

ESSNA

European
Specialist
Sports Nutrition
Alliance

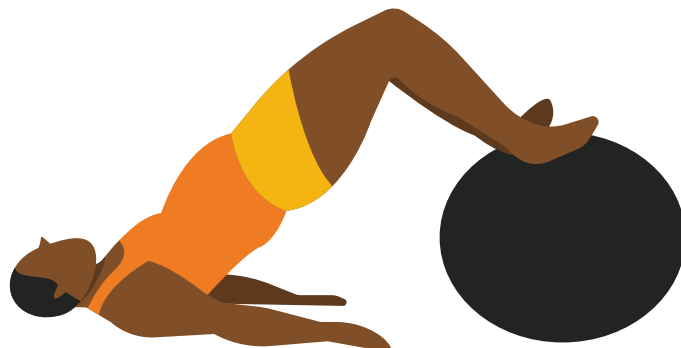
GUIDE ON EXERCISE RESTRICTIONS DURING THE COVID-19 PANDEMIC



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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 **1st July 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 1m distance rule before & after sport, none during. | Allowed 1m distance rule before & after sport, none during. | Allowed Up to 500 people outdoors, 250 people indoors. |
| Belgium | Open 1.5m distance rule. | Restricted Up to 50 people together. 1.5m distance rule. | Allowed Up to 200 seated spectators. |
| Bulgaria | Open Mandatory mask-wearing for facility staff ex. athletes. | Allowed 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 Up to 50 people indoors. | Restricted Up to 100 people outdoors. | Behind closed doors Indoor & outdoor athlete training allowed. |
| Czech Republic | Open 2m distancing and indoor mask-wearing mandatory. | Allowed | Allowed Sport events allowed with up to 1000 people, 2m distance. |
| Denmark | Open Up to 50 people together. | Restricted Up to 50 people together. | Allowed Up to 500 spectators. |
| Estonia | Open | Allowed 2m distance rule. | Allowed Up to 500 people indoors, 1000 people outdoors. |

| Country | Gyms and sport facilities | Outdoor exercise | Professional sport events |
|----------------|---|--|---|
| Finland | Open | Restricted Up to 50 people together. | Allowed Up to 50 spectators, or 500 spectators with distancing. |
| France | Generally open Some local closures in place; check local rules. | Restricted Up to 10 people together. No contact sports. | Suspended Until at least September 2020. |
| Germany | Generally open Check local <i>Land</i> rules. | Restricted Up to 10 people together. 2m distance rule, no contact sports. Check local <i>Land</i> rules. | Suspended or behind closed doors Bundesliga football has resumed behind closed doors. |
| Greece | Open | Allowed | Suspended or behind closed doors |
| Hungary | Open | Allowed | Allowed |
| Ireland | Open Up to 50 people indoors. | Restricted Up to 200 together. 2m distancing rule. | Allowed Maximum numbers on public gatherings apply. |
| Italy | Open 2m distancing rule. | Allowed 2m distancing rule. | Behind closed doors Sports events "recognised as of national interest" allowed behind closed doors. |
| Latvia | Open Up to 100 people in small spaces, 500 people in larger spaces. | Restricted Up to 1000 people together. | Allowed Maximum numbers on public gatherings apply. |

| Country | Gyms and sport facilities | Outdoor exercise | Professional sport events |
|--------------------|--|--|--|
| Lithuania | Open 2m distancing rule indoors, 1m outdoors. | Allowed | Allowed Competitions allowed: up to 1000 spectators outdoors, 200 spectators indoors. |
| Luxembourg | Open Non-contact sports allowed. 2m distancing. | Restricted Only non-contact sports allowed. | Allowed Only non-contact sports. |
| 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 | Open Indoor sports and contact sports allowed. Up to 100 people. | Allowed 1.5m distancing rule Up to 250 people. | Behind closed doors Matches allowed behind closed doors. |
| 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 6 people. During exercise, 6m distancing rule; otherwise, 2m distancing 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. Only non-contact sports. | Allowed Up to 500 spectators. 2m distancing rule. |
| Slovenia | Open 1.5m distancing rule. Mandatory mask-wearing indoors. | Restricted 1.5m distancing rule. Up to 50 people together. | Allowed Up to 50 spectators. 1.5m 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>Restricted</p> <p>Up to 50 people. >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>To reopen in "mid-July".</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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