term Development* → By providing female athletes with sports science support, we can invest in their long-term athletic development. The knowledge and skills acquired through these services contribute to athletes' well-being and success throughout their careers, creating a sustainable and positive sporting environment.
- **Access to Higher-Quality Facilities:** Access to high-quality facilities is a crucial factor that significantly impacts the performance and development of track and field athletes. Injury prevention stands out as a crucial and invaluable advantage.
  - ◆ Quality facilities often come equipped with cutting-edge equipment and well-designed tracks and/or fields. Such facilities can help reduce the risk of injuries during training sessions, leading to a more sustainable and consistent athletic performance.
    - I have witnessed a significant number of hamstring injuries occurring during cold weather practice sessions due to the unavailability of indoor tracks in the Vancouver/Victoria area. These injuries have had severe consequences, leaving athletes debilitated for extended periods and negatively affecting their future training and performance.

### ***3. Remarkable Achievements of Female Track and Field Athletes in British Columbia***

Over the past year, the landscape for female track and field athletes in British Columbia has been nothing short of extraordinary! Our province has truly emerged as a thriving hub for athletic talent, with female athletes taking the lead and achieving remarkable performances and milestones in the sport. As the spotlight continues to shine on the talent of our athletes, let us celebrate their accomplishments and extend unwavering support.