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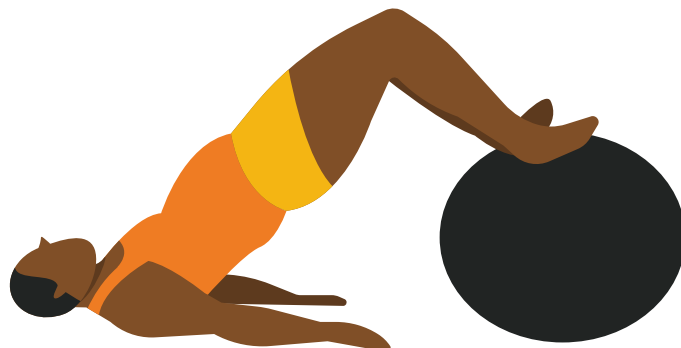
European
Specialist
Sports Nutrition
Alliance

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 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 **11th August 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>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>Different capacity restrictions in place, negative COVID-19 test or vaccination proof may be required.</p>
Belgium	<p>Open</p> <p>Facilities must adopt ventilation protocols and the mandatory use of a visible air quality meter.</p>	<p>Allowed</p> <p>Up to 200 people outdoors, 1.5m social distancing (except for contact sports).</p>	<p>Restrictions in place</p> <p>Up to 3000 attendees indoors and 5000 outdoors.</p>
Bulgaria	<p>Partially 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> <p>Up to 50% of a venue's capacity, social distancing and masks required.</p>
Croatia	<p>Open</p> <p>Social distancing in place.</p>	<p>Allowed</p> <p>1.5m social distancing must be observed.</p>	<p>Suspended or behind closed doors</p> <p>Up to 100 people in a venue, unless spectators have a 'Covid certificate'.</p>
Cyprus	<p>Open</p> <p>Citizens must present a negative Covid-19 test or a 'Covid certificate'.</p>	<p>Generally allowed</p> <p>Check local rules.</p>	<p>Suspended or behind closed doors</p> <p>Capacity restrictions in place, negative Covid-19 test required.</p>
Czech Republic	<p>Open</p> <p>Negative Covid-19 test required to attend indoor sports facilities.</p>	<p>Allowed</p> <p>Up to 2000 people together in public places.</p>	<p>Suspended or behind closed doors</p> <p>Up to 1000 people indoors and 2000 people outdoors, Covid-19 test required.</p>
Denmark	<p>Open</p> <p>Only available to citizens with a 'Covid certificate'.</p>	<p>Allowed</p> <p>Up to 500 people can gather to practice outdoor sports.</p>	<p>Restrictions in place</p> <p>Social distancing and limits on capacity are in place.</p>

Country	Gyms and sport facilities	Outdoor exercise	Professional sport events
Estonia	Open	Allowed Up to 1500 people may gather outside.	Restrictions in place Up to 1500 people allowed to attend outdoor events, 500 for indoor events.
Finland	Generally open Local restrictions in place.	Generally allowed Local restrictions in place.	Suspended or behind closed doors Local restrictions in place.
France	Open	Allowed	Allowed 'Covid-19 health pass' and use of masks required.
Germany	Partially open Negative test required. Local restrictions in place.	Allowed 1.5m social distancing must be observed.	Allowed Negative Covid-19 test required for events with more than 500 people.
Greece	Open Gym-goers will need to present a negative COVID-19 test or proof of vaccination.	Allowed Outdoor group exercise is permitted.	Allowed Negative test or 'Covid certificate' required.
Hungary	Open Only available to citizens with an 'Immunity certificate.'	Allowed Up to 500 people may meet outdoors.	Restrictions in place Up to 500 people in outdoor venues. Indoor events only for people with vaccination card.
Ireland	Open Open for individual training.	Restricted Training allowed in groups of 15. Outdoor sports matches can take place. No limits for fully vaccinated people.	Restrictions in place Up to 500 attendees for outdoor venues.
Italy	Open	Allowed 1m social distancing is recommended.	Suspended or behind closed doors Capacity limited to 50% outdoors and 25% indoors.

Country	Gyms and sport facilities	Outdoor exercise	Professional sport events
Latvia	<p>Restricted</p> <p>Indoor amateur sports training may take place in groups of 20 if members have a 'Covid certificate'.</p>	<p>Restricted</p> <p>Up to 20 people together for outdoor fitness classes.</p>	<p>Allowed</p> <p>Spectators must have 'covid certificate'</p>
Lithuania	<p>Open</p> <p>Facilities must ensure 20 m2 of service space per person.</p>	<p>Allowed</p>	<p>Allowed</p> <p>Spectators must remain seated, with social distancing and wearing facemasks.</p>
Luxembourg	<p>Open</p> <p>Facilities must ensure 10 m2 of service space per person.</p>	<p>Restricted</p> <p>Up to 10 people may exercise together without wearing a mask or social distancing.</p>	<p>Restrictions in place</p> <p>The number of spectators must not exceed 300.</p>
Malta	<p>Open</p>	<p>Restricted</p> <p>Up to 6 people may exercise together.</p>	<p>Behind closed doors</p>
Netherlands	<p>Open</p> <p>Facilities must ensure a minimum of service space per person.</p>	<p>Allowed</p>	<p>Allowed</p> <p>Spectators may need to present COVID-19 test results or proof of vaccination.</p>
Poland	<p>Open</p> <p>Sports facilities must guarantee a surface area of 10m2 per person.</p>	<p>Allowed</p> <p>Outdoor sports are allowed subject to a limit of 500 participants.</p>	<p>Restrictions in place</p> <p>Up to 50% capacity in sports events.</p>
Portugal	<p>Open</p> <p>Check local rules. Group classes are not permitted in a number of municipalities.</p>	<p>Generally allowed</p> <p>Check local rules. Some municipalities limit outdoor gatherings to 6 people.</p>	<p>Suspended or behind closed doors</p> <p>Venues must comply with a 33% capacity limit.</p>
Romania	<p>Generally open</p> <p>Indoor sports facilities are closed in certain municipalities. Check local rules.</p>	<p>Generally allowed</p> <p>Check local rules.</p>	<p>Restrictions in place</p> <p>Check local rules.</p>

Country	Gyms and sport facilities	Outdoor exercise	Professional sport events
Slovakia	Open Only available to citizens with a 'Covid-19 passport.'	Allowed	Behind closed doors
Slovenia	Open Sports facilities are open to citizens with a 'Covid-19 passport'	Allowed Up to 100 people with a 'Covid-19 passport' may meet outdoors.	Allowed
Spain	Partially open Most facilities open with reduced capacity. Check local rules.	Generally allowed Check local rules.	Suspended or behind closed doors
Sweden	Open	Allowed	Restrictions in place Up to 150 spectators allowed.
United Kingdom	Open	Allowed	Allowed Negative COVID-19 test or proof of vaccination may be required.



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 2021, 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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