

Ramadan

Ramadan is a sacred time of fasting, prayer, and reflection. It falls during the ninth month of the Islamic calendar; the dates vary each year but usually occur in March. From dawn to sunset Muslims practicing Ramadan abstain from food, drink, and other physical needs to focus on spiritual growth and self-discipline. It is a time for prayer, meditation, and seeking closeness to God.

While nutrition and hydration are essential for physical activity, fasting does not mean Muslims practicing Ramadan need to stop participating in sport, with modifications they can continue to stay active while following their faith.

It is important to respect and accommodate training and games, so participants feel safe and supported in their cultural and religious practices. Be mindful that some players may need extra breaks and may not perform at their usual level.

Everyone follows cultural and religious practices differently, adapting them in ways that work for them. Communicate with parents to understand their child's needs and how to offer better support. Never assume—always ask if unsure.

Ways to adapt training/games during Ramadan:

- **Modify training** – Reduce intensity and duration to help save energy and prevent dehydration.
- **Adjust training times** – If possible, schedule training outside fasting hours. If during fasting, allocated a longer rest/drink break to allow participants to break their fast.
- **Monitor health/wellbeing** – Watch for signs of dehydration or fatigue, ensuring athletes do not overexert themselves.

Tips for athletes:

- **Take breaks** – Allow extra rest periods to help with recovery while fasting.
- **Eat well** – Break the fast with nutrient-rich foods like fruits, vegetables, whole grains, and lean proteins to sustain energy.
- **Stay hydrated** – Drink plenty of water and replenish electrolytes after sunset to stay hydrated.

For more information and tips to fuel your body, please seek further health advice from a doctor.

Tips to fuel your body. Tips for nutrition for sport and exercise during Ramadan

[Tips to fuel your body during Ramadan — Victorian Institute of Sport](#)

At Suhoor (before), at Iftar (during) and after Iftar (after), Sport & Exercise during Ramadan

[Sport and exercise during Ramadan - BDA](#)