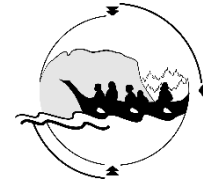


# Shishda Haws Rehabilitation and Fitness Center (SHRFC)



## RULES OF USE

### General

- Shishda Haws is open to Coquille Tribal members and their families; Employees of the Coquille Indian Tribe or its entities; American Indian/Alaska Native KWC patients; and Kilkich Residents.
- All users must complete the User Agreement to be issued a badge.
- Guests must be 18+ and accompanied by a registered user.
- Youth ages 0–12 can use the facility with parental/guardian supervision only.
- Minors 13–17 who complete Users Agreement and provide parental permission can access the SHRFC from 6 am – 10 pm without supervision.
- 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.
- 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.
- Chalk is allowed on the bouldering wall.
- 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 a 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.
  - Clothing required (bottom and top half of body). Swimsuits are allowed.
  - 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.