

Exercise is important, even during the Corona Crisis.

Team sports can start training and competing again. Those above 70 years are allowed outdoor exercise, but only if they follow the advice from the Public Health Agency.

All ages profit from exercise. Youngsters and children have been allowed to practice and play matches during the Corona Crisis, but adapted so as not to gather too many people at once. Adults playing various team sports have however not been allowed to compete.

The Public Health Agency (Folkhälsomyndigheten) has now decided that all sports can compete again from June 14th, but only if their rules on how to avoid infection are followed.

The Swedish Sports Confederation (Riksidrottsförbundet) has proposed many actions to reduce infection. For example: avoiding close contact other than what the sport requires. Staying home if you have any symptoms.

They also propose competing without an audience!

The Public Health Agency says the risk of infection is higher when it is crowded, and

when there is an audience. Therefore they have asked sport organizations to tell their supporters to follow the restrictions. Otherwise competing in team sports may be forbidden again.

There is a difference between elite and amateur teams. The elite may travel if necessary. Other teams have to follow the recommendation to stay within 1-2 hours from home. That makes it possible to return home rapidly if you fall ill.

Those above 70 also need to exercise.

Exercise is important, also to those older than 70 (70+). Unlike many other countries, Sweden has no quarantine. Instead we have to follow the instructions from the Public Health Agency.

Therefore, those above 70 are allowed, for example, long walks.

It is also allowed to meet one or two friends outdoors, but you must keep a physical distance and meet where it is not crowded. A picnic with a couple of friends is all right if distance is kept.

“When the advice is followed there is low risk of infection, and then the advantages of sports outweigh the risk”. This according to Johan Carlsson, director general at the Public Health Agency.



Kalmar County Crisis Reduction Collaboration is a co-operation between the municipalities in the county, Kalmar County Region Board, the Kalmar County Administration and other authorities in the region.

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