



Repubulika y'u Rwanda
Minisiteri ya Siporo

AMABWIRIZA AGENGA ISUBUKURWA RY'IBIKORWA BYA SIPORO N'IMIKINO
HIRINDWA COVID-19

Hashingiwe ku myanzuro y'Inama y'Abaminisitiri yo ku wa 19/02/2021 ku ngamba zo gukumira ikwirakwizwa ry'icyorezo cya COVID-19 n'ibijyanye n'isubukurwa ry'ibikorwa bimwe na bimwe guhera tariki ya 23/02/2021;

Minisiteri ya Siporo iramenyesha abantu bose ko ibikorwa bya siporo byemerewe gusubukurwa ari ibya siporo ikorwa n'umuntu ku giti cye, n'izikorera hanze abantu bategeranye.

Ibi bikorwa bya siporo byemerewe gusubukurwa ni ibi bikurikira:

- **Kwiruka (*Jogging*), Imikino ngororamubiri (Athletics), Kunyonga igare (Cycling), Imyitoto yo kugenda n'amaguru (Hiking), Golf, Tennis, Table Tennis, Badminton, skate, archery and squash,**
- **Imyitoto ya siporo njarugamba (Karate, Taekwondo, Boxing, Fencing na Kung Fu) iremerewe hakorwa imyitoto y'umuntu ku giti cye gusa. Amarushanwa n'imyitoto ihuriweho ntiyemewe.**

AMABWIRIZA YO KUBUNGABUNGA UBUZIMA HIRINDWA ICYOREZO CYA COVID-19:

1. Kwambara neza agapfukamunwa mbere na nyuma y'imyitoto ni ngombwa;
2. Kwitwaza imiti yo gusukura intoki mu gihe ukorera siporo hanze no kuyikoresha igihe cyose bibaye ngombwa;
3. Kwitwararika mu kubahiriza intera ya metero 2 hagati y'abakora siporo n'imyitoto ngororamubiri;
4. Buri wese ukora siporo ategetswe gukoresha ibikoresho bya siporo bye bwite adahererekanya cg se ngo abishyire hamwe n'iby'undi muntu.
5. Abantu bagaragaza ibimenyetso bikurikira: ***inkorora, ibicurane no kwitsamura, umuriro, kuribwa umutwe,*** ntibemerewe gukorera imyitoto ngororamubiri mu ruhame, ahubwo bagomba kwegera inzego z'ubuzima.

Icyitonderwa:

Inzu zikorerwamo ibikorwa bya siporo (*gyms*), imyidagaduro ya siporo no koga zirakomeza gufunga.

Cyakora, inzu zikorerwamo siporo ngororamubiri no koga ziri ahacumbikira abashyitsi (hotels) zemerewe gukora zakira abahacumbitse gusa kandi babanje kwerekana icyemezo cy'uko bapimwe COVID-19 kigaragaza ko nta bwandu bwayo bafite.

Abakora siporo zavuzwe haruguru, bemerewe gukorera kuri Stade Amahoro mu muzenguruko wayo bubahiriza amabwiriza yashyizweho, guhera saa kumi n'ebiri za mu gitondo (6h00) kugeza saa kumi n'ebiri z'umugoroba (18h00).

Uturere dufite sitade (stadiums) zishobora kwifashishwa abaturage bakora siporo zo hanze bategeranye, dusabwe gushyiraho uburyo bwo kuborohera kuyihakorera, tugena amasaha bemerewe kuyihakorera, ndetse tugakurikirana ko ingamba zavuzwe haruguru n'izisanzwe zo kwirinda COVID-19 zubahirizwa.

Amakipe y'Igihugu, Clubs zifite imikino mpuzamahanga agomba kwitabira, asaba uruhushya rwihariye rwo kwitegura abanje kugaragaza ingamba zashyizweho zo kurinda ubuzima bw'abakinnyi bayo mbere yo kwemererwa.

Bikorewe i Kigali ku wa 21 Gashyantare 2021

MUNYANGAJU Aurore Mimosa
Minisitiri wa Siporo