

Your Club's Guide to Ramadan

Ramadan is the 9th month of the Islamic calendar and is considered to be one of the most spiritual times for Islam. It is a time where the Muslim community increase their spirituality and social cohesion through devotional acts such as prayer, giving charity and spending more time with family and loved ones. Muslims who observe Ramadan will fast during daylight hours meaning that they don't eat or drink anything during the fast.

Considerations you can put in place for your Muslim members

- Be mindful that your Muslim members may get more tired than usual during Ramadan, so be accommodating of people's energy levels. If you do have any social activities, it may be better for these to take place earlier in the day when your Muslim members have more energy.
- If your club tend to have breakfast briefings or meal-based events, you may want to avoid this during the month of Ramadan as it revolves around eating – don't feel bad about eating and drinking in front of Muslim individuals during Ramadan! It may be a good idea to plan food-based events after sunset to be able to have iftar (the first meal after sunset to break fast). Equally, try not offer a bite or sip of consumable goods during daylight hours.
- It may be a good idea to make sure you have a safe area or room to pray. Prayer is a big part of Ramadan so it is good that clubs are mindful of a space for worship.
- Raise awareness of Ramadan to other club members. By raising awareness, other club members can support Muslim members and create a more inclusive environment.
- Another idea is giving to charity. Giving to charity is one of the tenets of Islam and it can involve the whole club whilst supporting Muslim members.

Eid

Eid al-Fitr takes place at the end of Ramadan and it is a big holiday is akin to Christmas or Easter. It translates to "the festival of the breaking of the fast". Be aware that events surrounding this

holiday might not be the best as Muslim members may want to spend time with family and loved ones.

What should I do if my club has employees who observe Ramadan?

For clubs that have employees, there may be things that you want to put in place to accommodate. This could include things like changing opening or working hours, accepting annual leave requests for Eid, and being considerate of any changes that can help your employee throughout the Ramadan period.

Race With Respect

At all events, a socially-minded standard of behaviour is expected from everyone within the motorsport community. By participating in a Motorsport UK event, in any capacity, you are agreeing to follow the values of the governing body's Respect Code. This can be found on our website [here](#). There is also a Club Flyer on our website which can be distributed among your members or put on your event notice board.



For more information guides visit the Motorsport UK Club Toolkit.

For guidance and suggestions of further guides, email the Motorsport UK Club & Community Development Team at club.development@motorsportuk.org