

ESSNA

European
Specialist
Sports Nutrition
Alliance

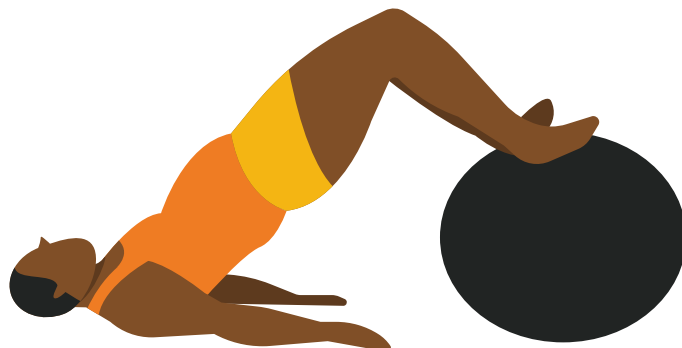
GUIDE ON EXERCISE RESTRICTIONS DURING THE COVID-19 PANDEMIC



For further information

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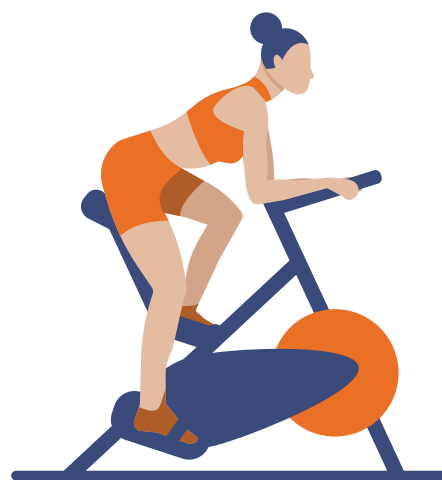


Since the outbreak of the COVID-19 virus and the subsequent lockdown measures enforced by national governments to contain its spread, the sport habits of European citizens have been severely disrupted. As European countries face different situations, measures regarding sport facilities, professional sport events and outdoor exercise vary across countries.

With exercise remaining key to maintaining good health, ESSNA has put together a table of the different measures restricting sport activities across EU Member States and the United Kingdom. Government advice is for citizens from different households to keep a social distance of 2 metres from one another; similarly, citizens over the age of 65 and those suffering from chronic health conditions are advised not to leave their home. ESSNA encourages all sportspeople to exercise responsibly, practice caution and respect social distancing rules.

For more information on how to exercise and use sports nutrition safely, please read our [beginner's guide to sports nutrition](#) and our [10 steps to buying the best protein](#).

This document was last updated on **29th May 2020** and will be updated every two weeks. As events are moving fast, please note that this is an overview. We encourage you to check local rules before making any decisions.



Country	Gyms and sport facilities	Outdoor exercise	Professional sport events
Austria	Generally closed Outdoor facilities open. 2m distance rule.	Restricted Only alone or with people from same household.	Suspended Training for outdoor sports allowed.
Belgium	Closed Local authorities can open outdoor facilities if under supervision.	Restricted Only alone or with people from same household. Club-supervised outdoor team sports allowed up to 20 people.	Suspended Outdoor and individual indoor training allowed.
Bulgaria	Open	Restricted Anti-epidemic measures must be observed.	Suspended or behind closed doors Training & football allowed behind closed doors.
Croatia	Open 1.5m distancing rule.	Restricted Up to 40 people. 1.5m distancing rule.	Suspended or behind closed doors Croatian Cup football resumes 30th May; first division from 6th June.
Cyprus	Generally closed To reopen 9th June. Outdoor facilities open for selected sports.	Restricted Only alone or in pairs. Parks only to be used for individual exercise.	Suspended To resume behind closed doors from 9th June. Indoor & outdoor athlete training allowed.
Czech Republic	Open 2m distancing and indoor mask-wearing mandatory.	Restricted Up to 10 people together.	Allowed Sport events allowed with up to 300 people.
Denmark	Closed Gyms to reopen in August.	Restricted Up to 10 people together.	Suspended or behind closed doors
Estonia	Open Spas and saunas to reopen 1st June.	Allowed	Allowed Outdoor sports events allowed up to 100 people.

