



## RAMADAN POLICY

Version 1.0 – 29 January 2026

## **1. What is Ramadan?**

- 1.1. Ramadan is the ninth month of the Islamic Lunar Calendar. It is a holy month for Muslims around the world. During this month, Muslims fast (no food, or water) from dawn to sunset. It teaches discipline, patience and empathy, whilst building a closer connection to God. Ramadan lasts for 29 or 30 days and changes every year.
- 1.2. This is important to know as it may affect nutrition, hydration, sleep, and training routines for our England Boxing (EB) members.

## **2. Purpose**

- 2.1. EB is committed to an inclusive and accessible sport for all members. This Policy provides guidance to support boxers, coaches, officials, doctors, volunteers, staff, board members and boxing families who observe Ramadan, and sets out fair procedures for adjustments at club shows and championships while maintaining safety, welfare, and competitive integrity.
- 2.2. This Policy is guidance, responsibility to safeguard the boxer lies with parents/carers and coaches for all those under 18 years of age. Boxers over 18 years of age are responsible for their own decision making.

## **3. Who does this apply to?**

- 3.1. This Policy applies to:
  - a. **Boxers;**
  - b. **Coaches and club staff;**
  - c. **Officials and volunteers;**
  - d. **Event organisers and medical teams; and**
  - e. **EB staff and Board members.**
- 3.2. It covers training, club shows, regional/national championships and EB sanctioned events.

## **4. Legal Requirements**

- 4.1. EB will act in line with the Equality Act 2010, ensuring members are not discriminated against on grounds of religion or belief and that reasonable adjustments are considered where feasible.

## **5. Limitations**

- 5.1. Ramadan dates change every year. Because major championships and national events are set by international schedules, their dates cannot be moved. However,

where possible and safe, adjustments will be made within the event to support those observing Ramadan.

## 6. England Boxing Commitments

6.1. EB and event organisers will:

- a. **Offer a clear request process** for Ramadan-related adjustments (e.g., bout timing within a session, prayer space access);
- b. **Provide education** to coaches, officials, and event staff on safe training/competition considerations during fasting;
- c. **Facilitate practical provisions** at events (e.g., designated prayer space, water/food availability for sunset); and
- d. **Ensure well-being and fair treatment**, including access to grievance and discipline routes for inequitable treatment.

## 7. Membership Commitments

7.1. The Regional Summary Procedure may be applied if:

- a. **Communicate early** with EB, clubs and event organisers about fasting, prayer needs, and any preferred adjustments.
- b. **Prioritise safety**, including honest disclosure to medical staff of fasting status and any symptoms (e.g., dizziness, weakness).
- c. **Respect event constraints**, recognising that fixed schedules may limit reasonable adjustments.

## 8. Event & Competition Adjustments (Guidance)

8.1. Where possible, organisers may implement the following processes.

8.2. Bout scheduling:

- a. Session placement: Where sessions span daylight/evening, fasting athletes may request earlier bouts, closer to when boxers have started their fast, or later bouts closer to sunset, or after they have broken their fast.

8.3. Prayer space and breaks:

- a. Designated quiet/prayer room: Clearly signposted, clean, gender-appropriate privacy, with washing facilities nearby where possible; and
- b. Short breaks: Where possible EB may accommodate brief prayer breaks for officials between bouts in line with event schedule. Officials MUST inform the championship chair or supervisor in advance to allow rota planning.

8.4. Hydration and nutrition:

- a. Sunset (Iftar) support: All members and staff are responsible for their own food and water to break their fast. Water will be provided for boxers as usual, as they enter the FOP.

## 8.5. Medical and safety:

- a. Pre-bout Medical: Doctors and medical teams should be informed of fasting athletes and monitor for signs of dehydration, weakness, fatigue or hypoglycaemia (low blood sugar levels); and
- b. Bout Stoppages: Officials and medical teams must prioritise safety; bouts may be stopped if welfare is compromised, as per competition rules.

## 9. Training Guidance for Clubs

- 9.1. Periodisation: Adapt training loads—schedule higher-intensity sessions closer to evening; use technical or tactical work earlier in the day.
- 9.2. Recovery: Encourage members to schedule a sleep routine, to fuel correctly at Suhoor and Iftar time, reduce non-essential training load during the day.
- 9.3. Environment: Provide inclusive messaging, support boxers and members in what works for them – they know their body. Provide additional support through alternative drills for low-energy periods.

## 10. Requesting Adjustments

- 10.1. Members must submit a request for reasonable adjustment at least 5 working days before a club show or the Monday immediately after qualifying for the next championship rounds, specifying needs (e.g., bout session preference, prayer space).

## 11. Roles & Responsibilities

- 11.1. All Boxers: Notify their fasting status to EB (during championships) and doctors during pre-bout medical, follow safety advice, and comply with decisions and competition rules.
- 11.2. Coaches: Plan training sensibly, communicate with boxers and support requests, where possible.
- 11.3. Officials: Apply rules consistently; accommodate reasonable adjustments without advantaging/disadvantaging competitors.
- 11.4. Event Organisers: Implement practical provisions; communicate with members and signpost at events. Pre-event briefings to staff and volunteers to include Ramadan awareness.
- 11.5. Doctors and Medical Teams: Monitor fasting-related risks and put boxers' welfare first.

11.6. This policy must be considered by all parties – coaches, parents/carers and boxers. Any decisions made to compete are the choices of the coaches, boxers and their families.

## 12. Disciplinary & Grievance Procedures

12.1. To protect individual's rights under this Policy, a participant who believes they have suffered inequitable treatment within the scope of the Policy may raise the matter through the Complaints Policy which can be found at <https://www.englandboxing.org/clubs/compliance-policies/>.

Version 1.0	Approved by the Board	20 January 2026

Review Schedule		
<i>Date of Review</i>	<i>Version</i>	<i>Summary of Changes</i>
20 January 2026	1.0	Completely new document