



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 kuwa 2 Kamena 2020 ku ngamba zafashwe zo gukumira ikwirakwizwa ry'icyorezo cya COVID-19;

Minisiteri ya Siporo mu bufatanye na Minisiteri y'Ubuzima, iratangaza ingamba zikurikira zo kubahirizwa hasubukurwa ibikorwa bya siporo y'umuntu umwe cyangwa izindi zikorwa bategeranye (non-contact sports);

Ibikorwa bya siporo n'imikino byemerewe gusubukurwa ni ibi bikurikira :

Kwiruka (Jogging), Imikino ngororamubiri (Athletics), Kunyonga igare (Cycling), Imyitozo yo kugenda n'amaguru (Hiking), Golf, Tennis, Umukino wo gutwara imodoka, Fencing

AMABWIRIZA YO KUBUNGABUNGA UBUZIMA

1. Kwambara agapfukamunwa mbere na nyuma y'imyitozo ni ngombwa
2. Kubahiriza intera ya metero 1,5 hagati y'abakorera siporo n'imyitozo hanze
3. Kwitwaza imiti yo gusukura intoki mu gihe ukorera siporo hanze no kuyikoresha igihe cyose bibaye ngombwa

ISUBUKURWA RY'IBIKORWA BYA SIPORO

1. Minisiteri ya Siporo iramenyesha abantu bose ko isubukura ry'ibikorwa bya siporo zavuzwe bitangirana na tariki ya **8 Kamena 2020**;
2. Aya mabwiriza azavugururwa nyuma y'iminsi 15, hashingiwe ku isesengura ry'inzeho z'ubuzima.
3. Amashyirahamwe ashinzwe siporo n'imikino yavuzwe, afatanyije na Minisiteri ya Siporo azatangaza amabwiriza yo kwirinda icyorezo cya COVID-19 yihariye kuri buri mukino amenyeshwe abakinnyi n'abanyamuryango bayo.

4. Kwitwararika ku isuku y'ahakorera siporo n'imikino hakoreshejwe imiti yemewe yica virusi, gusukura ibikoresho byifashishwa no kwita by'umwihariko ahakorera kenshi nko ku nzugi.
5. Mu gihe hakoreshwa inyubako za siporo zo hanze, buri wese agomba kugira ibikoresho bya siporo bye bwite akabigirira isuku, kandi hakirindwa ko bishyirwa hamwe byegeranye n'iby'abandi.
6. Abantu bagaragaza ibimenyetso bikurikira (inkorora, ibicurane no kwitsamura, umuriro, kuribwa umutwe) ntibemerewe gukorera imyitozo ngororamubiri m'uruhame, ahubwo bagomba kwegera inzego z'ubuzima zikabasuzuma.

4. Minisiteri iratangaza kandi ko ibikorwa bya siporo byavuzwe, byemewe gukorera kuri **Stade Amahoro m'umuzenguruko wayo**, abantu batinjiye muri stade imbere ahabera imikino, kandi bubahiriza amabwiriza atangwa na Minisiteri y'Ubuzima mu rwego rwo kwirinda Covid 19.

Bikorewe i Kigali tariki ya 04 Kamena 2020



MUNYANGAJU Aurore Mimosa
Minisitiri