

# ESSNA

European  
Specialist  
Sports Nutrition  
Alliance

# GUIDE ON EXERCISE RESTRICTIONS DURING THE COVID-19 PANDEMIC

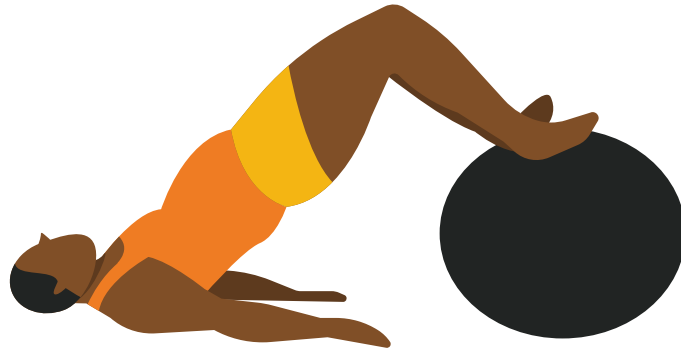


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Since the outbreak of the COVID-19 virus and the subsequent lockdown measures enforced by national governments to contain its spread, the sport habits of European citizens have been severely disrupted. As European countries face different situations, 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 **10 September 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>Open</b></p> <p>Only available to citizens with a 'Covid certificate'.</p>	<p><b>Allowed</b></p> <p>Mandatory testing or vaccination requirement for group sports.</p>	<p><b>Restrictions in place</b></p> <p>Different capacity restrictions in place, negative COVID-19 test or vaccination proof may be required.</p>
<b>Belgium</b>	<p><b>Open</b></p> <p>Facilities must adopt ventilation protocols and the mandatory use of a visible air quality meter.</p>	<p><b>Allowed</b></p> <p>All restrictions lifted</p>	<p><b>Allowed</b></p> <p>No limitation in the number of participants from 1 September (although local restrictions may apply)</p>
<b>Bulgaria</b>	<p><b>Restricted</b></p> <p>Up to 50% capacity, with 1.5m social distancing in place.</p>	<p><b>Restricted</b></p> <p>Up to 30 people outdoors, 1.5m social distancing.</p>	<p><b>Suspended or behind closed doors</b></p> <p>No spectators allowed or up to 30% capacity with negative Covid-19 test required</p>
<b>Croatia</b>	<p><b>Open</b></p> <p>Social distancing in place.</p>	<p><b>Allowed</b></p> <p>1.5m social distancing must be observed.</p>	<p><b>Suspended or behind closed doors</b></p> <p>Up to 100 people in a venue, unless spectators have a 'Covid certificate'.</p>
<b>Cyprus</b>	<p><b>Open</b></p> <p>Citizens must present a negative Covid-19 test or a 'Covid certificate'. Social distance in place.</p>	<p><b>Generally allowed</b></p> <p>Citizens must present a negative Covid-19 test or a 'Covid certificate'.</p>	<p><b>Suspended or behind closed doors</b></p> <p>Capacity restrictions in place, negative Covid-19 test required.</p>
<b>Czech Republic</b>	<p><b>Open</b></p> <p>Negative Covid-19 test required to attend indoor sports facilities. 1.5m social distancing in place.</p>	<p><b>Allowed</b></p> <p>Up to 2000 people together in public places.</p>	<p><b>Restrictions in place</b></p> <p>Up to 1000 people indoors and 2000 people outdoors, Covid-19 test required.</p>
<b>Denmark</b>	<p><b>Open</b></p> <p>All restrictions lifted</p>	<p><b>Allowed</b></p> <p>All restrictions lifted</p>	<p><b>Allowed</b></p> <p>All restrictions lifted</p>

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<b>Estonia</b>	<b>Open</b> Citizens must present a negative Covid-19 test or a 'Covid certificate'	<b>Allowed</b> No restrictions	<b>Allowed</b> Citizens must present a negative Covid-19 test or a 'Covid certificate'.
<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>	<b>Allowed</b>	<b>Allowed</b> 'Covid-19 health pass' and use of masks required.
<b>Germany</b>	<b>Partially open</b> Negative test or Covid-19 vaccination pass required. Local restrictions in place.	<b>Allowed</b> 1.5m social distancing must be observed.	<b>Allowed</b> Negative Covid-19 test or Covid-19 vaccination pass 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 or proof of vaccination.	<b>Allowed</b> Outdoor group exercise is permitted with maximum 7 people.	<b>Allowed</b> Negative test or 'Covid certificate' required.
<b>Hungary</b>	<b>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.	<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> Outdoors events can take place with 75% capacity with Covid-19 vaccination pass.
<b>Italy</b>	<b>Open</b> Only available to citizens with an Covid-19 vaccination pass or negative test.	<b>Allowed</b> 1m social distancing is recommended.	<b>Suspended or behind closed doors</b> Capacity limited to 50% outdoors and 25% indoors. Covid-19 vaccination pass or negative test result required.

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<b>Latvia</b>	<p><b>Restricted</b></p> <p>Indoor amateur sports training may take place in groups of 20 if members have a '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. Covid-19 vaccination pass required.</p>	<p><b>Allowed</b></p>	<p><b>Allowed</b></p> <p>With up to 500 people, Covid-19 vaccination pass required.</p>
<b>Luxembourg</b>	<p><b>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 or social distancing.</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><b>Allowed</b></p> <p>Spectators may need to present COVID-19 test results or proof of vaccination.</p>
<b>Poland</b>	<p><b>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>Restrictions in place</b></p> <p>Indoor sports facilities are closed in certain municipalities. Check local rules.</p>	<p><b>Generally allowed</b></p> <p>Check local rules.</p>	<p><b>Restrictions in place</b></p> <p>Check local rules.</p>

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<b>Slovakia</b>	<b>Open</b> Only available to citizens with a 'Covid-19 passport.'	<b>Allowed</b>	<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>
<b>Spain</b>	<b>Partially open</b> Most facilities open with reduced capacity. Check local rules.	<b>Generally allowed</b> Check local rules.	<b>Suspended or behind closed doors</b>
<b>Sweden</b>	<b>Open</b>	<b>Allowed</b>	<b>Restrictions in place</b> Up to 150 spectators allowed.
<b>United Kingdom</b>	<b>Open</b>	<b>Allowed</b>	<b>Allowed</b> 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 sports 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. A new meeting is planned for October 2021 where discussions on the exit strategy will continue.

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