



RAMADAN MUBARAK

WHAT IS RAMADAN?

Ramadan is the holiest month of the year for Muslims, globally. It is the ninth month of the Islamic calendar – a month of forgiveness, compassion, and reflection.

During Ramadan, Muslims refrain from eating and drinking between sunrise and sunset. On the first day of Ramadan in 2026, Muslims in Australia will be fasting approximately from 5:00am to 8:30pm.

The act of refraining from eating and drinking is called Sawm (Fasting). For Muslims, this is a time to establish a strong relationship with Allah (God), the Quran, Salat (Prayer), and Zakat (Charity).

Ramadan also encourages mindfulness in behaviour and speech, including avoiding harmful or negative actions such as gossiping and swearing.

Before sunrise, Muslims wake up to eat a meal called Suhoor followed by the Fajr (Dawn) prayer. The timing is very early in the morning; This year it will generally be before 5:00am.

Muslims break their fast as soon as the Maghrib (Sunset) prayer time begins, and families often gather and share a meal together.

This meal is called Iftar. It is encouraged to break the fast with a date and water.



WHEN IS RAMADAN?

This year, Ramadan spans from **Thursday, the 19th of Feburary** to **Friday, the 20th of March**.



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IS IT OBLIGATORY TO FAST IN THE MONTH OF RAMADAN?

Yes, apart from:

- Children.
- Those temporarily or permanently ill.
- Elderly people that are not able to.
- Those mentally and physically incapable of fasting.
- Pregnant/breastfeeding mothers.
- Travellers.

WHY DO MUSLIMS FAST?

Although Muslims fast to get a better connection to Islam as an act of worship – and one of the five key pillars of Islam – Muslims also fast as a means to empathise with those less fortunate around the world.

For Muslims, fasting fosters a strong sense of community, gratitude and humility.

RAMADAN IN THE SPORTS INDUSTRY

AFL and AFLW players have participated in game days whilst partaking in the month of Ramadan.

With the right food and water intake during Suhoor and Iftar times, Muslim athletes are well prepared, and can continue with a modified training and nutrition plan.

Most importantly, every athlete's body is different and programs should be treated to individual needs.

Click here to see the video of **'High-Performance in Ramadan'** by Islamic College of Sport High-Performance coaches.

Believe it or not, both Bachar Houli and Adam Saad achieved their career-high disposals while playing during Ramadan.

SO, WHAT CAN YOU DO TO HELP IN THE WORKPLACE?

As much as there are significant benefits during Ramadan, there are also many challenges in the workplace to adapt to, and for staff and managers to be aware of:

- Lack of dietary intake and sleep will naturally have an impact on emotional regulation, brain capacity and work efficiency.
- Managers; Allow for some flexibility in work hours and methods (e.g working off-site in the morning or afternoon, being able to finish tasks after Iftar, etc).
- Ask practising colleagues how their Ramadan is going vs how their Fasting is going; There are many reasons why one may not be fasting on a certain day(s), and it may be uncomfortable to explain why.
- Be more mindful of what time meetings are scheduled for staff practising.
- Think about ways to keep staff connected outside of food/drink related activities.

