

# ESSNA

European  
Specialist  
Sports Nutrition  
Alliance

# GUIDE ON EXERCISE RESTRICTIONS DURING THE COVID-19 PANDEMIC

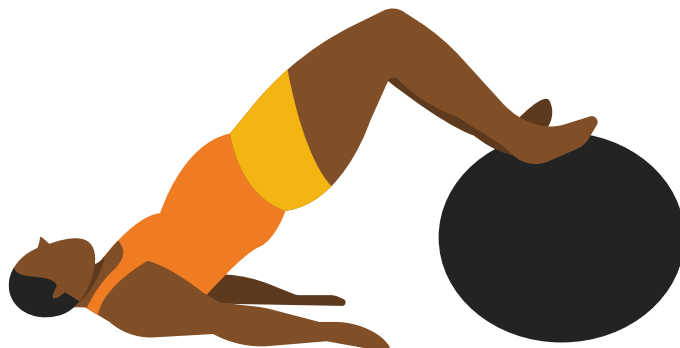


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Since the outbreak of the COVID-19 virus and the subsequent lockdown measures enforced by national governments to contain its spread, the sport habits of European citizens have been severely disrupted. As European countries face different situations, 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 **13th April 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> Households can exercise together or with up to one other person.	<b>Suspended or behind closed doors</b>
<b>Belgium</b>	<b>Closed</b>	<b>Restricted</b> Up to 4 people outdoors, 1.5m social distancing.	<b>Suspended or behind closed doors</b>
<b>Bulgaria</b>	<b>Open</b> Up to 30% capacity, with 1.5m social distancing in place.	<b>Restricted</b> Up to 30 people outdoors, 1.5m social distancing.	<b>Suspended or behind closed doors</b>
<b>Croatia</b>	<b>Closed</b>	<b>Restricted</b> Up to 25 people outdoors, 1.5m social distancing.	<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 4 people outdoors. Check local rules.	<b>Suspended or behind closed doors</b>
<b>Czech Republic</b>	<b>Closed</b>	<b>Restricted</b> Up to 2 people together in public places.	<b>Suspended or behind closed doors</b>
<b>Denmark</b>	<b>Closed</b>	<b>Allowed</b> Up to 50 people can gather to practice outdoor sports.	<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 2 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> Up to 6 people together. Team sports are not permitted.	<b>Suspended or behind closed doors</b>
<b>Germany</b>	<b>Closed</b>	<b>Restricted</b> Subject to regional infection rates. Local restrictions in place.	<b>Restricted or behind closed doors</b>
<b>Greece</b>	<b>Closed</b>	<b>Restricted</b> Up to 6 people together.	<b>Suspended or behind closed doors</b>
<b>Hungary</b>	<b>Closed</b>	<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>Generally closed</b> Local restrictions in place.	<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 up to 2 households.	<b>Suspended or behind closed doors</b>
<b>Luxembourg</b>	<b>Partially open</b> Facilities must meet minimum surface criteria.	<b>Restricted</b> Up to 10 people together, 2m social distancing.	<b>Suspended or behind closed doors</b>
<b>Malta</b>	<b>Closed</b>	<b>Restricted</b> Organised sport is not permitted.	<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>Open</b> Group classes are not permitted.	<b>Restricted</b> Up to 4 people can exercise together.	<b>Suspended or behind closed doors</b>
<b>Romania</b>	<b>Partially open</b> Subject to regional infection rates	<b>Restricted</b> Up to 10 people together.	<b>Suspended or behind closed doors</b> Local restrictions in place.

Country	Gyms and sport facilities	Outdoor exercise	Professional sport events
<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>Partially open</b> Sports facilities may open only where social distancing rules can be respected.	<b>Restricted</b> Up to 10 people together, with social distancing.	<b>Suspended or behind closed doors</b>
<b>Spain</b>	<b>Partially open</b> Check local rules.	<b>Restricted</b> Up to 6 people together, with social distancing and mandatory mask-wearing in public spaces.	<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>Partially open</b> Sports facilities are open in England. Check local rules.	<b>Restricted</b> Local restrictions in place. In England, up to 6 people from different households may meet outdoors.	<b>Behind closed doors</b> Local restrictions apply.



Throughout the COVID-19 pandemic, ESSNA has engaged and supported European institutions, agencies, and national governments in ensuring that concrete actions are taken to assist the sports nutrition sector in overcoming the hurdles of successive public health lockdowns in the EU27 and the UK.

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.

ESSNA supported the European Parliament's resolution on the impact of COVID-19 on youth and sport, in which Members of the European Parliament (MEPs) called on the Commission to thoroughly assess the economic and social impact of COVID-19 on sports across the Member States and develop a European approach to coping with these challenges. MEPs also called on the Council to prioritise measures to help the sector cope with the consequences of the pandemic as part of the EU Work Plan for Sport, as well as measures to strengthen doping prevention during and after COVID-19 lockdowns to promote athletes' health and fair play in European sport.

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