



Ramadan Guidance

Arrangements

For all groups travelling during Ramadan, we ask Party Leaders to advise us as soon as possible if there are members of their group who will need special arrangements during this time. We will discuss the needs of each individual and specific attention will be given to:

- Meal times and fasting
- Arrangements for prayer
- Options to adjust the level of 'activity' should they become fatigued during the day

Guidance Notes

The practice of fasting

As fasting is a responsibility as well as an obligation in Islam, it is important that guests are supported while visiting our centres. It is equally important that guests realise that Ramadan is not an opportunity to try to gain special individual rights within the centre.

Prayer during Ramadan

We will ensure that:

- Prayer rooms are made available and non-Muslim members of staff involved in supervision are fully briefed and know what is expected of them
- We take advice from the local Muslim community if required

Where large numbers of guests are involved, it may be possible for a number of groups to pray during the lunch break.

It is usual for males and females to pray separately but if this is not convenient, they may pray together but in separate groups.

Senior guests who are Muslim may be happy to help with the organisation of prayers.

If it is not possible to make the prayers at the appointed times they can be made as soon as possible afterwards. Each PGL centre can arrange their own timetable for prayers and a prayer room can be made available at the end of the day.

Medical and Injections

We are aware of some of the effects of prolonged dawn to dusk fasting, for example sleepiness, mood swings and headaches. Some guests will need to reduce the physical exercise that they take during fasting while others will wish to continue as normal.

Any oral medicine or injection with nutritional benefit cannot be taken by a person who is fasting. Such medications or injections can be taken after the fast is over. Where conditions are more serious, medical advice from a GP should be obtained.

Guidelines based on work by Hounslow LEA and Hounslow NOPsque in 2001, revised by Muslim Council of Britain.