

University of Central Lancashire

COVID-19: Ramadan Guidelines 2020



Our students and staff from a Muslim faith will be observing the month of Ramadan (a period of fasting) at home during the lockdown period. This Ramadan is going to be different with new routines being adapted according to the circumstances we are facing. Nevertheless, students and staff are aware that the Covid-19 restrictions are still in place and it is important that adhering to the government guidelines continues during the month until further notice.

Ramadan in 2020 will start on Thursday, the **23rd of April** and will continue for 30 days until Saturday, the **23rd of May** (depending on the moonsighting). Note that in the Muslim calendar, a day begins on the sunset of the previous day, so observing Muslims will celebrate Ramadan on the sunset of Thursday, the **23rd of April**.

This document aims to raise awareness of this important event to our observing communities of students and staff during the coronavirus pandemic. It covers the following points:

1. Key points
2. Purpose and Significance
3. Daily Prayers during lockdown
4. Taraweeh Salah (late night prayers) and Eid Salah during lockdown
5. Fasting and covid-19 during lockdown
6. Further information about Ramadan

1. Key points

- The dates of Ramadan are 23rd April to 23rd May 2020.
- Muslims abstain from taking any food or drinks from dawn to sunset on each individual day over this month. The times of the fast for each day are between **3.45am** (when the fast commences) to **8.30pm** (when the fast ends/fast is opened). These change daily throughout the month. In practice, this means that Muslims fast for up to 18 hours a day.
- During this time, Muslims try to follow a normal work/study routine as far as possible but have responsibilities for devotion to extra prayers and readings to their otherwise daily religious commitments.

2. Purpose and Significance

- To attain nearness and closeness to God through devotion and commitment to fasting and prayers.
- To experience and appreciate those who are less fortunate than them.
- To give particular emphasis to charity and generosity - this is especially encouraged during this month.
- Ramadan is also a time for significant community and family spirit and providing support. Many individuals and families will pray and eat together and support each other in many ways, throughout the month.

3. Daily Prayers during lockdown

Due to Ramadan commencing during the lockdown, the Oasis will be closed alongside other buildings in the University. Muslim staff and students will be required to continue with their daily prayers at home due to government guidelines on social distancing.

Due to these unprecedented times, we are hopeful that we shall receive the full reward of the actions performed at home which we would have normally carried out in congregation in the Mosque. The following narration (hadeeth) highlights this fact:

“When a servant [of Allah] falls ill or travels, reward is written for him similar to his deeds when he was local (not travelling) in good health” (Sahih al-Bukhari).

**Full year prayer timetable can be downloaded from <http://www.uclanisoc.com/prayer-timetable/>
Please use the April/May months for Ramadhan.**

4. Taraweeh Salah (late night prayers) and Eid Salah during lockdown

- Staff and students are encouraged to perform the full Taraweeh salah at home.
- Taraweeh salah can be performed in congregation (jama’ah) and individually. It is recommended that families perform Taraweeh salah in congregation in their **own homes** where possible. This must be people who are already living in the same accommodation/flat.
- Those homes and accommodations that have Huffaaz (people who have memorized the entire Quran by heart) are encouraged to complete the recitation of the entire Quran in Taraweeh salah.
- Non Haafiz individuals are encouraged to recite whatever they have memorized from the Quran.
- A person is permitted to perform the Taraweeh salah sitting down if there is a valid reason.
- For details on Eid Salah during lockdown visit: <https://islamicportal.co.uk/covid-19-and-guidelines-for-ramadan-and-eid/>

5. Fasting and covid-19 during lockdown

- Fasting will continue as usual but collective/communal Suhur (pre-dawn meal) or collective/communal Iftar (breaking of the fast) will not take place on campus.
- If a fasting person struggles to continue their fast due to contracting Covid-19 symptoms, it is permissible to break the fast and make up for it later.
- Individuals with confirmed/suspected Covid-19 with moderate-severe symptoms or severe underlying health conditions can postpone their fasts to a later date. A strong likelihood of falling extremely ill also permits postponing the fasts.
- In the above cases, if a person thinks they may be able to fast or they are unsure, then they should attempt to fast. During the day, if they struggle, they can break the fast and make up for it later.
- A person who does not fast or discontinues their fast due to a valid excuse is required to make up for the fast(s) at a later date. If their condition is such that they are unable to fast perpetually, then they will give Fidyah (which is £2.50 per fast). Fidyah does not discharge the obligation if a person is able to fast at a later date.

For information on what nullifies the fast and what does not, please visit:

<https://islamicportal.co.uk/what-nullifies-the-fast-and-what-does-not/>

Exemptions

The following are exempt from fasting in the month of Ramadan:

1. Immature children
2. A traveller
3. A woman who is pregnant
4. A woman who is breast feeding
5. A Diabetic
6. A severely ill person
7. A person with an Incurable disease i.e. HIV infection
8. A person with chronic disease i.e. diabetes, COPD

Please note that some of the people listed above will be required to make up for their fasts on other days when they regain their full health. Please consult the Imam at the University if they fall in this category.

6. Further information about Ramadan

1) COVID19 – Ramadan At Home

<https://mcb.org.uk/resources/ramadan/>

2) Covid-19 and guidelines for Ramadan and Eid

<https://islamicportal.co.uk/covid-19-and-guidelines-for-ramadan-and-eid/>

3) Working/Studying from home during Ramadan

<https://mcb.org.uk/resources/ramadan/>

4) Islamic guidance on Coronavirus

<https://islamicportal.co.uk/islamic-guidance-on-coronavirus/>

5) Fasting in Ramadan for Covid-19 doctors and nurses

<https://islamicportal.co.uk/fasting-in-ramadan-for-covid-19-doctors-and-nurses/>

6) Supplications for the protection from Covid19 and other diseases

<http://www.uclanisoc.com/islam-for-new-muslims/>

5) Ramadan Diet – Recommended Food

<https://mcb.org.uk/wp-content/uploads/2014/06/Ramadan-Dietician-talk-23rd-May.pdf>

Guidance prepared in consultation with Muslim students and staff of UCLan and with the help of Higher Education Muslim Chaplains of the North West.

Students and staff are welcome to contact the Imam should they require further information or support in Ramadhan:

Imam Vasiyyullah Bhayat (Muslim Chaplain / Faith Adviser)

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