

MASON CO XC  
RETURN TO PRACTICE PLAN  
2020

The KHSAA and the Mason County Board of Education have revised their normal summer rules to allow teams to come together for “practice” situations beginning Monday June 29, 2020. With the new rules we will be facilitating group running sessions on Monday, Tuesday, and Thursday from June 29 thru July 9. These open voluntary sessions will be held at the grounds of the STEAM building at 7:00 PM. The rules governing these sessions are as follows:

1. Sessions begin at 7:00 pm and end by 8:30 pm.
2. Each athlete must have a mask to enter the building.
3. Locker rooms can be accessed to retrieve equipment, but you cannot congregate in the locker rooms.
4. Restrooms will be available, but you cannot congregate in the locker rooms.
5. Athletes must have a current sports physical. I have already reached out to those varsity athletes that need to address this. We will monitor this as we progress thru the month.
6. All athletes will check in with the coach in charge of the nightly session. Wear your mask when you check in. Temperature checks will be performed with a “no touch” device which the program has acquired. Anyone with a temperature of 100.4 or higher must leave immediately. An oral history will be recorded if an athlete has come in contact with anyone infected with Covid 19. If you are or have been sick, **DO NOT COME TO THESE SESSIONS**. You are placing the entire program in jeopardy of closure. If you do not bring a personal water bottle, one will be provided **1 time**. It will be the athletes responsibility to bring it back each evening. The rule will be simple, no water bottle – no running. We cannot share water sources and they cannot run without water.
7. Social distancing should be observed at all times. There will be no running with a mask on but if you cannot social distance while you are not running you should wear a mask. If you go inside the building for any reason, you must wear a mask.
8. These sessions, like all of our previous summer running, is 100% voluntary. I have posted the running schedules at our team web site [www.kytrackxc.com](http://www.kytrackxc.com) You can do these running workouts from virtually any location or not at all. It is your decision. If you are following the schedule, I do ask you to observe the “OFF” days religiously. They are very important.
9. If you show up for these session at STEAM, you will be doing basically what is on the schedule for that day. The only difference is you have the opportunity to train with your team mates.

We do not know what the future holds beyond July 12. We assume we will be allowed to begin a normal practice schedule. If that happens, our practice times will shift to 7 am. We should get more guidance around the first of July regarding what the regular season schedule can look like.



Mark Kachler  
Mason Co XC