

ESSNA

European
Specialist
Sports Nutrition
Alliance

GUIDE ON EXERCISE RESTRICTIONS DURING THE COVID-19 PANDEMIC

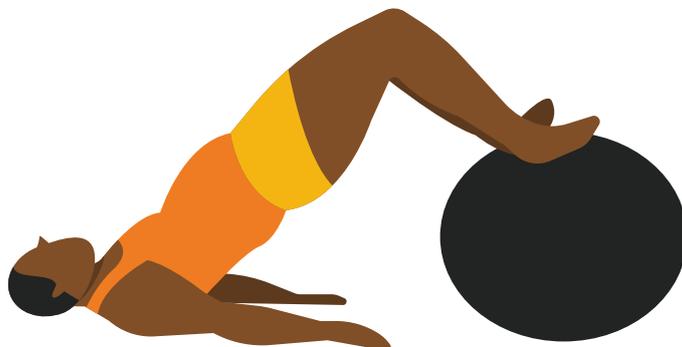


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Since the outbreak of the COVID-19 virus and the subsequent lockdown measures enforced by national governments to contain its spread, the sport habits of European citizens have been severely disrupted. As European countries face different situations, 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 **4th September 2020**. Given the general easing of lockdown measures throughout Europe, the document is now being updated on a monthly basis. 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. Close contact sports allowed.	Allowed Up to 750 people outdoors, 500 people indoors.
Belgium	Open 1.5m distance rule, both during & out of exercise. Up to 50 people indoors. Check local rules.	Restricted Up to 10 people together. 1.5m distance rule.	Allowed Up to 100 people indoors and 200 people outdoors.
Bulgaria	Open Mandatory mask-wearing for facility staff ex. athletes.	Allowed Anti-epidemic measures must be observed.	Behind closed doors Events allowed indoors without audience. Up to 1000 people outdoors.
Croatia	Open 1.5m distancing rule.	Restricted Up to 40 people together. 1.5m distancing rule.	Restricted Up to 500 people indoors and 1000 outdoors, with social distancing.
Cyprus	Open One person per 10 square metres of space.	Restricted Up to 150 people outdoors.	Restricted Indoor events, such as in stadiums, are banned. Outdoor events allowed if social distance is respected.
Czech Republic	Open 2m distancing and indoor mask-wearing mandatory.	Allowed	Allowed Up to 500 people indoors and 1000 people outdoors.
Denmark	Open Up to 100 people.	Restricted Up to 100 people together.	Allowed Up to 500 spectators.
Estonia	Open	Allowed 2m distance rule.	Allowed Up to 1500 people indoors, 2000 people outdoors.

Country	Gyms and sport facilities	Outdoor exercise	Professional sport events
Finland	Open	Allowed Social distancing applies.	Allowed Social distancing applies.
France	Generally open Some local closures in place; check local rules.	Allowed Local restrictions in place, check local rules.	Allowed Up to 5000 people, local restrictions apply.
Germany	Generally open Check local rules.	Generally allowed Check local rules.	Suspended or behind closed doors
Greece	Open 2m distancing rule.	Allowed 2m distancing rule.	Suspended or behind closed doors Up to 50 attendees in most public events.
Hungary	Open	Allowed	Allowed 1.5m distancing required.
Ireland	Open Up to 50 people indoors.	Restricted Up to 15 together. 2m distancing rule.	Allowed Maximum numbers on public gatherings apply.
Italy	Open 1m distancing rule.	Allowed 1m distancing rule.	Allowed Up to 200 people indoors and 1000 people outdoors.
Latvia	Open Up to 1000 people indoors.	Allowed Up to 3000 people together.	Allowed Up to 1000 people indoors, 3000 people outdoors

Country	Gyms and sport facilities	Outdoor exercise	Professional sport events
Lithuania	Open 2m distancing rule indoors, 1m outdoors.	Allowed	Allowed 1m social distancing.
Luxembourg	Open 2m distancing.	Allowed	Allowed
Malta	Open Specific rules applicable for each sport.	Restricted Non-contact sports allowed. Up to 10 people. 2m distancing rule.	Behind closed doors Allowed for both non-contact & contact sports.
Netherlands	Open Up to 100 people (not counting staff). 1.5m distancing rule.	Allowed 1.5m distancing rule Up to 250 people.	Restricted If not possible to triage participants, up to 100 people indoors and 250 outdoors.
Poland	Open 2m social distancing rule, when possible. Check local rules	Allowed Check local restrictions.	Allowed Event venues filled at up to 50% capacity. Check local restrictions.
Portugal	Open 2m distancing rule.	Allowed 2m distancing rule.	Suspended or behind closed doors Football competitions behind closed doors.
Romania	Open	Restricted Social distancing applies. Check local rules.	Behind closed doors
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 500 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 with social 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. Citizens over 70 to remain home.</p>	<p>Suspended or behind closed doors</p> <p>No gatherings of 50+ people.</p>
United Kingdom	<p>Open</p>	<p>Restricted</p> <p>Up to 5 other people outside one's household. 2 metre distancing.</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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