



**RETURN BIDS TO:**  
**RETOURNER LES SOUMISSIONS À:**  
Public Works and Government Services / Travaux  
publics et services gouvernementaux  
Kingston Procurement  
Des Acquisitions Kingston  
86 Clarence Street, 2nd floor  
Kingston  
Ontario  
K7L 1X3  
Bid Fax: (613) 545-8067

**REQUEST FOR PROPOSAL**  
**DEMANDE DE PROPOSITION**

**Proposal To: Public Works and Government  
Services Canada**

We hereby offer to sell to Her Majesty the Queen in right  
of Canada, in accordance with the terms and conditions  
set out herein, referred to herein or attached hereto, the  
goods, services, and construction listed herein and on any  
attached sheets at the price(s) set out therefor.

**Proposition aux: Travaux Publics et Services  
Gouvernementaux Canada**

Nous offrons par la présente de vendre à Sa Majesté la  
Reine du chef du Canada, aux conditions énoncées ou  
incluses par référence dans la présente et aux annexes  
ci-jointes, les biens, services et construction énumérés  
ici sur toute feuille ci-annexée, au(x) prix indiqué(s).

**Comments - Commentaires**

Adressez toutes vos demandes à  
Tammy.Weaver@pwgsc.gc.ca

<b>Title - Sujet</b> Outdoor Fitness Equipment	
<b>Solicitation No. - N° de l'invitation</b> W0135-171821/A	<b>Date</b> 2018-01-15
<b>Client Reference No. - N° de référence du client</b> W0135-171821	
<b>GETS Reference No. - N° de référence de SEAG</b> PW-\$KIN-508-7419	
<b>File No. - N° de dossier</b> KIN-7-48162 (508)	<b>CCC No./N° CCC - FMS No./N° VME</b>
<b>Solicitation Closes - L'invitation prend fin</b> <b>at - à 02:00 PM</b> <b>on - le 2018-02-26</b>	<b>Time Zone</b> <b>Fuseau horaire</b> Eastern Standard Time EST
<b>F.O.B. - F.A.B.</b> <b>Plant-Usine:</b> <input type="checkbox"/> <b>Destination:</b> <input type="checkbox"/> <b>Other-Autre:</b> <input type="checkbox"/>	
<b>Address Enquiries to: - Adresser toutes questions à:</b> Weaver, Tammy	<b>Buyer Id - Id de l'acheteur</b> kin508
<b>Telephone No. - N° de téléphone</b> (613) 484-1809 ( )	<b>FAX No. - N° de FAX</b> (613) 545-8067
<b>Destination - of Goods, Services, and Construction:</b> <b>Destination - des biens, services et construction:</b> DEPARTMENT OF NATIONAL DEFENCE 22 Wing North Bay 15 Manston Crescent Hornell Heifgts Ontario P0H1P0 Canada	

**Instructions: See Herein**

**Instructions: Voir aux présentes**

**Vendor/Firm Name and Address**

**Raison sociale et adresse du  
fournisseur/de l'entrepreneur**

**Issuing Office - Bureau de distribution**

Public Works and Government Services / Travaux publics et  
services gouvernementaux  
Kingston Procurement  
Des Acquisitions Kingston  
86 Clarence Street, 2nd floor  
Kingston  
Ontario  
K7L 1X3

<b>Delivery Required - Livraison exigée</b> See Herein	<b>Delivery Offered - Livraison proposée</b>
<b>Vendor/Firm Name and Address</b> <b>Raison sociale et adresse du fournisseur/de l'entrepreneur</b>	
<b>Telephone No. - N° de téléphone</b> <b>Facsimile No. - N° de télécopieur</b>	
<b>Name and title of person authorized to sign on behalf of Vendor/Firm</b> <b>(type or print)</b> <b>Nom et titre de la personne autorisée à signer au nom du fournisseur/ de l'entrepreneur (taper ou écrire en caractères d'imprimerie)</b>	
<b>Signature</b>	<b>Date</b>

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## **PART 1 - GENERAL INFORMATION**

### **1.1 Requirement**

The requirement is for the provision of the listed pieces of Outdoor Fitness Equipment in Annex "A", including the in-ground (Sana-Tube) installation to be performed NLT Spring/Summer 2018 for 22 Wing, CFB North Bay.

