

ESSNA

European
Specialist
Sports Nutrition
Alliance

GUIDE ON EXERCISE RESTRICTIONS DURING THE COVID-19 PANDEMIC

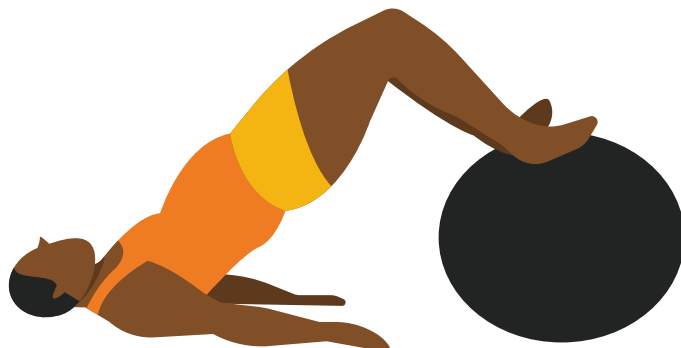


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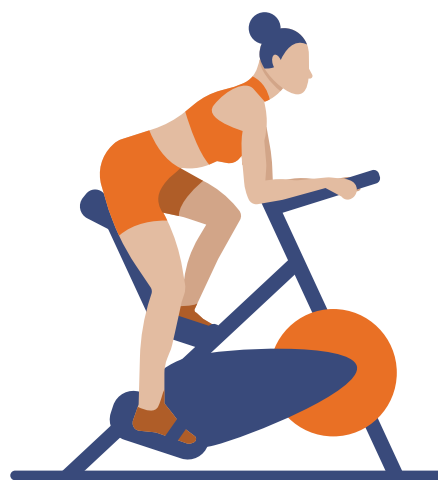


Since the outbreak of the COVID-19 virus and the subsequent lockdown measures enforced by national governments to contain its spread, the sport habits of European citizens have been severely disrupted. As European countries face different situations, measures regarding sport facilities, professional 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 public health measures restricting sport activities across EU Member States and the United Kingdom. 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 May 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	<p>Partially open</p> <p>Only available to citizens with a 'Covid certificate'.</p>	<p>Allowed</p> <p>Mandatory testing or vaccination requirement for group sports.</p>	<p>Restrictions in place</p> <p>Up to 1500 people indoors, 3000 outdoors, provided they tested negative to COVID-19 or vaccinated.</p>
Belgium	<p>Closed</p>	<p>Restricted</p> <p>Up to 10 people outdoors, 1.5m social distancing.</p>	<p>Suspended or behind closed doors</p>
Bulgaria	<p>Open</p> <p>Up to 50% capacity, with 1.5m social distancing in place.</p>	<p>Restricted</p> <p>Up to 30 people outdoors, 1.5m social distancing.</p>	<p>Suspended or behind closed doors</p>
Croatia	<p>Open</p> <p>Social distancing in place.</p>	<p>Restricted</p> <p>Up to 25 people outdoors, 1.5m social distancing.</p>	<p>Suspended or behind closed doors</p>
Cyprus	<p>Partially open</p> <p>Only available to citizens with a 'Covid certificate'.</p>	<p>Restricted</p> <p>Up to 10 people outdoors. Check local rules.</p>	<p>Suspended or behind closed doors</p>
Czech Republic	<p>Closed</p>	<p>Restricted</p> <p>Up to 30 people together in public places.</p>	<p>Suspended or behind closed doors</p>
Denmark	<p>Partially open</p> <p>Only available to citizens with a 'Corona Passport'</p>	<p>Allowed</p> <p>Up to 50 people can gather to practice outdoor sports.</p>	<p>Suspended or behind closed doors</p>

Country	Gyms and sport facilities	Outdoor exercise	Professional sport events
Estonia	Open Up to 25% capacity.	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 Up to 6 people together. Team sports are not permitted.	Suspended or behind closed doors
Germany	Generally closed Local restrictions in place.	Restricted Subject to regional infection rates. Local restrictions in place.	Restricted or behind closed doors
Greece	Closed	Restricted Up to 6 people together.	Suspended or behind closed doors
Hungary	Partially open Only available to citizens with a 'Immunity certificate.'	Restricted Only Individual exercise allowed.	Behind closed doors
Ireland	Closed	Restricted Up to 15 people may train together outdoors.	Behind closed doors
Italy	Generally closed Swimming pools will re-open on 15th May. Local restrictions in place.	Restricted Check local rules.	Suspended or behind closed doors

Country	Gyms and sport facilities	Outdoor exercise	Professional sport events
Latvia	Open Group classes restricted to 5 people.	Restricted Up to 10 people together.	Restrictions in place Up to 30% capacity in venues.
Lithuania	Open Group classes restricted to 5 people.	Restricted Up to 5 people from up to 2 households. 2m social distancing.	Suspended or behind closed doors
Luxembourg	Partially open Facilities must meet minimum surface criteria.	Restricted Up to 10 people together, 2m social distancing.	Suspended or behind closed doors
Malta	Closed	Restricted Organised sport is not permitted. Up to 4 people together.	Behind closed doors
Netherlands	Closed	Restricted Up to 4 people, 1.5m social distancing.	Behind closed doors
Poland	Partially open Professional athletes can resume physical training.	Restricted Up to 5 people together. Local restrictions in place.	Behind closed doors
Portugal	Open Group classes are not permitted.	Allowed In mainland Portugal, outdoor group exercise is permitted.	Suspended or behind closed doors
Romania	Partially open Subject to regional infection rates	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	<p>Partially open Only available to citizens with a 'Covid-19 passport.'</p>	<p>Restricted Up to 6 people together, with social distancing.</p>	<p>Behind closed doors</p>
Slovenia	<p>Partially open Sports facilities may open only where social distancing rules can be respected.</p>	<p>Restricted Up to 10 people together, with social distancing.</p>	<p>Suspended or behind closed doors</p>
Spain	<p>Partially open Most facilities open with reduced capacity. Check local rules.</p>	<p>Restricted Up to 6 people together, with social distancing and mandatory mask-wearing in public spaces.</p>	<p>Suspended or behind closed doors</p>
Sweden	<p>Open Social distancing measures apply.</p>	<p>Restricted Outdoor fitness facilities remain open. Up to 8 people together, with social distancing.</p>	<p>Suspended or behind closed doors</p>
United Kingdom	<p>Open Facilities are open for individual exercise across all nations of the United Kingdom.</p>	<p>Restricted Local restrictions in place. In England, up to 6 people from different households may meet outdoors.</p>	<p>Behind closed doors Local restrictions apply.</p>



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 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 February 2021 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. To support the sector, the European Commission recently announced the creation of a new expert group on the Recovery of the Sport Sector during and in the aftermath of COVID-19, which will help to drive the implementation of the EU Work Plan for Sports . ESSNA is liaising with the European Commission on joining the discussions so as to ensure that the special needs of the sports and active nutrition sectors are acknowledged.

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