



PRESS RELEASE – 15.10.2020

BAC APPLAUDS COURAGE AND FORTITUDE OF EMILY BRIDGES' DECISION TO COME OUT AS TRANS ATHLETE

The British Athletes Commission (BAC) has recently supported British cyclist Emily Bridges through her journey that resulted in her recent announcement to come out as a transgender athlete.

The BAC's Athlete Support team has played a role in a vital support network that, over the past weeks and months, has enabled Emily to take these significant steps forward with her life.

“We at the British Athletes Commission applaud the courage and fortitude shown by British cyclist Emily Bridges, who yesterday took the brave decision to declare herself as a transgender athlete. In recent months, we have been proud to help support Emily” said Samantha Little, BAC Head of Athlete Support.

“In making public her decision, which coincided with National Coming Out Day, Emily has led by example and demonstrated the importance of athletes being their authentic selves. This takes strength of character and this is a quality the BAC wholeheartedly recognises and supports,” added Little.

The BAC is committed to promoting and supporting the diversity and inclusion of all its members and ensuring that its support is appropriately tailored to each the individual need”, said Donna Fraser, BAC Board member for Diversity and Inclusivity.

The duty of care and wellbeing of all its members is of paramount importance to the BAC. Working closely with the English Institute of Sport, the BAC can facilitate independent access to mental health services for its members to ensure that individuals get the appropriate support as quickly as possible. The BAC has a network of Mental Health Champions who are actively working across the high-performance system to raise the profile of mental wellbeing, challenge the stigmatisation of mental health and importantly be another avenue for athletes to share their worries.

The BAC is on hand to provide confidential and bespoke support to its members. For more information and to speak to us, please get in touch with our Athlete Support Team at:

support@britishathletes.org