### **1.2 Debriefings**

Bidders may request a debriefing on the results of the bid solicitation process. Bidders should make the request to the Contracting Authority within 15 working days from receipt of the results of the bid solicitation process. The debriefing may be in writing, by telephone or in person.

### **1.3 Trade Agreements**

"The requirement is subject to the provisions of the North American Free Trade Agreement (NAFTA), and the Canadian Free Trade Agreement (CFTA)."

## **PART 2 - BIDDER INSTRUCTIONS**

### **2.1 Standard Instructions, Clauses and Conditions**

All instructions, clauses and conditions identified in the bid solicitation by number, date and title are set out in the [Standard Acquisition Clauses and Conditions Manual](https://buyandsell.gc.ca/policy-and-guidelines/standard-acquisition-clauses-and-conditions-manual) (<https://buyandsell.gc.ca/policy-and-guidelines/standard-acquisition-clauses-and-conditions-manual>) issued by Public Works and Government Services Canada.

Bidders who submit a bid agree to be bound by the instructions, clauses and conditions of the bid solicitation and accept the clauses and conditions of the resulting contract.

The [2003 \(2017-04-27\)](#) Standard Instructions - Goods or Services - Competitive Requirements, are incorporated by reference into and form part of the bid solicitation.

Subsection 5.4 of [2003](#), Standard Instructions - Goods or Services - Competitive Requirements, is amended as follows:

Delete: 60 days

Insert: 120 days

### **2.2 Submission of Bids**

Bids must be submitted only to Public Works and Government Services Canada (PWGSC) Bid Receiving Unit by the date, time and place indicated on page 1 of the bid solicitation.

#### **2.2.1 Mandatory Site Visit**

It is mandatory that the Bidder or a representative of the Bidder visit the work site. Arrangements have been made for the site visit to be held at Sports & Recreation, 22 Wing North Bay on 05 February 2018. The site visit will begin at 1:00 pm [EST](#).

Bidders must communicate with the Contracting Authority no later than 01 February 2018 to confirm attendance and provide the name(s) of the person(s) who will attend. Bidders will be required to sign an attendance sheet. Bidders should confirm in their bid that they have attended the site visit. Bidders who do not attend the mandatory site visit or do not send a representative will not be given an

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alternative appointment and their bid will be declared non-responsive. Any clarifications or changes to the bid solicitation resulting from the site visit will be included as an amendment to the bid solicitation

### 2.3 Enquiries - Bid Solicitation

All enquiries must be submitted in writing to the Contracting Authority no later than 10 calendar days before the bid closing date. Enquiries received after that time may not be answered.

Bidders should reference as accurately as possible the numbered item of the bid solicitation to which the enquiry relates. Care should be taken by Bidders to explain each question in sufficient detail in order to enable Canada to provide an accurate answer. Technical enquiries that are of a proprietary nature must be clearly marked "proprietary" at each relevant item. Items identified as "proprietary" will be treated as such except where Canada determines that the enquiry is not of a proprietary nature. Canada may edit the question(s) or may request that the Bidder do so, so that the proprietary nature of the question(s) is eliminated, and the enquiry can be answered to all Bidders. Enquiries not submitted in a form that can be distributed to all Bidders may not be answered by Canada.

### 2.4 Applicable Laws

Any resulting contract must be interpreted and governed, and the relations between the parties determined, by the laws in force in \_\_\_\_\_ (*insert the name of the province or territory*).

