



# **SO, YOU WANT TO HIT THE GYM?**

*A guide to approaching  
gyms and sports centres  
as a transgender person*

**LEAP**  
sports

# THINGS TO THINK ABOUT

Going to the gym as a trans/non-binary person can be stressful – but with a bit of planning it can become an ordinary part of your routine.

To make it as anxiety-free as possible you need to know that you'll feel safe, confident and that you can have fun. Here are some things you might want to consider before you go:

- Can you use your name on the sign up form (if different to your 'legal' name), and do they have gender neutral options and titles if required?
- What are their changing and toilet facilities?

- Are gendered classes trans-inclusive, and are there all-gender classes?
- Have staff had equality and diversity training which mentioned trans people, and is there an anti-bullying policy?

Try making a list of all the things that worry you about the gym and what you'd need to know to remove those worries.



# FINDING OUT WHAT YOU NEED TO KNOW

Once you have decided what you need to know to feel comfortable about attending a new gym, there are a number of straightforward ways to ask them for the info you need.

	<b>Pros</b>	<b>Cons</b>
<b>Phone</b>	Get the info you need quickly, You can usually get a good feeling of the atmosphere.	May be daunting. Try getting a friend or supporter to call on your behalf.
<b>Email</b>	Low-stress, you can ask multiple questions at once.	The facility may take a long time to respond. Personalised emails will yield the best response – phone to make sure you have the right contact.
<b>Online</b>	You can look at the centres website easily.	Unlikely to have the info you require. Will have contact details though.
<b>Visit</b>	You can get a feel of the place, speak to the staff, and ask anything you need.	Staff may be busy or unable to answer your questions. Call ahead to book an appointment with a friendly staff member.

You know what works best for you – often a combination of approaches is most suitable.

# WHAT TO EXPECT

It is unlikely that the sports facility will have all the information you may need to hand.

However, they are likely to be very friendly and do what they can to help out.

They may be keen for you to visit the facility to talk about your requirements in person.

Taking a friend or preparing a list of questions in advance may help you feel confident in this.

We have also produced a companion guide to this leaflet which you can give to the sports facility. You can find *Presenting accessibility options for Transgender people* on the LEAP Sports website.



# EXAMPLE PHONE CALL

Calling is the most efficient way of getting the information you need. Here is a tried-and-tested approach:

**You:** Hi, I want to come along to your [gym/classes etc] but I'm a bit anxious – am I able to ask you some questions about it?

**You:** I have a few accessibility requirements. I am transgender and was wondering whether:

- I would need to put my legal name on sign-up forms or I could use the name I use?

- All your changing areas are gendered or you have accessible or family ones?
- All your classes are gendered and whether there would be any issue me attending them? Do you have any all-gender classes?
- I can arrange a meeting with someone to discuss how to best get started.





Please direct any further inquiries to:  
LEAP Sports Scotland  
Email: [info@leapsports.org](mailto:info@leapsports.org)

A Youth Activist Academy community  
project by Mat Wilkie and Eli Graham  
with assistance from LEAP Sports  
Scotland.

[www.leapsports.org](http://www.leapsports.org)

# LEAP sports

**YOUTH  
ACTIVIST  
ACADEMY**



**youngstart**  
● ● ●

Delivered by  
  
NATIONAL  
LOTTERY FUNDED

 **HERITAGE  
FUND**