Country	Gyms and sport facilities	Outdoor exercise	Professional sport events
Finland	Generally closed Outdoor facilities open for 30 people max, in groups of 10 people each.	Restricted Up to 10 people together.	Suspended Sports events up to 50 people to resume 1st June.
France	Generally closed Outdoor facilities open, except swimming pools.	Restricted Up to 10 people together. 10m distancing rule.	Suspended Until at least September 2020.
Germany	Generally closed Check local <i>Land</i> rules.	Restricted Only alone or with people from same household. Check local <i>Land</i> rules.	Suspended or behind closed doors Bundesliga football has resumed behind closed doors.
Greece	Closed	Restricted Only alone or in pairs.	Suspended or behind closed doors
Hungary	Closed	Restricted Only alone or with people from same household. >70 not to leave home.	Suspended or behind closed doors
Ireland	Closed	Restricted Up to 4 people, within 5km of home. >70 not to leave home.	Suspended
Italy	Open 2m distancing rule.	Restricted Outdoor exercise allowed with 2m distancing.	Suspended Individual & collective athlete training allowed behind closed doors.
Latvia	Open Some restrictions on opening conditions.	Restricted Up to 25 people.	Suspended Indoor team training allowed up to 25 people and 3 hours. No time limit outdoors.

Country	Gyms and sport facilities	Outdoor exercise	Professional sport events
Lithuania	Open 2m distancing rule.	Allowed	Allowed Competitions allowed: up to 300 spectators outdoors, 100 spectators indoors.
Luxembourg	Generally closed Indoor facilities and swimming pools closed.	Restricted Non-contact outdoor sports allowed.	Suspended
Malta	Generally closed Outdoor facilities open for registered athletes.	Restricted Non-contact outdoor sports allowed.	Suspended Except football games, behind closed doors.
Netherlands	Generally closed Indoor and contact sports allowed & fitness centres open from 1st July.	Allowed 1.5m distancing rule Outdoor sports venues open for teams age <18.	Suspended Matches can resume behind closed doors from 1st July.
Poland	Closed	Restricted Only alone or in pairs.	Suspended
Portugal	Closed	Restricted Individual outdoor sports allowed.	Suspended Football Premier League and National Cup to resume from 31st May.
Romania	Generally closed Outdoor facilities open for individual sports.	Restricted Up to 3 people. Only outdoor individual sport. 6m distance rule.	Suspended
Slovakia	Generally closed Outdoor facilities open.	Restricted Outdoor non-contact & individual sports allowed.	Suspended
Slovenia	Generally closed Outdoor facilities open.	Restricted Only alone or with people from same household.	Suspended

Country	Gyms and sport facilities	Outdoor exercise	Professional sport events
Spain	<p>Partially closed</p> <p>Outdoor facilities and indoor facilities for individual exercise open.</p>	<p>Restricted</p> <p>Individual exercise allowed. No-contact group exercise allowed up to 10 people under club supervision, with 2m distancing.</p>	<p>Suspended</p>
Sweden	<p>Open</p>	<p>Allowed</p> <p>Citizens to be cautious. >70 to remain home.</p>	<p>Suspended or behind closed doors</p> <p>No gatherings of 50+ people.</p>
United Kingdom	<p>Closed</p>	<p>Restricted</p> <p>Only alone or with people from same household.</p>	<p>Suspended</p> <p>Premier League football to return behind closed doors from mid-June.</p>



ESSNA is engaging in an open dialogue with various European institutions as well as national governments and agencies to ensure that concrete actions are taken to achieve the best scenario where the sports nutrition industry can continue to thrive in the aftermath of this pandemic. In particular, ESSNA is calling on European institutions, governments and their agencies to:

- Ensure that the health and safety of citizens are a top priority for governments and support all initiatives related to promoting regular physical activity combined with healthy and balanced diets.
- Consider compensation measures for the sports sector, following gym closures, cancellation of major sporting events and related consequences of the COVID-19 outbreak and its containment measures. This is while acknowledging the role played by the sports nutrition sector in reaching out to citizens and supporting their health.
- Ensure that the European Commission's scientific bodies provide high-quality scientific advice on how to successfully resume safe training for athletes and the general public outdoors and in gyms as part of a wider strategy to exit the crisis.

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