Bidders may, at their discretion, substitute the applicable laws of a Canadian province or territory of their choice without affecting the validity of their bid, by deleting the name of the Canadian province or territory specified and inserting the name of the Canadian province or territory of their choice. If no change is made, it acknowledges that the applicable laws specified are acceptable to the Bidders.

## PART 3 - BID PREPARATION INSTRUCTIONS

### 3.1 Bid Preparation Instructions

Canada requests that Bidders provide their bid in separately bound sections as follows:

Section I: Technical Bid (1 hard copy)

Section II: Financial Bid (1 hard copy)

Section III: Certifications (1 hard copy)

Prices must appear in the financial bid only. No prices must be indicated in any other section of the bid.

Canada requests that Bidders follow the format instructions described below in the preparation of their bid:

- (a) use 8.5 x 11 inch (216 mm x 279 mm) paper;
- (b) use a numbering system that corresponds to the bid solicitation.

In April 2006, Canada issued a policy directing federal departments and agencies to take the necessary steps to incorporate environmental considerations into the procurement process [Policy on Green Procurement](http://www.tpsgc-pwgsc.gc.ca/ecologisation-greening/achats-procurement/politique-policy-eng.html) (<http://www.tpsgc-pwgsc.gc.ca/ecologisation-greening/achats-procurement/politique-policy-eng.html>). To assist Canada in reaching its objectives, Bidders should:

- 1) use 8.5 x 11 inch (216 mm x 279 mm) paper containing fibre certified as originating from a sustainably-managed forest and containing minimum 30% recycled content; and
- 2) use an environmentally-preferable format including black and white printing instead of colour printing, printing double sided/duplex, using staples or clips instead of cerlox, duotangs or binders.

### **Section I: Technical Bid**

In their technical bid, Bidders should explain and demonstrate how they propose to meet the requirements and how they will carry out the Work.

### **Section II: Financial Bid**

Bidders must submit their financial bid in accordance with the Basis of Payment.

#### **3.1.1 Electronic Payment of Invoices – Bid**

If you are willing to accept payment of invoices by Electronic Payment Instruments, complete Annex “C” Electronic Payment Instruments, to identify which ones are accepted.

If Annex “C” Electronic Payment Instruments is not completed, it will be considered as if Electronic Payment Instruments are not being accepted for payment of invoices.

Acceptance of Electronic Payment Instruments will not be considered as an evaluation criterion.

#### **3.1.2 Exchange Rate Fluctuation**

[C3011T \(2013-11-06\)](#), Exchange Rate Fluctuation

### **Section III: Certifications**

Bidders must submit the certifications and additional information required under Part 5.

## **PART 4 - EVALUATION PROCEDURES AND BASIS OF SELECTION**

### **4.1 Evaluation Procedures**

- (a) Bids will be assessed in accordance with the entire requirement of the bid solicitation including the technical and financial evaluation criteria.
- (b) An evaluation team composed of representatives of Canada will evaluate the bids.

#### **4.1.1 Technical Evaluation**

##### **4.1.1.1 Mandatory Technical Criteria**

Bidders must submit with their bid a drawing demonstrating how equipment will be installed in the areas shown at the mandatory site visit.

#### **4.1.2 Financial Evaluation**

1. Bidders are to complete all parts of Pricing Basis “B” without alterations. Any alterations to the pricing basis will render the bid non-responsive.
2. The evaluation will be based on a lowest evaluated total. The unit price will be multiplied by the quantity to arrive at the evaluated total.

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3. *SACC Manual* Clause [A0220T](#) (2014-06-26), Evaluation of Price

#### 4.2 Basis of Selection

A bid must comply with all requirements of the bid solicitation to be declared responsive. The responsive bid with the lowest evaluated price will be recommended for award of a contract.

### PART 5 – CERTIFICATIONS AND ADDITIONAL INFORMATION

Bidders must provide the required certifications and additional information to be awarded a contract.

