

# ESSNA

European  
Specialist  
Sports Nutrition  
Alliance

# GUIDE ON EXERCISE RESTRICTIONS DURING THE COVID-19 PANDEMIC

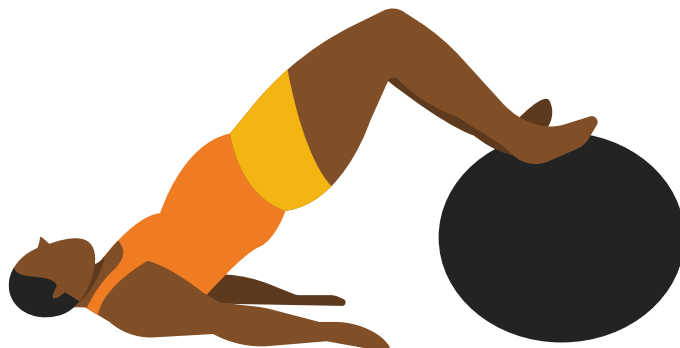


## For further information

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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 **10th February 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
<b>Austria</b>	<b>Closed</b>	<b>Restricted</b> 2m social distancing between households.	<b>Suspended or behind closed doors</b>
<b>Belgium</b>	<b>Closed</b>	<b>Restricted</b> Up to 4 people outdoors, 1.5m distance rule.	<b>Suspended or behind closed doors</b>
<b>Bulgaria</b>	<b>Open</b> Safety measures and social distancing in place.	<b>Restricted</b> Up to 30 people outdoors.	<b>Suspended or behind closed doors</b>
<b>Croatia</b>	<b>Closed</b>	<b>Restricted</b> Up to 25 people outdoors, 1.5m distancing rule.	<b>Suspended or behind closed doors</b>
<b>Cyprus</b>	<b>Partially open</b> Up to 5 athletes and a coach in an indoor sports facility.	<b>Restricted</b> Up to 2 people outdoors. Check local rules.	<b>Suspended or behind closed doors</b> No audience allowed in sports events.
<b>Czech Republic</b>	<b>Closed</b>	<b>Restricted</b> Up to 6 people together in public places.	<b>Suspended or behind closed doors</b>
<b>Denmark</b>	<b>Closed</b>	<b>Restricted</b> Up to 10 people outdoors.	<b>Suspended or behind closed doors</b>

Country	Gyms and sport facilities	Outdoor exercise	Professional sport events
<b>Estonia</b>	<b>Closed</b>	<b>Restricted</b> Up to 10 people together.	<b>Suspended or behind closed doors</b>
<b>Finland</b>	<b>Generally closed</b> Local restrictions in place.	<b>Restricted</b> Local restrictions in place.	<b>Suspended or behind closed doors</b> Local restrictions in place.
<b>France</b>	<b>Closed</b>	<b>Restricted</b> Households may exercise together.	<b>Suspended or behind closed doors</b>
<b>Germany</b>	<b>Closed</b>	<b>Restricted</b> Up to 10 people from two households.	<b>Restricted or behind closed doors</b> Up to 50 people in public events.
<b>Greece</b>	<b>Closed</b> National lockdown.	<b>Restricted</b> Up to 2 people together.	<b>Suspended or behind closed doors</b>
<b>Hungary</b>	<b>Closed</b> National lockdown.	<b>Restricted</b> Only Individual exercise allowed.	<b>Behind closed doors</b>
<b>Ireland</b>	<b>Closed</b>	<b>Restricted</b> People may meet one other household in outdoor settings when taking exercise.	<b>Behind closed doors</b>
<b>Italy</b>	<b>Closed</b>	<b>Restricted</b> Check local rules.	<b>Suspended or behind closed doors</b>

Country	Gyms and sport facilities	Outdoor exercise	Professional sport events
<b>Latvia</b>	<b>Closed</b>	<b>Restricted</b> Up to 10 people together.	<b>Suspended or behind closed doors</b>
<b>Lithuania</b>	<b>Partially Open</b> Professional athletes can resume physical training.	<b>Restricted</b> Up to 5 people from different households.	<b>Suspended or behind closed doors</b>
<b>Luxembourg</b>	<b>Open</b> Social distancing and minimum surface area requirements apply.	<b>Restricted</b> Up to 10 people together, 2m social distancing.	<b>Suspended or behind closed doors</b>
<b>Malta</b>	<b>Open</b> 2m social distancing applies.	<b>Restricted</b> Up to 6 people, with 2m social distancing, except for non-contact sports.	<b>Behind closed doors</b>
<b>Netherlands</b>	<b>Closed</b>	<b>Restricted</b> Up to 2 people, 1.5m social distancing.	<b>Behind closed doors</b>
<b>Poland</b>	<b>Partially Open</b> Professional athletes can resume physical training..	<b>Restricted</b> Up to 5 people together. Local restrictions in place.	<b>Behind closed doors</b>
<b>Portugal</b>	<b>Closed</b>	<b>Restricted</b> Households can exercise together.	<b>Suspended or behind closed doors</b>
<b>Romania</b>	<b>Restricted</b> Local restrictions in place.	<b>Restricted</b> Up to 10 people together.	<b>Suspended or behind closed doors</b> Local restrictions in place.

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<b>Slovakia</b>	<b>Closed</b>	<b>Restricted</b> Up to 6 people together, with social distancing.	<b>Behind closed doors</b>
<b>Slovenia</b>	<b>Closed</b>	<b>Restricted</b> Households can exercise together.	<b>Suspended or behind closed doors</b>
<b>Spain</b>	<b>Local restrictions in place</b> Check local rules.	<b>Restricted</b> Up to 6 people together, with social distancing.	<b>Suspended or behind closed doors</b>
<b>Sweden</b>	<b>Closed</b>	<b>Restricted</b> Outdoor fitness facilities remain open. Up to 8 people together, with social distancing.	<b>Suspended or behind closed doors</b>
<b>United Kingdom</b>	<b>Closed</b>	<b>Restricted</b> Local restrictions in place. In England, up to 2 people from different households together.	<b>Behind closed doors</b> 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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