

Let's Make Sport Safe for Women to Play Free

Sports regulations on testosterone thresholds as criteria for participation in women's competitions marginalize many athletes and should be abolished. As we engage various stakeholders to create change, here is a set of questions and themes to guide discussions and help you demand change.

What rules are in place and who enforces them?

Sports organisations must be transparent about policies and regulations they implement that can harm athletes and result in exclusion:

- openly publish regulations
- clearly outline processes, steps and decision makers

What are the channels for seeking further information and to challenge decisions?

Sport organisations must indicate clearly to athletes and all involved the steps to take to challenge processes, rules, and decisions:

- there should be sufficient time allowed to do so and the process open
- channels should be accessible to the person who is aggrieved

What processes and platforms are in place for accountability for policies and decisions?

Sport organisations must meet a standard of ethical compliance, fairness and human rights:

- there should be a review of processes and decisions
- systems and outcomes must be subject to external review and standards checks

What advice and support is available for athletes to navigate the processes and outcomes?

Sports organisations must ensure athletes are protected and supported at all stages:

- specific athlete focused resources should be available including information, expert advice, and services
- well-being support should be provided with consent and in an ethical environment

Who is affected by gender verification regulations?

Sports organisations must keep record of incidences and the number of athletes affected.

- records of the incidences and decisions should be kept and made available to stakeholders
- tracking of how incidences are handled and resolved

What happens to athletes after incidences?

Sports organisations must ensure wholistic support and follow up for athletes who have been affected by gender verification regulation:

- facilitate ongoing career development support
- ensure their health and well-being

What should happen with policies and regulations that are harmful?

Sports organisations must ensure policies are challenged and changed to ensure a safe sports environment:

- sports organisations should be well informed on their governing body policies and processes
- cooperate with other organisations/groups to advocate for changes
- seek support to contribute to changes harmful policies

Let's make #SportSafe for Women to #PlayFree

NOWSPAR is the National Organisation for Women in Sport Physical Activity and Recreation, a Zambian organisation that advances the rights of girls and women to and through sport.

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