The certifications provided by Bidders to Canada are subject to verification by Canada at all times. Unless specified otherwise, Canada will declare a bid non-responsive, or will declare a contractor in default if any certification made by the Bidder is found to be untrue whether made knowingly or unknowingly, during the bid evaluation period or during the contract period.

The Contracting Authority will have the right to ask for additional information to verify the Bidder's certifications. Failure to comply and to cooperate with any request or requirement imposed by the Contracting Authority will render the bid non-responsive or constitute a default under the Contract.

#### 5.1 Certifications Required with the Bid

Bidders must submit the following duly completed certifications as part of their bid.

##### 5.1.1 Integrity Provisions - Declaration of Convicted Offences

In accordance with the Integrity Provisions of the Standard Instructions, all bidders must provide with their bid, **if applicable**, the declaration form available on the [Forms for the Integrity Regime](http://www.tpsgc-pwgsc.gc.ca/ci-if/declaration-eng.html) website (<http://www.tpsgc-pwgsc.gc.ca/ci-if/declaration-eng.html>), to be given further consideration in the procurement process.

#### 5.2 Certifications Precedent to Contract Award and Additional Information

The certifications and additional information listed below should be submitted with the bid, but may be submitted afterwards. If any of these required certifications or additional information is not completed and submitted as requested, the Contracting Authority will inform the Bidder of a time frame within which to provide the information. Failure to provide the certifications or the additional information listed below within the time frame provided will render the bid non-responsive.

##### 5.2.1 Integrity Provisions – Required Documentation

In accordance with the section titled Information to be provided when bidding, contracting or entering into a real procurement agreement of the [Ineligibility and Suspension Policy](http://www.tpsgc-pwgsc.gc.ca/ci-if/politique-policy-eng.html) (<http://www.tpsgc-pwgsc.gc.ca/ci-if/politique-policy-eng.html>), the Bidder must provide the required documentation, as applicable, to be given further consideration in the procurement process.

##### 5.2.2 Federal Contractors Program for Employment Equity - Bid Certification

By submitting a bid, the Bidder certifies that the Bidder, and any of the Bidder's members if the Bidder is a Joint Venture, is not named on the Federal Contractors Program (FCP) for employment equity "FCP Limited Eligibility to Bid" list available at the bottom of the page of the [Employment and Social](#)

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[Development Canada \(ESDC\) - Labour's website \(https://www.canada.ca/en/employment-social-development/programs/employment-equity/federal-contractor-program.html#\)](https://www.canada.ca/en/employment-social-development/programs/employment-equity/federal-contractor-program.html#).

Canada will have the right to declare a bid non-responsive if the Bidder, or any member of the Bidder if the Bidder is a Joint Venture, appears on the "FCP Limited Eligibility to Bid" list at the time of contract award.

## **PART 6 - RESULTING CONTRACT CLAUSES**

The following clauses and conditions apply to and form part of any contract resulting from the bid solicitation.

### **6.1 Security Requirements**

**6.1.1** There is no security requirement applicable to the Contract.

### **6.2 Requirement**

The requirement is for the provision of the listed pieces of Outdoor Fitness Equipment in Annex "A", including the in-ground (Sana-Tube) installation to be performed NLT Spring/Summer 2018 for 22 Wing, CFB North Bay.

### **6.3 Standard Clauses and Conditions**

All clauses and conditions identified in the Contract by number, date and title are set out in the [Standard Acquisition Clauses and Conditions Manual](https://buyandsell.gc.ca/policy-and-guidelines/standard-acquisition-clauses-and-conditions-manual) (https://buyandsell.gc.ca/policy-and-guidelines/standard-acquisition-clauses-and-conditions-manual) issued by Public Works and Government Services Canada.

#### **6.3.1 General Conditions**

[2010A \(2016-04-04\)](#), General Conditions - Goods (Medium Complexity), apply to and form part of the Contract.

