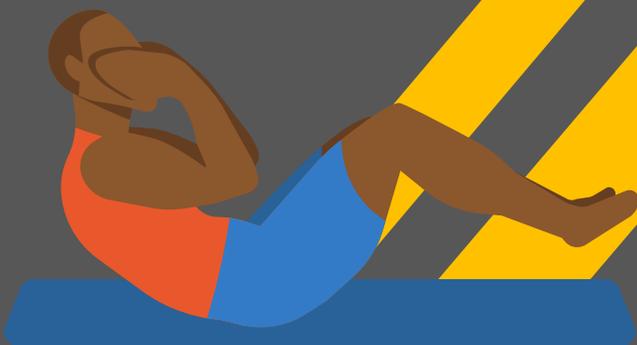


ESSNA

European
Specialist
Sports Nutrition
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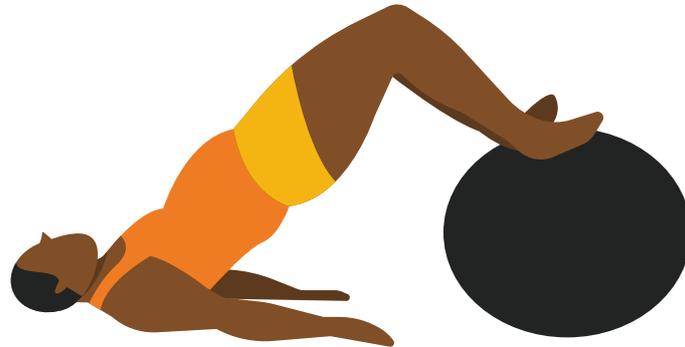
GUIDE ON EXERCISE RESTRICTIONS DURING THE COVID-19 PANDEMIC



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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 **17th June 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	Open 2m distance rule.	Allowed 1m distance rule.	Allowed Up to 100 people. 2m distance between players.
Belgium	Partially open Fitness and sports clubs open; swimming pools & wellness centres closed.	Restricted Only alone or with people from same household. Club-supervised outdoor team sports allowed up to 20 people.	Suspended Sports training allowed. No competition until 31st July.
Bulgaria	Open	Restricted Anti-epidemic measures must be observed.	Allowed 1.5m distance between spectators.
Croatia	Open 1.5m distancing rule.	Restricted Up to 40 people together. 1.5m distancing rule.	Allowed or behind closed doors Spectators allowed outdoors, not indoors. 1.5m distancing rule.
Cyprus	Open No collective sports.	Restricted Up to 10 people together.	Behind closed doors 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 500 people, 2m distance.
Denmark	Open	Restricted Up to 50 people together.	Allowed Up to 50 spectators.
Estonia	Open	Allowed	Allowed Up to 100 spectators. Indoor athlete and team training allowed.

Country	Gyms and sport facilities	Outdoor exercise	Professional sport events
Finland	Open Outdoor facilities open for 30 people max, in groups of 10 people each.	Restricted Up to 50 people together.	Allowed Up to 50 spectators, or 500 spectators with distancing.
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 Up to 10 people together. Check local <i>Land</i> rules.	Suspended or behind closed doors Bundesliga football has resumed behind closed doors.
Greece	Open	Restricted Only alone or in pairs.	Suspended or behind closed doors
Hungary	Open	Restricted Only alone or with people from same household. >70 not to leave home.	Allowed
Ireland	Closed Non-contact outdoor training allowed. 2m distancing.	Restricted Up to 15 people. 2m distancing rule.	Suspended
Italy	Open 2m distancing rule.	Restricted Outdoor exercise allowed with 2m distancing.	Behind closed doors Sports events "recognised as of national interest" allowed behind closed doors.
Latvia	Open Some restrictions on opening conditions.	Restricted Up to 30 people together.	Restricted Sports events allowed up to 30 people.

Country	Gyms and sport facilities	Outdoor exercise	Professional sport events
Lithuania	Open 2m distancing rule indoors, 1m outdoors.	Allowed	Allowed Competitions allowed: up to 700 spectators outdoors, 150 spectators indoors.
Luxembourg	Open Non-contact sports allowed. 2m distancing.	Restricted Non-contact sports allowed.	Suspended
Malta	Open Specific rules applicable for each sport.	Restricted Non-contact sports allowed. Up to 8 people. 3m distancing rule.	Restricted & behind closed doors Only allowed for non-contact sports - except football.
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	Open 2m social distancing rule, when possible.	Restricted Up to 150 people together.	Behind closed doors Up to 150 athletes together. No spectators allowed.
Portugal	Open 2m distancing rule.	Restricted 2m distancing rule.	Suspended or behind closed doors Football competitions behind closed doors.
Romania	Open	Restricted Up to 3 people. During exercise, 6m distance rule.	Behind closed doors Outdoor competitions allowed for individual and team sports; only individual sports indoors.
Slovakia	Open 2m distancing rule.	Allowed 2m distancing rule.	Allowed Up to 500 spectators. 2m distancing rule.
Slovenia	Open 1.5m distancing rule.	Restricted 1.5m distancing rule. Mass gatherings banned.	Allowed Up to 500 spectators. 2m distancing rule.

Country	Gyms and sport facilities	Outdoor exercise	Professional sport events
Spain	<p>Open</p> <p>2m distancing rule. Different regions are in different phases; check local rules.</p>	<p>Restricted</p> <p>Individual exercise allowed. No-contact group exercise allowed up to 20 people under club supervision, with 2m distancing.</p>	<p>Suspended or behind closed doors</p> <p>Professional athlete training allowed. Football matches behind closed doors.</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 or behind closed doors</p> <p>Some sports (eg football) returning behind closed doors.</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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