

On May 27, Moscow Mayor Sergei Sobyenin announced the start of the second phase of easing the self-isolation regime in Moscow.

Earlier on the same day, at a meeting with the President of the Russian Federation, it was discussed to open **on June 1**:

- all stores and car dealerships
- service industry enterprises (multi-service centers, dry-cleaning reception centers, laundries, shoe and clothing repair shops and other household services that do not require long-term contact between employees and customers).

The mayor of Moscow announced that the following businesses will resume their work from June 1:

- parks with some exceptions (Zaryadye Park will remain closed)
- weekend fairs
- city bike rental
- architectural and design offices, with the exception of employees who can continue to work remotely
- stadiums and other sports facilities for training members of the national teams of Moscow and Russia, as well as players of professional sports clubs. Only athletes, coaches, doctors and other necessary personnel will be able to attend the training sessions.

[More information](#)

Walk passes

In addition, the Moscow mayor's Office announced that from June 1, all residents of the city, including Moscow citizens over 65 years old and people suffering from chronic diseases, will be able to go out for a walk on a certain schedule, but no more than three times a week.

The schedule of "walking days" for residents of each house will be published on mos.ru, in Yandex and in mobile apps.

Walking is allowed from 09:00 to 21:00, but no more than three times a week — twice on weekdays and once on weekends.

A pass is not required for this purpose, provided that you do not need to use public transport to get to the place of walk. Otherwise, you have to get a pass for movement for personal purposes, but no more than 2 times a week.

Compliance with "walking slots" will be selectively monitored by police and the administrative-technical inspection of the city of Moscow. Therefore, in order to avoid misunderstandings, it is necessary to have a passport or other documents (originals or copies) confirming the right to reside at a specific address — a certificate of ownership, a lease agreement and so on.

The ban on walking is still maintained for people who have COVID-19, suspected of having a coronavirus infection, or who have signs of SARS, as well as for those who live with them and for those who are required to comply with the self-isolation by public health doctor (for example, after returning from abroad).

Permission for outdoor sports

From June 1, sports will be allowed in any open urban spaces. You can leave the house for sports without restrictions every day, but only in the morning — until 9:00 AM.

You can take bicycles and scooters (including electric ones), rollers, skateboards, Nordic walking poles and any other personal sports equipment.

The self-isolation regime has been extended until June 14

At the same time, the mayor of Moscow extended the restrictions on the use of public transport until June 14. To travel by public transport, including taxis, or by private car, you have to obtain a pass.

From June 1, 2020, **the mask and glove regime will be strengthened**. When leaving home, including for walking and sports, all residents are required to use respirators, masks or other respiratory protection. Gloves must also be used at work, in stores, pharmacies, any other institutions, and on public transport.

[More information](#)