### **6.4 Term of Contract**

#### **6.4.1 Period of the Contract**

The period of the Contract is from date of Contract to 6 months inclusive

#### **6.4.2 Delivery Date**

All the deliverables must be received on or before 29 March 2018.

Installation will be arranged by the Technical Authority and the Supplier.

#### **6.4.3 Delivery Points**

Delivery of the requirement will be made to delivery point(s) specified at Annex "A" of the Contract.

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Amd. No. - N° de la modif.  
File No. - N° du dossier  
KIN-7-48162

Buyer ID - Id de l'acheteur  
KIN508  
CCC No./N° CCC - FMS No./N° VME

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## 6.5 Authorities

### 6.5.1 Contracting Authority

The Contracting Authority for the Contract is:

Tammy Weaver  
Supply Specialist  
Public Works and Government Services Canada  
Acquisitions Branch  
86 Clarence St., 2<sup>nd</sup> Floor  
Kingston, Ontario  
K7L 1X3

Telephone: 613-545-8059/613-484-1809  
Facsimile: 613-545-8067  
E-mail address: Tammy.Weaver@pwgsc.gc.ca

The Contracting Authority is responsible for the management of the Contract and any changes to the Contract must be authorized in writing by the Contracting Authority. The Contractor must not perform work in excess of or outside the scope of the Contract based on verbal or written requests or instructions from anybody other than the Contracting Authority.

### 6.5.2 Project Authority

The Project Authority for the Contract is: (Will be provided at contract award)

Name: \_\_\_\_\_  
Title: \_\_\_\_\_  
Organization: \_\_\_\_\_  
Address: \_\_\_\_\_

Telephone: \_\_\_\_ \_\_\_\_ \_\_\_\_\_  
Facsimile: \_\_\_\_ \_\_\_\_ \_\_\_\_\_  
E-mail address: \_\_\_\_\_

The Project Authority is the representative of the department or agency for whom the Work is being carried out under the Contract and is responsible for all matters concerning the technical content of the Work under the Contract. Technical matters may be discussed with the Project Authority, however the Project Authority has no authority to authorize changes to the scope of the Work. Changes to the scope of the Work can only be made through a contract amendment issued by the Contracting Authority.

### 6.5.3 Contractor's Representative

Name: \_\_\_\_\_

Telephone: \_\_\_\_ \_\_\_\_ \_\_\_\_\_  
Facsimile: \_\_\_\_ \_\_\_\_ \_\_\_\_\_  
E-mail address: \_\_\_\_\_

## 6.6 Payment

### 6.6.1 Basis of Payment

In consideration of the Contractor satisfactorily completing all of its obligations under the Contract, the Contractor will be paid a firm unit price(s) as specified in Annex B" for a cost of \$ \_\_\_\_\_ insert the amount at contract award). Customs duties are included and Applicable Taxes are extra.

Canada will not pay the Contractor for any design changes, modifications or interpretations of the Work, unless they have been approved, in writing, by the Contracting Authority before their incorporation into the Work

### 6.6.2 Method of Payment

H3010C (2016-01-28) Milestone Payments - Not subject to holdback

### 6.6.3 Electronic Payment of Invoices – Contract

The Contractor accepts to be paid using any of the following Electronic Payment Instrument(s):

- a. Visa Acquisition Card;
- b. MasterCard Acquisition Card;
- c. Direct Deposit (Domestic and International);
- d. Electronic Data Interchange (EDI);
- e. Wire Transfer (International Only);
- f. Large Value Transfer System (LVTS) (Over \$25M)

## 6.7 Invoicing Instructions

Canada will make milestone payments in accordance with the Schedule of Milestones detailed in the Contract and the payment provisions of the Contract if:

- a. an accurate and complete claim for payment using [PWGSC-TPSGC 1111](#), Claim for Progress Payment, and any other document required by the Contract have been submitted in accordance with the invoicing instructions provided in the Contract;
- b. all the certificates appearing on form [PWGSC-TPSGC 1111](#) have been signed by the respective authorized representatives;
- c. all work associated with the milestone and as applicable any deliverable required has been completed and accepted by Canada.

