

ESSNA

European
Specialist
Sports Nutrition
Alliance

GUIDE ON EXERCISE RESTRICTIONS DURING THE COVID-19 PANDEMIC

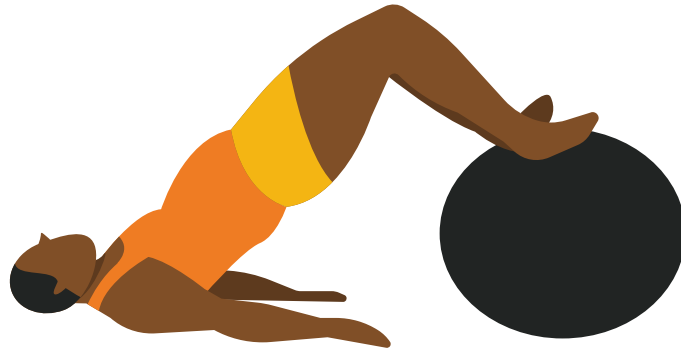


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Since the outbreak of the COVID-19 virus and the subsequent lockdown measures enforced by national governments to contain its spread, the sport habits of European citizens have been severely disrupted. As European countries face different situations, 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](#), our [10 steps to buying the best protein](#), and our guide on [pre, during and post exercise sports nutrition](#).

This document was last updated on **15th December 2020**, and will be reviewed 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	Closed National lockdown.	Restricted Up to 6 people outdoors.	Closed National lockdown.
Belgium	Closed National lockdown.	Restricted Up to 4 people, 1.5m distance rule.	Restricted Professional sport events behind closed doors.
Bulgaria	Closed National restrictions in place.	Allowed Anti-epidemic measures must be observed.	Restricted Indoor events behind closed doors.
Croatia	Closed	Restricted Up to 25 people, 1.5m distancing rule.	Restricted Professional sport events behind closed doors.
Cyprus	Closed	Restricted Up to 2 people. Check local rules.	Restricted No audience allowed in sports events.
Czech Republic	Restricted Up to 10 people in indoor locations.	Restricted Up to 6 people together in public places.	Restricted Sport events behind closed doors.
Denmark	Generally closed Local restrictions in place	Restricted Up to 10 people.	Restricted Up to 10 spectators.

Country	Gyms and sport facilities	Outdoor exercise	Professional sport events
Estonia	Closed National restrictions in place.	Restricted Up to 10 people together.	Restricted Professional sport events allowed behind closed doors.
Finland	Generally closed Local restrictions in place.	Restricted Local restrictions in place.	Suspended or behind closed doors Local restrictions in place.
France	Closed National lockdown.	Restricted Households may exercise together, up to 3h a day.	Suspended or behind closed doors
Germany	Closed National lockdown.	Restricted Up to 10 people from two households.	Suspended or behind closed doors Amateur sports suspended.
Greece	Closed National lockdown.	Restricted Up to 3 people together.	Suspended or behind closed doors
Hungary	Closed National lockdown.	Restricted Only Individual exercise allowed.	Behind closed doors
Ireland	Open Individual exercise only.	Restricted Up to 15 people together.	Behind closed doors
Italy	Closed Local restrictions in place.	Restricted Check local rules.	Suspended or behind closed doors

Country	Gyms and sport facilities	Outdoor exercise	Professional sport events
Latvia	Restricted Sports training and classes only for professional athletes.	Restricted Up to 10 people together.	Suspended or behind closed doors
Lithuania	Closed	Restricted Up to 5 people from different households.	Suspended or behind closed doors
Luxembourg	Closed	Restricted Up to 4 people, 1.5m social distancing.	Suspended or behind closed doors
Malta	Open Specific rules apply for different types of sports facilities.	Restricted Up to 6 people, with 2m social distancing, except for non-contact sports.	Behind closed doors
Netherlands	Restricted Up to 4 people indoors, no group classes.	Restricted Up to 4 people, 1.5m social distancing.	Behind closed doors
Poland	Restricted Sports training and classes only for professional athletes.	Restricted Up to 5 people together. Local restrictions in place.	Behind closed doors
Portugal	Open 2m social distancing rule.	Restricted Up to 5 people, with 2m social distancing rule.	Suspended or behind closed doors
Romania	Restricted Local restrictions in place.	Restricted Up to 10 people together.	Suspended or behind closed doors Local restrictions in place.

Country	Gyms and sport facilities	Outdoor exercise	Professional sport events
Slovakia	Restricted Capacity restrictions in place.	Restricted Up to 6 people together.	Behind closed doors
Slovenia	Closed	Restricted Only with those in one's household.	Suspended or behind closed doors
Spain	Local restrictions in place 1.5m distancing rule. Check local rules.	Restricted Up to 6 people, with social distancing.	Suspended or behind closed doors
Sweden	Open	Restricted Check local rules.	Suspended or behind closed doors
United Kingdom	Open Only individual exercise allowed. Capacity restrictions in place. Check local rules.	Restricted Local restrictions in place.	Behind closed doors Local restrictions apply.



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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