Soccer Rhode Island and The Super Liga hope that all of you are safe and well during these challenging times. As we continue to witness the rising COVID-19 numbers and closely monitor the actions of our neighboring state associations, in our continued effort to protect the safety of our players, coaches, referees and families as well as assist in the recommendations of the Governor and RIDOH, **Super Liga is extending the postponement of all games through May 1st. To date, tentatively scheduled start date of the 2020 Spring Super Liga season will be May 2nd.**The Super Liga will be revising the currently in place schedule this week and will contact their members coordinators with an update by next weekend. **All in person soccer trainings, clinics, academies and practices are restricted until April 15.** We will continue to re-evaluate the situation as it develops over the coming weeks and will communicate with you if that date should extend.

Thank you for your continued support and patience during this time. Remember please continue to practice the recommended guidelines of the Governor, RIDOH & CDC:

* **Wash your hands** often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
* If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol**. Cover all surfaces of your hands and rub them together until they feel dry.
* **Avoid touching** **your eyes, nose, and mouth** with unwashed hands.
* Avoid close contact with people who are sick
* Allow 6ft of distance **between yourself and other** **people.**
* **Do not congregate in groups of more then 10 people**
* Stay home if you’re sick, except to obtain medical care
* Cover coughs and sneezes with a tissue or use the inside of your elbow and throw used tissues in the trash
* Immediately **wash your hands** with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.
* Wear a facemask if you are sick and have to be around other people (e.g., sharing a room or vehicle) and before you enter a healthcare provider’s office.
* If you are NOT sick: You do not need to wear a facemask unless you are caring for someone who is sick (and they are not able to wear a facemask). Facemasks may be in short supply and they should be saved for caregivers.
* Clean and disinfect [frequently touched surfaces](https://www.cdc.gov/coronavirus/2019-ncov/prepare/cleaning-disinfection.html) daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks. If surfaces are dirty, clean them: Use detergent or soap and water prior to disinfection.

Adhering to the CDC and RIDOH guidelines will help The Super Liga season begin on May 2nd.

Together we will all get through this.

Our best to all of you, Stay Safe.