## 6.8 Certifications and Additional Information

### 6.8.1 Compliance

Unless specified otherwise, the continuous compliance with the certifications provided by the Contractor in its bid or precedent to contract award, and the ongoing cooperation in providing additional information are conditions of the Contract and failure to comply will constitute the Contractor in default. Certifications are subject to verification by Canada during the entire period of the Contract.

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File No. - N° du dossier  
KIN-7-48162

Buyer ID - Id de l'acheteur  
KIN508  
CCC No./N° CCC - FMS No./N° VME

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### **6.9 Applicable Laws**

The Contract must be interpreted and governed, and the relations between the parties determined, by the laws in force in \_\_\_\_\_ (*insert the name of the province or territory as specified by the Bidder in its bid, if applicable*).

### **6.10 Priority of Documents**

If there is a discrepancy between the wording of any documents that appear on the list, the wording of the document that first appears on the list has priority over the wording of any document that subsequently appears on the list.

- (a) the Articles of Agreement;
- (b) the general conditions 2010A (2016-04-04), General Conditions - Goods (Medium Complexity);
- (c) Annex A, Requirement;
- (d) Annex B, Basis of Payment;
- (e) the Contractor's bid dated \_\_\_\_\_.

### **6.11 SACC Manual Clauses**

A9062C (2001-05-16) Canadian Forces Site Regulations  
A2000C (2006-06-16) Foreign Nationals (Canadian Contractor)  
A2001C (2006-16-16) Foreign Nationals (Foreign Contractor)

### **6.12 Shipping Instructions - Delivery at Destination**

Delivered Duty Paid (DDP) 22 Wing, CFB North Bay 15 Manston Cres, Hornell Heights, Ontario P0H 1P0  
Incoterms 2000 for shipments from a commercial contractor.

## ANNEX "A"

### REQUIREMENT

#### Outdoor Fitness Equipment

##### Background

22 Wing/CFB North Bay requires a number of pieces of Outdoor Fitness Equipment.

##### Scope

The requirement is for the provision of the listed pieces of Outdoor Fitness Equipment, including the in-ground (Sana-Tube) installation to be performed NLT Spring/Summer 2018.

- A. Push-up Dip;
- B. Triceps Dip;
- C. Angled Ladder;
- D. Decline Push-Ups;
- E. Vertical Knee Raise;
- F. Flat Bench;
- G. Pull-up;
- H. Leg Stretch;
- I. Incline Sit-up;
- J. Crunch Sit-Up;
- K. Back Extension;
- L. Back Stretch;
- M. Leg Raise;
- N. Parallel Bars;
- O. Multi-Activity Bench;
- P. Multi-Use Poles (2); and
- Q. Warning Signs

A detailed specification requirement for each of the aforementioned is listed in the Equipment Technical Specifications section below.

##### Mandatory Criteria

- Equipment must meet CSA approved standard.
- Designed to support 'military' training activities
- Equipment must be stationary with no moving parts
- Installed in-ground, in open grassed field... as individual station units
- Equipment must be modular constructed, able to be expanded and to include stainless steel or brass hardware
- Must be powder coated in blue & green colours
- Materials must be weather resistant and carry a minimum of 25 year warranty

##### Equipment Technical Specifications

###### A. Push-Up/Dip (design must enable the following to be performed)

- Place feet on the ground with either hand on the handles or rails of the lower portion of this apparatus.

- Engaging the core muscles, elongate the body into a plank (straight) form with the arms extended.
- Slowly, by bending the elbows, lower body until the elbows reach a 90° angle before engaging the pectoralis muscle groups and extending the arms.
- Muscles engaged through this movement, dominantly, are: pectoralis major and minor, anterior deltoids, triceps, abdominals and erector spinae group. Minor muscles engaged in this movement include: posterior deltoids, biceps, and rhomboids.

