

BASIC FAQs for Shishda Haws Rehabilitation and Fitness Center (SHRFC)

1. What fitness facilities are at Shishda Haws?

We offer a range of fitness services including:

- **Bouldering Wall:** A climbing wall with varying difficulty levels, suitable for climbers of all abilities.
- **Gym:** Equipped with free weights, resistance machines, cardio equipment, and more for a full-body workout.
- **Infrared Sauna:** A relaxing infrared sauna to aid in muscle recovery, stress relief, and overall wellness.
- **Group Education Room:** A multipurpose room that can be used for group fitness and health education classes.
- **Onsite Café:** A limited café that offers healthy, grab and go entrees and beverages.
- **Outdoor Multi-Purpose Court:** Covered, multipurpose outdoor court that can be used for basketball, volleyball, pickleball and more.
- **Outdoor Natural Playground**
- **Outdoor Walking Path**

2. When is Shishda Haws open?

- **January 13, 2025 – February 9, 2025**
 - Shishda Haws will be open to Coquille Tribal Citizens and their families only and the hours will be 5 am – 10 pm.
- **February 10, 2025**
 - Shishda Haws will be open 7 days per week, 24 hours a day and other eligible users will be invited to sign up.
 - Physical Therapy and Massage Services will begin.
- **Restricted Use**
 - Access for those age 14-17 is restricted to 6 am – 8 pm.
 - Hours for other uses are restricted to 6am – 8pm.
- **Infrared Sauna**
 - The infrared sauna can be used from 6am – 8pm.
 - Sauna users must be 18 years or older

Note: Hours are subject to change on holidays or for special events, so please check our schedule or website for updates.

3. Who can become a member?

- **January 13, 2025 – February 9, 2025**
 - Shishda Haws will be open to Coquille Tribal citizens, spouses, and household members for the first month of operations.
- **February 10, 2025**
 - All Coquille Tribal citizens aged 14 and over.
 - All employees of the Coquille Indian Tribe offices and operations, including CEDCO, MEDC, their sub-entities, and the Coquille Indian Housing Authority. and their family members aged 14 and over.
 - All Kilkich residents aged 14 and over.
 - All Ko-Kwel Wellness Center patients aged 14 and over.
 - Any of the above eligibility groups who are age 10-13 if a parent or guardian has named the child in the user agreement.

4. How do I become a member?

- Go to the KWC website, click Services, scroll down to Shishda Haws or use your phone camera to scan to the webpage:



- Complete a User Agreement and complete the Orientation either on the [website](#) or by reviewing a printed document.
- Obtain a badge from the Registration Desk or at KWC Administration during regular business hours.

5. What should I bring to use the gym?

You should bring:

- Comfortable workout clothes and shoes.
- A water bottle to stay hydrated.
- A towel (we offer towels, but you can bring your own if you prefer).

If you're using the infrared sauna, we recommend wearing lightweight, comfortable clothing (like a swimsuit or gym shorts).

6. How do I book a session in the infrared sauna?

The infrared sauna operates on a first-come, first-serve basis during our normal hours. Each session lasts **20–30 minutes**, and we suggest taking breaks between sessions to stay comfortable.

7. Can I bring my child to the facility?

Yes, children are welcome! However, for safety reasons:

- Children who are **10-13 years old** must be accompanied and supervised by a parent or guardian at all times.
- A parent or guardian must sign a waiver for any minor under the age of 18 to use the facility.
- Children 9 and under are not allowed inside the fitness center but are welcome to use the outdoor play areas.

8. Who can use the bouldering wall?

The bouldering wall is open to climbers of all skill levels! Whether you're a beginner or an experienced climber, we have routes to challenge you. No harness required.

9. Do I need any special gear for the bouldering wall?

No.

10. Are there any safety rules for the bouldering wall?

Yes, safety is our top priority:

- Always check the wall for loose holds or hazards before climbing.
- 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.
- If you fall, land on your feet and roll, avoiding direct impacts to your knees, elbows, or head.
- Never climb without supervision if you are unsure.

11. Do you have showers or lockers?

Yes, Shishda Hawas has a shower and lockers available for use. No locks may be placed on the lockers.

12. Are there any health benefits to using the infrared sauna?

Yes, infrared saunas have numerous health benefits, including:

- **Muscle recovery:** Helps relax and soothe sore muscles after a workout.
- **Improved circulation:** Promotes blood flow and increases oxygen delivery to cells.

- **Stress relief:** The heat can promote relaxation and reduce tension.

Please consult your doctor if you have any health conditions that might affect your use of the sauna.

13. Can I bring my own food or drink?

Food and drink are welcome in our designated eating areas, but we ask that you keep them out of the gym and bouldering areas. Please avoid bringing glass containers and clean up after yourself.

14. Do you offer parking?

Yes, we offer **free parking** for members and guests. There are designated spots close to the entrance for your convenience.

15. Who do I contact with questions?

- 541-888-9494, ext. 1023
- wellness@coquilletribe.org
- Visit us in person at the front desk. We are here to help with any questions or concerns!