

Moscow's First Steps Out of Coronavirus Lockdown, Explained

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While Muscovites will be able to walk outside for the first time in two months, certain restrictions still apply. **Andrei Nikerichev / Moskva News Agency**

Starting Monday, Muscovites will be allowed to walk outside for the first time in two months — with a number of restrictions still in place — as the Russian capital eases some parts of its lockdown to slow the spread of coronavirus.

“The new walking rules may seem too complicated. I am not pleased with them either,” Moscow Mayor Sergei Sobyanin [said](#) after residents took to social media to [compare](#) the rules to George Orwell's "1984" and the Gulag labor camps.

Related article: [Moscow to Start Easing Coronavirus Restrictions After Flattening Curve](#)

The Moscow Times dove into the new rules, which Sobyanin said could be extended or canceled depending on how the June 1–14 experiment works.

When and where are walks permitted?

- Three times per week — twice on workdays and once over the weekend — from 9 a.m. to 9 p.m. within 2 kilometers of your residence.
- The city's website mos.ru and the Yandex search engine will publish the [walking schedules](#), which will divide addresses into six groups allotted three specific walking days each.
- Nearly all parks and green spaces will re-open, with Zaryadye Park near Red Square the only park to remain closed. Visitors are advised to check Yandex for real-time crowding information at specific parks, as they may be closed in times of overcrowding.
- Use of infrastructure that could transmit Covid-19, including benches, pavilions and children's and sports playgrounds, is banned.
- Muscovites are still asked to follow social distancing guidelines.

Can I exercise outdoors?

- Outdoor sporting activities will be allowed for everyone before 9 a.m. beyond the 2-kilometer limit.
- Personal sporting equipment including bicycles, scooters and electric scooters, roller skates, skateboards and Nordic walking sticks will be allowed.

Do I need a digital pass to take a walk?

- Not if you're traveling by foot.
- Passes are required if you're going by car, public transport or are [visiting](#) the non-food shops that will reopen Monday.
- Currently valid digital passes have been extended through June 14.

Do I need to wear a mask and gloves?

- Masks are required at all times, including when going out for a walk and exercising outdoors.
- Gloves are required on public transport and inside all shops and businesses.

Can I use the walking time to visit friends and family?

- No.
- Coronavirus patients, their contacts, people with respiratory symptoms and other quarantined individuals are still banned from walking outside.

What ID should I bring with me?

- Copies or screenshots of passports, registration papers or lease agreements, or proof of

property ownership.

— Authorities and inspectors will check the address listed on your documents for compliance with the walking schedule.

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