



## Repubulika y'u Rwanda Minisiteri ya Siporo

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

Hashingiwe ku myanzuro y'Inama y'Abaminisitiri yo ku wa 30/06/2020 ku ngamba zo gukumira ikwirakwizwa ry'icyorezo cya COVID-19 n'ibijyanye n'isubukurwa ry'ibikorwa bimwe na bimwe;

Hashingiwe kandi ku mabwiriza ya Minisiteri ya Siporo yo ku wa 26/06/2020 ku isubukurwa ry'ibikorwa bimwe na bimwe bya Siporo;

Hashingiwe nanone ku igenzura ryo ku wa 5 Nyakanga 2020 ryakozwe na Minisiteri ya Siporo, Umujyi wa Kigali n'inzeho z'umutekano;

Minisiteri ya Siporo iramenyesha abantu bose ko ibikorwa bya siporo byemerewe gusubukurwa ari ibi bikurikira:

**A. IBIKORWA BYA SIPORO BISANZWE BYEMEREWWE GUSUBUKURWA: Kwiruka, Imikino ngororamubiri , Kunyonga igare, Imyitoto yo kugenda n'amaguru, Golf, Tennis, Umukino wo gutwara imodoka na Fencing (ibi byose bikorerwa hanze).**

**B. IBIKORWA BYA SIPORO BIZAFUNGURA GUHERA KU WA 13 NYAKANGA 2020: Cricket, Boxing (iteramakofe), imikino n'ya rugamba (Karate, Kung fu, Taekwondo, Judo), Skating, Kumasha (Archery), Badminton, Aerobic, Gymnastics (byose bigomba gukorwa gusa n'abari mu myitoto kandi bikabera gusa ahantu hafunguye hubahirizwa amabwiriza yo kudakoraho no guhana intera hagati y'umuntu n'undi).**

### AMABWIRIZA AREBANA N'IRI SUBUKURWA RY'IBIKORWA BYA SIPORO

- Amashyirahamwe ya Siporo arebwa n'aya mabwiriza arasabwa kugeza kuri Minisiteri ya Siporo ingengabihe n'aho imyitoto y'abo bareberera, izajya ibera kugira ngo Minisiteri ishobore gukurikirana iyubahirizwa ryayo.
- Amarushanwa ya siporo (sports competitions) ntiyemewe
- Abikorera bafite ibikorwaremezo bya siporo byakira siporo zavuzwe haruguru, barasabwa kwandikira MINISPORTS babisabira uburenganzira, bagaragaza ingengabihe y'imyitoto n'ingamba zo kubahirizwa mu kubungabunga ubuzima bw'abantu hirindwa COVID-19.
- Ibikorwaremezo rusange bya siporo birakomeza gufungwa, ariko Sitade Amahoro, mu muzenguruko wayo, ifunguriwe abakora siporo y'umuntu ku giti cye kuva saa kumi n'ebiri za mu gitondo kugeza saa moya z'umugoroba (6:00 AM-7: 00 PM).

## AMABWIRIZA YO KUBUNGABUNGA UBUZIMA HIRINDWA COVID-19

1. Agapfukamunwa kagomba kwambarwa neza buri gihe mbere na nyuma ya siporo;
2. Kwitwaza imiti yo gusukura intoki mu gihe ukorera siporo hanze no kuyikoresha igihe cyose bibaye ngombwa;
3. Kwitwararika mu kubahiriza intera ya metero ebyiri (2m) hagati y'umuntu n'undi ku bakorera siporo ahafunguye;
4. Ibikoresho byihariye bya siporo (mats, racquets, boxing gloves, weights etc.) bigomba gusukurwa buri gihe uko bikoreshejwe. Ahakorerwa siporo by'umwihariko hasi (ku butaka bukorerwaho siporo) n'ibikoresho bigomba gusukurwa buri gihe hakoreshejwe imiti yabugenewe. Aho bishobotse amaserire y'inzugi agomba gusukurwa hakoreshejwe umuti wa Chlorine.
5. Mu gihe hakoreshwa ibikorwaremezo bya Siporo, buri wese asabwa gukoresha ibikoresho bya siporo bye bwite. Gutizanya ibikoresho birabujijwe.
6. Abantu bagaragaza ibimenyetso bikurikira (***inkorora, ibicurane no kwitsamura, umuriro, kuribwa umutwe***) ntibemerewe gukorera imyitozo ngororamubiri mu ruhame, ahubwo bagomba kwegera inzego z'ubuzima.

Bikorewe i Kigali, ku wa 8 Nyakanga, 2020



**MUNYANGAJU Aurore Mimosa**  
**Minisitiri**