

# RAMADAN SAFETY GUIDANCE

RISK OF CATCHING COVID = EXPOSURE X DISTANCE X TIME

## How can we minimise risk?

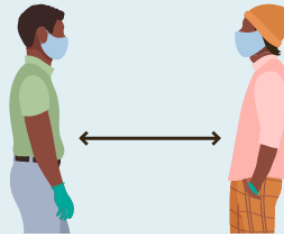
### EXPOSURE

- Entry policy
- Masks
- Ventilation



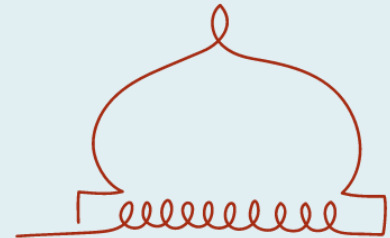
### DISTANCE

- 2m distancing throughout



### TIME

- Reducing duration at the venue



### TARAWEEH

- Reduce length
- Increase distance
- Increase ventilation

### IFTAAR

- Avoid large gatherings
- Avoid shared food
- Cut down on unhealthy food

### ITIKAAF

- Not recommended
- Select individuals carefully
- Perform risk assessment of venue

### EID

- Increase jamaat
- Consider outdoor spaces
- Plan ahead

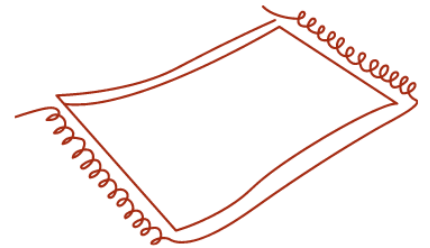
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# TARAWEEH TOP TIPS

Adjusting time, ventilation and exposure in taraweeh is key to safety.

All previous restrictions still apply. (No > 60 years, <10 years, COVID symptoms, high risk, or living with those who are high risk.

Keep Taraweeh short. Some studies say the risk is up to 4x more at 1 hour than it is at 20 minutes.



Exception to the above are those who are 2 weeks past the 2nd vaccine dose - although be aware you can still transmit to others.

Ventilation to be maximised by having open windows to increase safety.

Avoid distributing water bottles or charity buckets amongst congregation.

Consider organising Taraweeh in outdoor location to reduce risk.

Ideally imams to wear properly fitted double masks to protect congregants + clean headsets between Qaris to protect each other.

Include live streams for those who cannot attend Taraweeh in person.

Speak to your local scholars to talk about options re: shortening Taraweeh.

Consider lateral flow tests for the imams after consulting local health officials.

During witr and dua'a qunut, attendees to say "Ameen" quietly to themselves.

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# IFTAAR TOP TIPS

Keep iftaars safe by avoiding mixing many households.

Iftar in a mosque should be avoided.

Consider having healthier iftaars as diabetes and obesity are COVID risk factors.



Avoid open foods i.e. pre cut fruit or tray of dates.

Pre-packaged food if delivering iftar for others. Ideally individual portions should be packed separately.

Consider having more eco-friendly iftaars with less waste and plastic.

Iftar for those coming to Maghrib prayer should be dates & water only.

Have easily visible waste bins to allow easy disposal of items.

Have a virtual iftar with those who may be alone, for eg. refugees, international students or reverts.

Avoid any iftar events outside your immediate family or bubble.

Advise people to bring their own water bottles from home.

Donate the money saved from not having large iftar events to those in need.

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# ITIKAAF TOP TIPS

We do not recommend itikaaf in mosques this year.

We advise itikaaf at home this year to minimise risk.

Take bookings early to allow for health screening and prior planning. Consider recent negative COVID test before approving.



If itikaaf is legally allowed and the mosque would like to accommodate, then limit numbers to reduce risk.

Have clear contact number of COVID safety officer to contact in case of emergency.

Bring your own Qur'an, tasbeeh, and prayer mats to reduce cross contamination.

Manage communal areas (e.g. kitchen and toilets) to reduce risk.

Itikaaf participants should not mix with each other or public during prayer times.

Ensure good ventilation of the itikaaf area regularly to reduce risk.

Those performing itikaaf should not be high risk groups or living with anyone who is high risk.

Management to engage regularly to ensure compliance and welfare.

Increase the cleaning schedule throughout itikaaf.

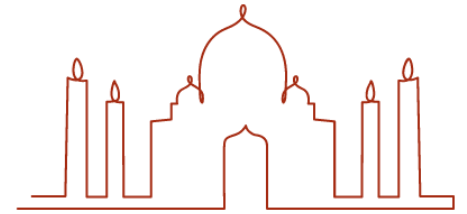
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# MOSQUE TOP TIPS

Ramadan is a busy period, so prepare for it accordingly.

Lectures or talks between or after prayers should be online to reduce risk.

There's evidence that the virus is airborne, so good ventilation (regardless of weather) is a key part of reducing risk.



Follow the 9-step guidance previously published by the MCB:  
[bit.ly/MosqueReOpening](https://bit.ly/MosqueReOpening)

Recruit large number of marshals early and train them as they will be needed for 1 month and we want to avoid burnout.

Check masks are properly worn at the door and encourage double masking as this has been shown to reduce risk.

Repeat the risk assessment & speak to your local public health team. Be prepared to repeat if surge in cases in your area.

Please implement strict 2m distancing if currently less than that as this is much safer with new variants.

Do not allow people to sit in the mosque between prayers as increased time in a location correlates with increased risk.

Emphasise that having had vaccine does not mean someone can ignore the rules.

Consider increasing frequency of cleaning due to increased footfall.

Communicate and educate congregation early to increase compliance.

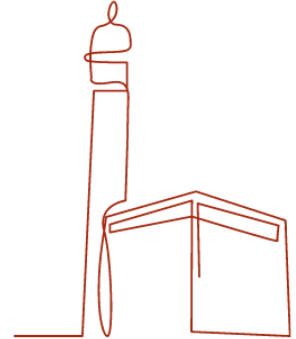
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# EID TOP TIPS

It is important to celebrate Eid safely in order to protect our communities.

Eid in the park should be arranged in advance.

Do not hug, but instead use other form of greeting.



Advise importance of pre-registering or booking to aid crowd control.

Request for parking dispensation to reduce public transport overcrowding.

Avoid large Eid parties and keep to smaller events in your bubbles.

Multiple Eid congregations and well spaced out to prevent overcrowding and congestion.

If stalls present, have queue management to prevent overcrowding.

Make sure you give your Zakat al Fitr online and well before Eid.

Start speaking to local council from now to get permission.

Eid Takbeers to be said quietly and all attendees to be masked / double-masked.

Collect Eid presents for those who lost loved ones – especially orphans.

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