

# Shishda Haws Rehabilitation and Fitness Center (SHRFC)



## RULES OF USE

### General

- Shishda Haws is open to Coquille Tribal members and their families; Employees of the Coquille Indian Tribe or it's entities; and Kilkich Residents.
- All users must complete the User Agreement to be issued a badge.
- Youth ages 10-13 can use the facility with parental/guardian supervision only.
- Minors 14-17 who complete Users Agreement and provide parental permission can access the SHRFC from 6 am – 8 pm without supervision.
- Youth 9 years and under are not allowed inside the SHRFC, but are welcome to use the outdoor playground.
- Respect others' space: Be mindful of others and their personal space.
- Clean up after yourself: Wipe down equipment before and after use to prevent the spread of germs.
- Dress appropriately: Wear clothes that are suitable for the gym and allow for easy movement. See specific *Dress Code* below.
- Rerack weights: Return weights, dumbbells and weight plates to their proper place after use.
- Don't misuse equipment: Don't sit on a machine while resting between sets, especially if you're reading, talking on your phone, or doing something else.
- Be mindful of time: Be aware of how long you're using a piece of equipment or space in the gym.
- Be considerate of others: Be mindful of your surroundings and try to be discreet about taking selfies.
- No videotaping at any time in the fitness center.
- Headphones must be used for media in the fitness space.
- Limit the use of cell phones to personal phone calls.
- Chalk usage is strictly prohibited in any workout area.
- Drinks in non-breakable, spill-proof sealable containers are permitted.
- NO gum is allowed.
- Slamming or dropping weights is strictly prohibited.

- Plates, dumbbells, and bars are not to be leaned against or placed on upholstery or against any wall/mirror or equipment.
- The equipment is not to be moved from its location.
- Equipment may only be used in its designated area and as it is intended to be used.
- Do not use, adjust, or operate fitness equipment without proper training or instruction.
- Do not operate equipment that has loose or damaged parts. If machine fails to operate correctly, do not attempt to repair. If equipment is not operating properly, please report to Fitness Center staff.
- Do not use the facility if you are sick.

### **Dress Code**

- **Footwear**
  - Shoes are required in all areas of the gym at all times.
  - Closed toe and closed-heel, non-marking, rubber-soled shoes are required in activity areas.
  - High-heels, cleats, spikes, boots, and sandals are not permitted.
- **Shirts**
  - Upper body garment must be worn.
  - Cropped tanks, halter-tops, muscle tanks, and sports bras are permitted.
- **Bottoms**
  - Athletic-type apparel is required.
  - Non-athletic type pants such as jeans, jean shorts, khakis, etc. are not permitted in the fitness center area.

### **Infrared Sauna**

- You must be 18 years or older to use the sauna.
- Swimsuits or shorts and top required.
- The use of drugs, medication or alcohol prior to or during the infrared sauna session may lead to dizziness or unconsciousness.
- Discontinue the use of the sauna if you feel light-headed, dizzy, or heat exhausted.
- Pregnant women should consult their physician prior to the use of the sauna
- Sauna sessions should be limited to no more than 25 minutes and temperatures must stay below 165 degrees Fahrenheit.
- Plastic water bottles are not permitted in the sauna

**Bouldering Wall**

- Climb down rather than jump.
- Keep landing zones clear. Do not sit or lay on the crash pads.
- Do not leave personal items on the crash pad.

**Outdoor Court**

- Return all equipment to the designated storage area.