



**Republic of Rwanda
Ministry of Sports**

**INSTRUCTIONS ON SPORTS ACTIVITIES ALLOWED TO RESUME IN
PERSPECTIVE OF THE COVID-19**

Pursuant to resolutions from Cabinet Meeting held on February 19th, 2021 on measures related to the prevention of COVID-19 in Rwanda and progressive resumption of social and economic activities effective from February 23rd, 2021;

The Ministry of Sports is informing the general public that the following individual and non-contact outdoor sports activities are allowed to resume:

- **Jogging, athletics, individual physical fitness outdoor exercises, hiking, cycling, golf, tennis, table-tennis, golf, badminton, skate, archery and squash;**
- **Martial arts (Karate, Taekwondo, Boxing, Kung Fu, and Fencing) are allowed for only individual fitness exercises and practice. Group practice and competitions are not allowed.**

HEALTH SAFETY MEASURES TO PREVENT COVID-19

1. Wearing a face mask before and after the exercise session is a must.
2. Hand sanitizers must be carried all the time during outdoor sports and physical exercises and be used whenever necessary;
3. Strict respect of social distancing of at least 2m between individuals in outdoor physical exercises;
4. Each individual is strictly requested to have his/her own sports equipment and avoid sharing or side placing with others;
5. Individuals with the following symptoms are not allowed to practice sports or physical exercises in Public but rather consult health services (*symptoms such as flu, cold, fever, cough, sneezing, headache*).

Note:

Gyms, recreational centers, and swimming pools remain closed.

However, gyms and swimming pools in hotels are allowed to operate for accommodated guests with COVID-19 negative test results.

The mentioned individual and outdoor sports are allowed at the AMAHORO Stadium's surrounding from 06h00am to 06h00pm in respect to the related preventive measures.

Districts with stadium facilities are allowed to use them for the above-mentioned individual sports granting access to their citizens. They are however requested to issue stadium access guidelines and enforce compliance to preventive measures during practice hours.

National Teams, Clubs preparing and participating in international competitions are allowed to train and prepare under special authorization requested to the Ministry of Sports after submission and approval of proposed COVID-19 preventive guidelines to comply to during training.

Done in Kigali, on February 21st, 2021

MUNYANGAJU Aurore Mimosa
Minister of Sports