



CORONAVIRUS UPDATE #5

April 14, 2020

I hope this message finds you well. Our gratitude goes out to you all for your cooperation and understanding during these uncertain and trying times. Only by working together, following the guidelines set by local, state and national leaders, can we stop the spread of COVID-19 and get our players, coaches, fans and referees back on the field for the game they, and we, love. Soccer Maine has been diligently monitoring and evaluating our current situation on a daily basis, and has been in regular contact with our National associations, East Region colleagues, neighboring State Associations, local CDC and government.

Today, US Youth Soccer extended its return-to-play date to May 15th, in cooperation with all 55 State Associations. Please see the letter from Skip Gilbert, CEO of US Youth Soccer here. Also today, Governor Mills extended the State's civil emergency order to May 15th, which was due to expire tomorrow. This does not extend the stay-at-home order at this time, which is scheduled to expire on April 30th.

This may appear to be very incremental, and we realize that everyone has different thoughts and ideas on when and if we will get back to play, but the fact is that no one knows for sure, which is why we are choosing to follow these incremental extensions, and continue to work to put forth some soccer play here in our state this spring/summer once it is deemed safe to do so. We are therefore extending our return-to-play to May 15th at this time.

We understand the impact this has on our spring leagues and programs throughout the state, as well as your own internal programs. We continue to update our contingency plans as it relates to the Maine State Premier League, the Pine Tree league, the ODP program, our coaching education courses, referee recertification, and all other programs and events scheduled. We know there are a lot of questions and we are working through those as quickly as possible. We have been very encouraged by the support from our soccer community as we continue to work toward putting forth programming, even if it is much later than originally planned. Don't hesitate to reach out if you wish to discuss.

Please continue to follow the guidelines set forth below and stay safe! We will update you again as soon as we have additional information.

Regards,

Shari Levesque
Executive Director
Soccer Maine

To reinforce health safety and best practices for illness prevention, please read the list below:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth prior to proper washing or disinfecting.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Follow the CDC's recommendations for using a face mask – please see our link below titled “**Which Mask**”.
CDC does recommend that people who are well wear a homemade facemask in areas where social distancing is difficult, i.e. grocery stores.
CDC recommended face masks should be used by people who show symptoms to help prevent the spread of the disease.
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.

Please see the following additional resources and communications which may provide further answers to your questions.

[Maine CDC - Updates](#)

[Which Mask](#)

[CDC - Frequently Asked Questions](#)

[CDC - Coronavirus Overview](#)

[CDC - Travelers Health](#)

WHO - [Advice for Coronavirus](#)

USOPC - [Coronavirus Update](#)