

# ESSNA

European  
Specialist  
Sports Nutrition  
Alliance

# GUIDE ON EXERCISE RESTRICTIONS DURING THE COVID-19 PANDEMIC

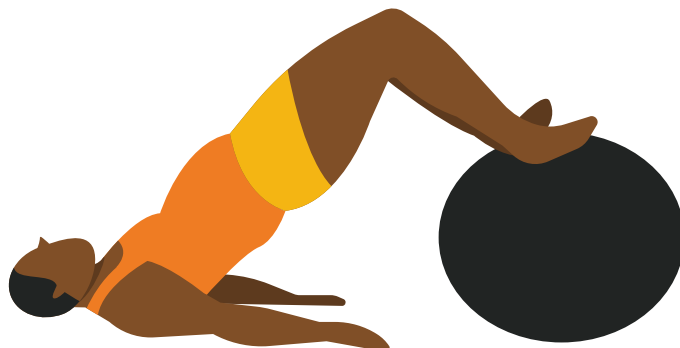


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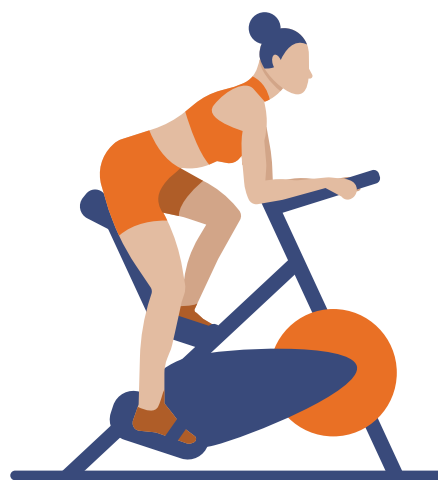


Since the outbreak of the COVID-19 virus and the subsequent lockdown measures enforced by national governments to contain its spread, the sport habits of European citizens have been severely disrupted. As European countries face different situations, measures regarding sport facilities, professional 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 measures restricting sport activities across EU Member States and the United Kingdom. Government advice is for citizens from different households to keep a social distance of 2 metres from one another; similarly, citizens over the age of 65 and those suffering from chronic health conditions are advised not to leave their home. 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 **9th November 2020**, 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>	<b>Closed</b> National lockdown.	<b>Restricted</b> Up to 6 people outdoors.	<b>Closed</b> National lockdown.
<b>Belgium</b>	<b>Closed</b> National lockdown.	<b>Restricted</b> Up to 4 people, 1.5m distance rule.	<b>Closed</b> National lockdown.
<b>Bulgaria</b>	<b>Open</b> Mandatory mask-wearing.	<b>Allowed</b> Anti-epidemic measures must be observed.	<b>Restricted</b> Indoor events behind closed doors. Up to 1000 people outdoors.
<b>Croatia</b>	<b>Open</b> 1.5m social distancing rule.	<b>Restricted</b> Up to 40 people, 1.5m distancing rule.	<b>Restricted</b> Up to 500 people indoors and 1000 outdoors, with social distancing.
<b>Cyprus</b>	<b>Restricted</b> Gyms closed in some regions. Check local rules	<b>Restricted</b> Up to 10 people. Check local rules.	<b>Behind closed doors</b> No audience allowed in sports events.
<b>Czech Republic</b>	<b>Closed</b>	<b>Restricted</b> Up to 2 people in public places.	<b>Closed</b>
<b>Denmark</b>	<b>Generally open</b> Up to 10 people indoors. Local restrictions in place	<b>Restricted</b> Up to 10 people.	<b>Restricted</b> Up to 10 spectators.