**B. Triceps Dip:** (design must enable the following to be performed)

- Using the bar attachment closest to the pole (two parallel bars), place hands on either bar with your body facing away from the pole with arms extended.
- Feet are on the ground with legs extended (harder) or knees bent (easier version).
- Bending the elbows, slowly lower the body towards the ground until the triceps are parallel with the bars. Extend arms to return to start position.
- This exercise predominately works the triceps and rear deltoid muscles however, upper trapezius, abdominals, supraspinatus, infraspinatus and rhomboids are all active throughout the movement.

**C. Angled Ladder:** (design must enable the following to be performed)

- Use can help improve grip strength while also improving overhead stretching abilities
- Individual starts beside and facing away from the support pole holding onto the lowest rung
- Legs are then raised off the ground if still touching while holding onto lowest rung
- Will reach out and up with one hand to grasp next rung, followed by lag hand
- Movement will continue until reaching the end of the ladder, at which point can let go and return to the ground or turn self around and go back down the ladder
- Will target forearm muscles, latissimus dorsi, and deltoids
- An additional use of the ladder could be for chin ups and pull ups

**D. Decline Push-Ups** (design must enable the following to be performed)

- Performed with the feet at a higher level in comparison to the upper body which creates the "decline" aspect of the push up.
- To do a decline push up, place feet at the closest focal point to the pole where two width wide bars have been placed parallel to one another. –
- Place your hands on either the outer rails or the inner handles at the far end of the apparatus with arms extended.
- Engage the core muscles to create a plank (or straight body position).
- Lower the body towards the ground until the triceps (backs of arms) are parallel to the ground. Keeping the core engaged, push the body back up to the starting position through extending the arms.
- This exercise engages the pectoralis major and minor, abdominals, triceps, anterior deltoids and rhomboid muscles. Also engaged are trapezius, posterior deltoid, biceps brachialis, and erector spinae group.

**E. Vertical Knee Raise** (design must enable the following to be performed)

- To begin, step onto the bars closest to the ground to bring body to proper height for gaining access to the start position.

- Place an elbow on either arm support with the body facing away from the pole (focal point). The arms should be kept bent at the elbows with the hands gripping the hand supports for extra strength.
- Using the arms as leverage, firmly press your spine into the back support.
- Taking the feet off of the foot supports, let the legs hang in a straight line towards the ground with the feet close together.
- Keeping the back firmly pressed into the back support; bring knees up to your hip line before lowering the legs. Repeat.
- This exercise engages the abdominals predominately. This movement also includes engaging the biceps, quadriceps, and upper trapezius.

**F. Flat Bench:** (design must enable the following to be performed)

- With this apparatus, the exercise variation is quite creative. The flat bench can be used for incline push ups, decline push ups, triceps dips, step ups, box jumps and a variety of other exercises.
- Versatile gym equipment ensures it's the "users" choice for exercise.

**G. Pull-up** (design must enable the following to be performed)

- The pull-up station allows the user to work the large muscles in the back, shoulders and arms through a compound "pull" movement.
- The user grasps the bar in an overhand grip, hands separated shoulder width apart.
- Beginning with arms straightened, allow body to hang (legs extended or knees bent and feet crossed).
- Pull body in an upward motion until chest almost touches the bar (chin above bar).
- In a controlled manner, lower body to starting position without swinging or bending.
- Avoid allowing muscles to relax completely to eliminate injury to shoulder joint.
- The primary muscles engaged during this exercise are; Trapezius, Rhomboids, Pectoralis major/minor, Deltoids, Latissimus dorsi and Biceps.

