

# SUPPORTING YOUR MEMBERS THROUGH RAMADAN

Judo clubs can take several steps to support their members who are observing Ramadan, ensuring they can continue train throughout.

1.

## AVOID OVERTRAINING

Emphasise rest and recovery to prevent exhaustion.

6.

## LOW-IMPACT DRILLS

Focus on technical drills, light randori, and kata instead of high-intensity sparring. Suggest yoga or flexibility sessions that are less demanding.

8.

## PRAYER CONSIDERATIONS

If possible, provide a quiet space for members to pray before or after training.

5.

## HYDRATION BREAKS

If training before Iftar, allow members to break for water and dates if needed.

1.

## ADJUST COMPETITION PLANS

If members are competing, discuss strategies for energy management

4.

## REST PERIODS

Increase rest between drills and ensure proper cool-down routines.

2.

## AWARENESS & UNDERSTANDING

Educate non-fasting members and coaches about Ramadan's impact on energy levels and performance.

3.

## ENCOURAGE COMMUNICATION

Allow members to share how they feel and what they need during sessions.



BRITISH  
JUDO