

# OATA Diversity and Inclusion Committee

## Ramadan and the Athletic Performance

Ramadan is a Muslim tradition observed after the first crescent of a new moon during the ninth month of the Islamic calendar. It is a period of voluntary abstention from eating, drinking, and sexual activity from sunrise to sunset.

- **Impact of Fasting:** Ramadan fasting has no significant effect on body mass, composition, or dietary intake in adolescent athletes who continue training.
- **Challenges and Support for Muslim Athletes During Ramadan:** Muslim athletes face intrinsic challenges (physical, mental, emotional, time constraints) and extrinsic challenges (limited resources, lack of understanding from others) during Ramadan. Support from sports medicine teams, communities, and educational initiatives can be beneficial.
- **Cultural Competence and Sensitivity:** It's crucial for the athletic community to be culturally competent and sensitive towards Muslim athletes observing Ramadan. Understanding the significance of the practice and providing appropriate support can foster inclusivity and athlete well-being.

## Recommendations:

- Implement pre-participation evaluations for athletes observing Ramadan to assess individual needs and potential challenges.
- Develop educational materials and initiatives for coaches, teammates, and support staff to promote understanding and sensitivity towards Ramadan.
- Provide access to resources such as nutritionists, sport psychologists, and flexible training schedules to accommodate fasting requirements.
- Foster a supportive and inclusive environment that respects religious practices and celebrates diversity within the athletic community.

## Resources



[Aspetar Clinical Guidelines  
Ramadan Fasting and Exercise  
for Healthy Individuals](#)



[JAT Chat Podcast:  
Navigating Ramadan:  
The Experience of  
Muslim Student Athletes](#)



[The Ramadan Fasting Athlete;  
Competing in Good Health  
and for Optimum  
Performance](#)

## Key Takeaways:

- While there's minimal physiological impact, the lived experiences of Muslim athletes reveal various challenges during Ramadan.
- Open communication, cultural sensitivity, and proactive support measures from the athletic community are vital.
- Tailored resources, education initiatives, and flexible training schedules can help athletes navigate Ramadan while maintaining performance and well-being.

### Sources:

Muslim Collegiate Student Athletes' Experience With Fasting During Ramadan While Participating in Sport  
The Influences of the Religious Tradition of Ramadan on Dietary Intake and Body Composition in Adolescent Athletes

