

# ESSNA

European  
Specialist  
Sports Nutrition  
Alliance

# GUIDE ON EXERCISE RESTRICTIONS DURING THE COVID-19 PANDEMIC

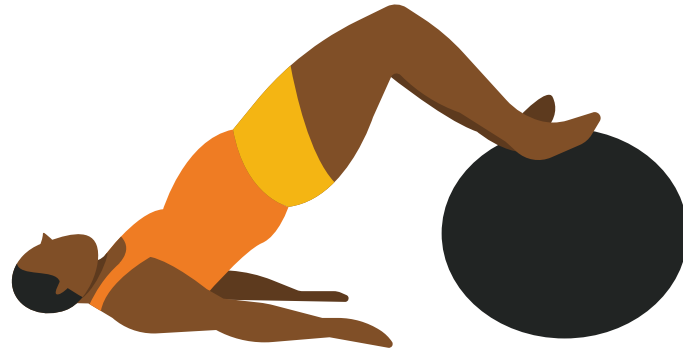


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Since the outbreak of the COVID-19 virus and the subsequent lockdown measures enforced by national governments to contain its spread, the sport habits of European citizens have been severely disrupted. As European countries face different situations, 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 **8th July 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>	<p><b>Partially open</b> Only available to citizens with a 'Covid certificate'.</p>	<p><b>Allowed</b> Mandatory testing or vaccination requirement for group sports.</p>	<p><b>Restrictions in place</b> Up to 1500 people indoors, 3000 outdoors, provided they tested negative to COVID-19 or vaccinated.</p>
<b>Belgium</b>	<p><b>Open</b> Facilities must adopt ventilation protocols and the mandatory use of a visible air quality meter.</p>	<p><b>Allowed</b> Up to 100 people outdoors, 1.5m social distancing (except for contact sports).</p>	<p><b>Restrictions in place</b> Up to 2000 people until 29th July 2021, and 3000 people from 30th July 2021.</p>
<b>Bulgaria</b>	<p><b>Open</b> Up to 50% capacity, with 1.5m social distancing in place.</p>	<p><b>Restricted</b> Up to 30 people outdoors, 1.5m social distancing.</p>	<p><b>Suspended or behind closed doors</b> Up to 50% of a venue's capacity, social distancing and masks required.</p>
<b>Croatia</b>	<p><b>Open</b> Social distancing in place.</p>	<p><b>Allowed</b> 1.5m social distancing must be observed.</p>	<p><b>Suspended or behind closed doors</b> Up to 100 people in a venue, unless spectators have a 'Covid certificate'.</p>
<b>Cyprus</b>	<p><b>Partially open</b> Only available to citizens with a negative Covid-19 test or a 'Covid certificate'.</p>	<p><b>Restricted</b> Check local rules.</p>	<p><b>Suspended or behind closed doors</b> 50% of a venue's capacity, negative Covid-19 test required.</p>
<b>Czech Republic</b>	<p><b>Partially open</b> Negative Covid-19 test required to attend indoor sports facilities.</p>	<p><b>Allowed</b> Up to 5000 people together in public places.</p>	<p><b>Suspended or behind closed doors</b> Up to 2000 people in indoor venues and 5000 in outdoor facilities.</p>
<b>Denmark</b>	<p><b>Partially open</b> Only available to citizens with a 'Corona Passport'.</p>	<p><b>Allowed</b> Up to 500 people can gather to practice outdoor sports.</p>	<p><b>Restrictions in place</b> Social distancing and limits on capacity are in place.</p>

Country	Gyms and sport facilities	Outdoor exercise	Professional sport events
<b>Estonia</b>	<b>Open</b>	<b>Allowed</b> Up to 5000 people may gather outside.	<b>Restrictions in place</b> Up to 5000 people allowed to attend outdoor events, 1000 for indoor events.
<b>Finland</b>	<b>Generally open</b> Local restrictions in place.	<b>Generally allowed</b> Local restrictions in place.	<b>Suspended or behind closed doors</b> Local restrictions in place.
<b>France</b>	<b>Open</b> Up to 50% capacity.	<b>Allowed</b>	<b>Restrictions in place</b> 'Covid-19 pass'; for events of more than 1000 people required.
<b>Germany</b>	<b>Partially open</b> Negative test required. Local restrictions in place.	<b>Allowed</b> 1.5m social distancing must be observed.	<b>Restricted or behind closed doors</b> Negative Covid-19 test required for events with more than 500 people.
<b>Greece</b>	<b>Open</b> Gym-goers will need to present a negative COVID-19 test.	<b>Allowed</b> Outdoor group exercise is permitted.	<b>Suspended or behind closed doors</b> Negative test or 'Covid certificate' required.
<b>Hungary</b>	<b>Partially open</b> Only available to citizens with an 'Immunity certificate.'	<b>Allowed</b> Up to 500 people may meet outdoors.	<b>Restrictions in place</b> Up to 500 people in outdoor venues. Indoor events only for people with vaccination card.
<b>Ireland</b>	<b>Open</b> Open for individual training. No limit for fully vaccinated people.	<b>Restricted</b> Training allowed in groups of 15. Outdoor sports matches can take place. No limits for fully vaccinated people.	<b>Restrictions in place</b> Up to 500 attendees for outdoor venues.
<b>Italy</b>	<b>Partially open</b> Local restrictions in place. Social distancing remains mandatory.	<b>Generally allowed</b> Check local rules. 1m social distancing.	<b>Suspended or behind closed doors</b> 25% of the venue's capacity, limited to 1000 outdoors and 500 indoors. 'Covid certificate' required for some events. Local restrictions apply.