Country	Gyms and sport facilities	Outdoor exercise	Professional sport events
<b>Estonia</b>	<b>Restricted</b> Up to 50% of a facility's capacity. 2m social distance rule.	<b>Allowed</b> 2m social distance rule.	<b>Allowed</b> Up to 750 people indoors, 2000 people outdoors.
<b>Finland</b>	<b>Open</b>	<b>Allowed</b> Social distancing applies.	<b>Allowed</b> Up to 500 people. Social distancing applies.
<b>France</b>	<b>Closed</b> National lockdown.	<b>Restricted</b> Only households can exercise together, up to 1h a day.	<b>Closed</b> National lockdown.
<b>Germany</b>	<b>Closed</b> National lockdown.	<b>Restricted</b> Up to 10 people from two households.	<b>Suspended or behind closed doors</b> Amateur sports suspended.
<b>Greece</b>	<b>Closed</b> National lockdown.	<b>Restricted</b> Up to 3 people together.	<b>Suspended or behind closed doors</b>
<b>Hungary</b>	<b>Closed</b> National lockdown.	<b>Restricted</b> Only Individual exercise allowed.	<b>Behind closed doors</b>
<b>Ireland</b>	<b>Closed</b> Level 5 restrictions nationally.	<b>Restricted</b> Only individual exercise allowed.	<b>Behind closed doors</b>
<b>Italy</b>	<b>Closed</b>	<b>Restricted</b> Local restrictions in place. Check local rules.	<b>Suspended or behind closed doors</b>

Country	Gyms and sport facilities	Outdoor exercise	Professional sport events
<b>Latvia</b>	<b>Open</b> 2m social distancing indoors.	<b>Restricted</b> Up to 10 people together.	<b>Suspended or behind closed doors</b>
<b>Lithuania</b>	<b>Closed</b> National lockdown.	<b>Restricted</b> Up to 5 people from different households.	<b>Suspended or behind closed doors</b>
<b>Luxembourg</b>	<b>Open</b> 2m social distancing indoors.	<b>Restricted</b> Up to 4 people, 1.5m social distancing.	<b>Allowed</b> No restrictions if distancing rules can be applied.
<b>Malta</b>	<b>Open</b> Specific rules apply for different types of sports facilities.	<b>Restricted</b> Up to 6 people, with 2m social distancing, except for non-contact sports.	<b>Behind closed doors</b>
<b>Netherlands</b>	<b>Open</b> Individual exercise only.	<b>Restricted</b> Up to 2 people, 1.5m social distancing.	<b>Behind closed doors</b>
<b>Poland</b>	<b>Local restrictions in place</b> Check local rules.	<b>Restricted</b> Up to 5 people together. Local restrictions in place.	<b>Restricted</b> Event venues filled at up to 25% capacity. Local restrictions in place.
<b>Portugal</b>	<b>Open</b> 2m social distancing rule.	<b>Restricted</b> Up to 5 people, with 2m social distancing rule.	<b>Suspended or behind closed doors</b>
<b>Romania</b>	<b>Open</b> Social distancing applies.	<b>Allowed</b> Up to 100 people, with social distancing. Local restrictions in place.	<b>Suspended or behind closed doors</b> Local restrictions in place.

Country	Gyms and sport facilities	Outdoor exercise	Professional sport events
<b>Slovakia</b>	<b>Closed</b> National curfew.	<b>Restricted</b> Only non-contact sports. 2m social distancing.	<b>Behind closed doors</b>
<b>Slovenia</b>	<b>Open</b> Mandatory mask-wearing indoors. 1.5m social distancing.	<b>Restricted</b> Up to 6 people. 1.5m social distancing.	<b>Suspended or behind closed doors</b>
<b>Spain</b>	<b>Local restrictions in place</b> 2m distancing rule. Check local rules.	<b>Restricted</b> Up to 6 people, with social distancing.	<b>Suspended or behind closed doors</b>
<b>Sweden</b>	<b>Open</b>	<b>Restricted</b> Up to 50 people. Citizens over 70 to stay at home.	<b>Restricted</b> Up to 300 people if assigned seating available.
<b>United Kingdom</b>	<b>Closed</b> National lockdown.	<b>Restricted</b> Household members only.	<b>Behind closed doors</b>



ESSNA is engaging in an open dialogue with various European institutions as well as national governments and agencies to ensure that concrete actions are taken to achieve the best scenario where the sports nutrition industry can continue to thrive in the aftermath of this pandemic. 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.

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