Jala and Welcome to the Kilkich Fitness Room (KFR)

Here are some answers to Frequently Asked Questions:

Question	Who may join the Kilkich Fitness Room?
Answer	The following individuals are eligible to join the KFR • All Coquille Tribal members and spouses ages 18 and over. • All employees ages 18 and over. • All Kilkich residents ages 18 and over. • All Community Health Center patients ages 18 and over.

Question	How do I join the Kilkich Fitness Room?
Answer	To join KFR you must 1. Complete **KFR User Agreement Form**. (You can find a KRF use agreement on coquilletribe.org and MyTribe). 2. Mail the completed agreement to: Coquille Indian Tribe Community Health Center Carol Gilkey, Executive Secretary PO Box 3190 Coos Bay, OR 97420; *OR* Scan and email the completed agreement to carolgilkey@coquilletribe.org *OR* Fax to 1-541-888-3431 Carol will mail or provide in person your KFR access key within 5 business days of receiving your completed use agreement.

Question	How much does it cost to join the Kilkich Fitness Room?
Answer	It is free to join.

Question	When is the Kilkich Fitness Room open?
Answer	It is open 24 hours a day, 7 days per week.

Question	Where is the Kilkich Fitness Room?
Answer	The KFR is located in Unit A at the Coquille Indian Tribe Housing Authority (CIHA) Warehouse, 791 Miluk Drive, Coos Bay.

Question	May I bring a guest to workout with me at the Kilkich Fitness Room?
Answer	Individuals who do not meet these eligibility requirements may use the KFR as guests of a KFR member, as long as the KFR member is present at the time of the guest's use, and the guest has submitted a KFR use agreement form to: Coquille Indian Tribe Community Health Center Carol Gilkey, Executive Secretary PO Box 3190 Coos Bay, OR 97420; *Or* Scan and email the completed agreement to carolgilkey@coquilletribe.org *OR* Fax to 1-541-888-3431

Question	How old do you have to be to use Kilkich Fitness Room?
Answer	• Children must be at least 13 years old to use the KFR and must be in the company of their parent or guardian. • Children 12 years old and under may not enter the KFR.

Question	Who do I contact if there is an incident or emergency?
Answer	• **For any and all life threatening emergencies call 911.** • If the incident or emergency is not life threatening and it is between the hours of 8:00 am and 5:00 pm call Carol Gilkey, Executive Secretary, 541-888-9494, ext. 2212 • Outside the hours of 8:00 am – 5 pm, contact Kelle Little, Health and Human Services Administrator at 541-297-0341.

Question	What should I do if the exercise equipment is broken or not working?
Answer	• Call or email Carol Gilkey, Executive Secretary, 541-888-9494, ext. 2212 carolgilkey@coquilletribe.org

Question	Should I see a doctor before I join the Kilkich Fitness Room?
Answer	• If you're new to fitness or have not exercised in a while, please talk to your health care provider to be sure you are physically able to use the equipment provided.

Question	What should I wear to exercise at the Kilkich Fitness Room?
Answer	Please wear appropriate clothing and footwear while in KFR. Here are general guidelines: gym shorts, T-shirts, jogging, aerobic and sweat outfits are all right for exercising or aerobics, but street clothes/shoes and jeans are not.

Question	How do I provide feedback about my Kilkich Fitness Room experiences?
Answer	• Complete a comment form; or • Call or email Carol Gilkey, Executive Secretary, 541-888-9494, ext. 2212 carolgilkey@coquilletribe.org

Question	Other questions about the Kilkich Fitness Room?
Answer	• Call or email Carol Gilkey, Executive Secretary, 541-888-9494, ext .2212 carolgilkey@coquilletribe.org