Country	Gyms and sport facilities	Outdoor exercise	Professional sport events
<b>Latvia</b>	<p><b>Restricted</b></p> <p>Indoor amateur sports training may take place in groups of 20 if members have 'covid certificate'.</p>	<p><b>Restricted</b></p> <p>Up to 20 people together for outdoor fitness classes.</p>	<p><b>Allowed</b></p> <p>Spectators must have 'covid certificate'</p>
<b>Lithuania</b>	<p><b>Open</b></p> <p>Facilities must ensure 20 m2 of service space per person.</p>	<p><b>Allowed</b></p> <p>There are no restrictions for the number of people in outdoor gatherings.</p>	<p><b>Restrictions in place</b></p> <p>Spectators must remain seated, with social distancing and wearing facemasks.</p>
<b>Luxembourg</b>	<p><b>Partially open</b></p> <p>Facilities must ensure 10 m2 of service space per person.</p>	<p><b>Restricted</b></p> <p>Up to 10 people may exercise together without wearing a mask. Social distancing required for larger groups.</p>	<p><b>Restrictions in place</b></p> <p>The number of spectators must not exceed 300.</p>
<b>Malta</b>	<p><b>Open</b></p>	<p><b>Restricted</b></p> <p>Up to 6 people may exercise together.</p>	<p><b>Behind closed doors</b></p>
<b>Netherlands</b>	<p><b>Open</b></p> <p>Facilities must ensure a minimum of service space per person.</p>	<p><b>Allowed</b></p> <p>Up to 50 people may participate in group sports.</p>	<p><b>Behind closed doors</b></p> <p>Professional sports events may have up to 250 spectators.</p>
<b>Poland</b>	<p><b>Partially open</b></p> <p>Sports facilities must guarantee a surface area of 10m2 per person.</p>	<p><b>Allowed</b></p> <p>Outdoor sports are allowed subject to a limit of 500 participants.</p>	<p><b>Restrictions in place</b></p> <p>Up to 50% capacity in sports events.</p>
<b>Portugal</b>	<p><b>Open</b></p> <p>Check local rules. Group classes are not permitted in a number of municipalities.</p>	<p><b>Generally allowed</b></p> <p>Check local rules. Some municipalities limit outdoor gatherings to 6 people.</p>	<p><b>Suspended or behind closed doors</b></p> <p>Venues must comply with a 33% capacity limit.</p>
<b>Romania</b>	<p><b>Generally open</b></p> <p>Indoor sports facilities are closed in certain municipalities. Check local rules.</p>	<p><b>Restricted</b></p> <p>Up to 10 people together. Check local rules</p>	<p><b>Restrictions in place</b></p> <p>Up to 300 spectators. Check local rules</p>

Country	Gyms and sport facilities	Outdoor exercise	Professional sport events
<b>Slovakia</b>	<b>Partially open</b> Only available to citizens with a 'Covid-19 passport.'	<b>Allowed</b> Outdoor sports grounds are open.	<b>Behind closed doors</b>
<b>Slovenia</b>	<b>Open</b> Sports facilities are open to citizens with a 'Covid-19 passport'	<b>Allowed</b> Up to 100 people with a 'Covid-19 passport' may meet outdoors.	<b>Allowed</b> 100% venue capacity is allowed.
<b>Spain</b>	<b>Partially open</b> Most facilities open with reduced capacity. Check local rules.	<b>Restricted</b> Check local rules.	<b>Suspended or behind closed doors</b>
<b>Sweden</b>	<b>Open</b> Sports facilities must have a surface area of 10m <sup>2</sup> per person.	<b>Allowed</b> Outdoor sports grounds are open.	<b>Restrictions in place</b> Up to 150 spectators allowed.
<b>United Kingdom</b>	<b>Open</b> Facilities are open for individual exercise across all nations of the United Kingdom.	<b>Restricted</b> Local restrictions in place. In England, up to 30 people from different households may meet outdoors.	<b>Restrictions in place</b> No more than 1000 spectators are permitted, or 50% of a venue's capacity.



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.

To support the sector in recovering from the impact of COVID-19, ESSNA is now an observer in the European Commission's new expert group on the recovery and resilience of the sport sector. On 14th June, ESSNA joined the first meeting of the Expert Group and shared its views on the impact of COVID-19 on the sports nutrition sector and raised awareness about the main challenges faced by the industry, such as a decline in the sales of sports nutrition products and the decrease in numbers of people exercising. ESSNA also emphasised that any way forward needs to be ambitious and science-based.

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