

# ESSNA

European  
Specialist  
Sports Nutrition  
Alliance

# GUIDE ON EXERCISE RESTRICTIONS DURING THE COVID-19 PANDEMIC

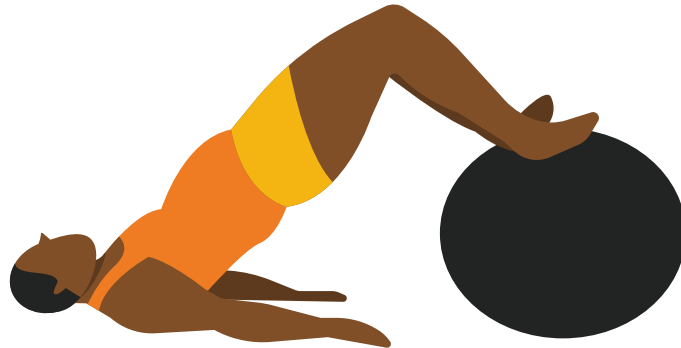


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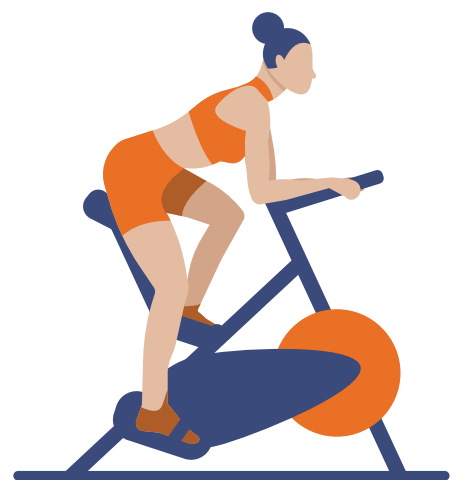


Since the outbreak of the COVID-19 virus and the subsequent lockdown measures enforced by national governments to contain its spread, the sport habits of European citizens have been severely disrupted. As European countries face different situations, measures regarding sport facilities, professional 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 November 2021**. As European countries continue to generally ease public health restrictions, this monthly overview will be discontinued. Any significant developments will be communicated to ESSNA Members via the weekly ESSNA Insights Newsletter.



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. A 'COVID Safe Ticket' may be required.</p>	<p><b>Allowed</b></p> <p>All restrictions lifted.</p>	<p><b>Allowed</b></p> <p>Local restrictions may apply. Wearing a mask may be required.</p>
<b>Bulgaria</b>	<p><b>Restricted</b></p> <p>Up to 30% capacity, with 1.5m social distancing in place. A 'COVID-19 green certificate' is required.</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 50 people indoors, 100 in an outdoor venue, unless spectators have a 'COVIDcertificate'.</p>
<b>Cyprus</b>	<p><b>Open</b></p> <p>Citizens must present a negative COVID-19 test or a 'COVIDcertificate'. Social distance in place.</p>	<p><b>Generally allowed</b></p> <p>Citizens must present a negative COVID-19 test or a 'COVIDcertificate'.</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 or vaccine passport 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 passport' 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>'COVID-19 passport' required for indoor gatherings larger than 200.</p>

Country	Gyms and sport facilities	Outdoor exercise	Professional sport events
<b>Estonia</b>	<b>Open</b> Citizens must wear a mask and present a 'COVIDcertificate'	<b>Allowed</b>	<b>Allowed</b> Citizens must wear a mask for indoor events and present 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.	<b>Allowed</b>	<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>	<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>Allowed</b>	<b>Restrictions in place</b> Up to 100 vaccinated people indoors, no limits outdoors.
<b>Italy</b>	<b>Open</b> Only available to citizens with a 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 75% outdoors and 60% indoors. COVID-19 vaccination pass or negative test result required.

Country	Gyms and sport facilities	Outdoor exercise	Professional sport events
<b>Latvia</b>	<p><b>Temporarily closed</b></p> <p>Sports facilities are closed due to temporary lockdown until 15 November</p>	<p><b>Restricted</b></p> <p>Up to 20 people together for outdoor fitness classes.</p>	<p><b>Restricted</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. A 'Covid Passport' is required to attend gyms.</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><b>Allowed</b></p>	<p><b>Restrictions in place</b></p> <p>Spectators must present COVID-19 passport.</p>
<b>Romania</b>	<p><b>Restrictions in place</b></p> <p>Up to 50% capacity. COVID-19 vaccination pass required.</p>	<p><b>Generally allowed</b></p> <p>Check local rules.</p>	<p><b>Restrictions in place</b></p> <p>Check local rules.</p>

Country	Gyms and sport facilities	Outdoor exercise	Professional sport events
<b>Slovakia</b>	<p><b>Restrictions in place</b> Only available to citizens with a 'COVID-19 passport.' Sports facilities are closed in parts of the country. Check local rules/</p>	<b>Allowed</b>	<p><b>Restrictions in place</b> Spectators must present COVID-19 passport.</p>
<b>Slovenia</b>	<p><b>Open</b> Sports facilities are open to citizens with a 'COVID-19 passport'</p>	<p><b>Allowed</b> Up to 100 people with a 'COVID-19 passport' may meet outdoors.</p>	<b>Allowed</b>
<b>Spain</b>	<p><b>Open</b> Most facilities open with reduced capacity. Check local rules.</p>	<p><b>Generally allowed</b> Check local rules.</p>	<p><b>Restrictions in place</b> Spectators must present COVID-19 passport.</p>
<b>Sweden</b>	<b>Open</b>	<b>Allowed</b>	<b>Allowed</b>
<b>United Kingdom</b>	<b>Open</b>	<b>Allowed</b>	<p><b>Allowed</b> Negative COVID-19 test or proof of vaccination may be required.</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.

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 Autumn 2021, where discussions on the exit strategy will continue.

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