

ESSNA

European
Specialist
Sports Nutrition
Alliance

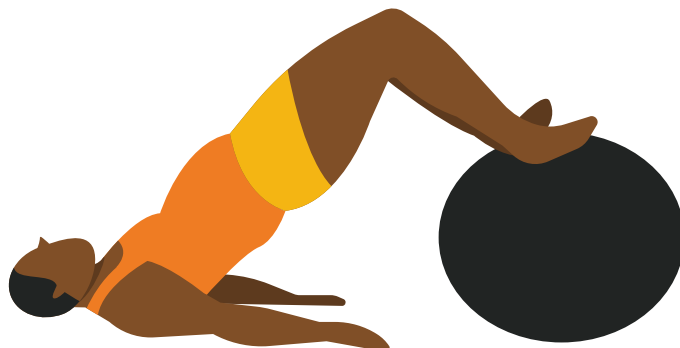
GUIDE ON EXERCISE RESTRICTIONS DURING THE COVID-19 PANDEMIC



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](#), 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 **13th January 2021**, 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	Restricted Up to 6 people outdoors.	Suspended or behind closed doors
Belgium	Closed	Restricted Up to 4 people outdoors, 1.5m distance rule.	Suspended or behind closed doors
Bulgaria	Closed National restrictions in place.	Restricted Up to 30 people outdoors.	Suspended or behind closed doors
Croatia	Closed	Restricted Up to 25 people outdoors, 1.5m distancing rule.	Suspended or behind closed doors
Cyprus	Closed	Restricted Up to 2 people outdoors. Check local rules.	Suspended or behind closed doors No audience allowed in sports events.
Czech Republic	Closed	Restricted Up to 6 people together in public places.	Suspended or behind closed doors
Denmark	Closed	Restricted Up to 10 people outdoors.	Suspended or behind closed doors

Country	Gyms and sport facilities	Outdoor exercise	Professional sport events
Estonia	Closed	Restricted Up to 10 people together.	Suspended or 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	Restricted Households may exercise together.	Suspended or behind closed doors
Germany	Closed National lockdown.	Restricted Up to 10 people from two households.	Restricted or behind closed doors Up to 50 people in public events.
Greece	Closed National lockdown.	Restricted Up to 2 people together.	Suspended or behind closed doors
Hungary	Closed National lockdown.	Restricted Only Individual exercise allowed.	Behind closed doors
Ireland	Closed	Restricted Individual exercise only.	Behind closed doors
Italy	Closed	Restricted Check local rules.	Suspended or behind closed doors

Country	Gyms and sport facilities	Outdoor exercise	Professional sport events
Latvia	Closed	Restricted Up to 10 people together.	Suspended or behind closed doors
Lithuania	Closed	Restricted Up to 2 people from different households.	Suspended or behind closed doors
Luxembourg	Open Social distancing measures apply.	Restricted Up to 10 people, 2m social distancing.	Suspended or behind closed doors
Malta	Open 2m social distancing applies.	Restricted Up to 6 people, with 2m social distancing, except for non-contact sports.	Behind closed doors
Netherlands	Closed	Restricted Up to 2 people, 1.5m social distancing.	Behind closed doors
Poland	Closed Sports training and classes only for professional athletes.	Restricted Up to 5 people together. Local restrictions in place.	Behind closed doors
Portugal	Closed	Restricted Up to 5 people, with 2m social distancing rule.	Suspended or behind closed doors
Romania	Restricted Local restrictions in place.	Restricted Up to 6 people together.	Suspended or behind closed doors Local restrictions in place.

Country	Gyms and sport facilities	Outdoor exercise	Professional sport events
Slovakia	Closed	Restricted Households can exercise together within local area.	Behind closed doors
Slovenia	Generally open 5m social distancing must be ensured.	Restricted Households can exercise together.	Suspended or behind closed doors
Spain	Local restrictions in place 1.5m distancing rule. Check local rules.	Restricted Up to 6 people outdoors, with social distancing.	Suspended or behind closed doors
Sweden	Closed	Restricted Up to 8 people outdoors, with social distancing.	Suspended or behind closed doors
United Kingdom	Closed	Restricted Local restrictions in place. In England, up to 2 people from different households together.	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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