



**Republic of Rwanda
Ministry of Sports**

**NEW INSTRUCTIONS ON SPORTS ACTIVITIES IN PERSPECTIVE OF
THE COVID-19**

Pursuant to resolutions from Cabinet Meeting held on June 12th 2021 on measures related to the prevention of COVID-19 in Rwanda;

The Ministry of Sports issues the following instructions:

- **Outdoor non-contact individual training sessions are allowed for Jogging, athletics, Hiking, Cycling, Golf, Tennis, Table-tennis, Golf, Badminton, Skate, Archery, Squash, Aerobics outdoor, Yoga and Automobile sports, Martial arts (Karate, Taekwondo, Boxing, Kung Fu, and Fencing);**
- **Training and Competitions for Team Sports playing in the top leagues in their respective sports federations are allowed under strict COVID-19 preventive measures developed by their federations and approved by MINISPORTS and Health Institutions;**
- **Nonprofessional team contact sports are not allowed.**
- **Gyms are allowed to operate at 10% of their venue capacity. Indoor training programs are only allowed for body building practices with equipment separated by 2 meters from one another. Aerobics are only allowed in outdoor spaces with physical distancing of 2 meters between individuals.**
- **Sports in Schools is authorized in compliance to COVID-19 preventive measures (sessions should be for individual exercises and be under supervision of an assigned school teacher).**
- **Swimming pools in hotels hosting and accommodating guests are open only to hotel tenants with negative COVID-19 tests results.**

HEALTH SAFETY MEASURES TO PREVENT COVID-19

1. Wearing a face mask before and after the exercise session is a must. When practicing non-intensive exercises face mask should be worn.
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. 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*).

REQUIREMENTS FOR UNDERTAKING SPORTS ACTIVITIES:

1. **Team Sports:** Federations with oversight on team sports shall submit a request for resumption of games and trainings to MINISPORTS and gain approval after joint assessment with the Ministry of Health (MoH) of proposed preventive measures against COVID-19 to be implemented in their respective disciplines. Furthermore, the request shall have a list of all teams/clubs that will play the league/championships and related preventive measures to be enforced.
2. A Federation with member clubs due to attend International games as well as National Teams preparing for international shall request for special authorization from the MINISPORTS to train and prepare with relevant proposed COVID-19 preventive guidelines to comply to during training.
3. Gyms shall develop and publish health safety measures guiding clients attending their premises.
4. 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.

Done in Kigali, on June 18th, 2021

MUNYANGAJU Aurore Mimosa
Minister of Sports