**H. Leg Stretch:** (design must enable the following to be performed)

- Using the "T" bar extension from the pole, users can use the "leg stretch" station by placing a heel on top of an aspect of this bar.
- Keeping the hips square to the pole and the legs in a soft extension (slight bend in knee), the participant slowly hinges at the waist until they can feel slight discomfort on the back of their leg.
- Users can also use this piece of equipment for a back stretch. Participants would grab the bar with both hands and keeping legs straight and arms straight, slowly hinge hips backwards until back is straight in line with the arms (Upside down "L" shape for the body).

**I. Incline Sit-up** (design must enable the following to be performed)

- A slightly advanced variation of the basic sit-up which engages the abdominals through the use of gravity.
- Lying on the station in a supine position, the user anchors their feet under the pads and lays with their back flat against the bench.
- Hands can be beside ears, arms can be crossed across the chest or, for a more advanced movement, arms extended behind head.

- In a controlled manner, the individual hinges at the hips, engaging the core muscles until their chest is almost touching their thighs. If hands are on either side of the head, elbows touch knees.
- This exercise can be made easier by lowering the incline or crossing arms across chest. It can be made more difficult by increasing the incline and placing hands behind neck (or with the use of additional weight).
- The primary muscles targeted are; Abdominals, Oblique's, iliopsoas (hip flexors) and quadriceps.

**J. Crunch Sit-Up:** (design must enable the following to be performed)

- Laying on the station in a supine position, the user lays down and anchors their feet under the bar with knees supported by additional bar.
- Hands can be beside ears, arms can be crossed across the chest or, for a more advanced movement, arms extended behind head.
- In a controlled manner, the individual hinges at the hips, engaging the core muscles until their head and shoulders are off the bench.
- This exercise can be made easier by crossing arms across chest. It can be made more difficult by placing hands behind neck (or with the use of additional weight).
- The primary muscles targeted are; Abdominals, Oblique's, iliopsoas (hip flexors) and quadriceps.

**K. Back Extension** (design must enable the following to be performed)

- Use of the Back Extension station will help strengthen the back muscles to promote good posture and support for the spine.
- The user will be in a prone position with heels secured under the pads. Legs can be fully straight or knees bent (if knees bent, the angle of the bend is maintained throughout movement).
- To start, body is in a straight line (with the legs secured) with arms across the chest.
- Hinging at the hips, the upper body is lowered until the body is at a 90° angle at the hips. In a controlled manner, return body to the start position.
- Do not hyper extend through the spine (go past a 180 angle at the hips).
- The muscles targeted are; Erector spinae group (iliocostalis umborum, longissimus thoracis and spinalis), rectus abdominus, gluteus maximus/ minimus/ medius and bicep femorus.

**L. Back Stretch:** (design must enable the following to be performed)

- Design allows for multiple uses
- Stretch of anterior body (chest, abdominals, shoulders) while also allowing for a stretch of the vertebra, releasing tension felt along the spine
- Curvature designed into the equipment helps to support back for natural positioning
- Individual will stand facing away from backrest and reach up to hold onto the support bar
- Feet are lifted off the ground either to the front or knees raised to the chest
- If individual very skilled they may be able to hang from their feet to allow more spinal decompression
- An individual could also perform hanging leg raises, working their abdominal muscles

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**M. Leg Raise** (design must enable the following to be performed)

- The hanging leg raise works several muscles in your hips and midsection.
- To perform this exercise, hang from the top bar with your arms and legs extended.
- With your legs together, contract your abdominal muscles and lift your legs up to your hip line (90° at hips). Slowly lower your legs to the starting position.
- The primary muscles worked during a hanging leg raise are the iliopsoas and rectus abdominis. The muscles of your forearms, shoulders and back are also used.

**N. Parallel Bars** (design must enable the following to be performed)

- To begin, lay on your back under the apparatus. Extend your arms to hold the handles on either side of the bar. Place your feet into the hanging bar at the base of the apparatus (closest to the pole).
- Engage your core before any repetitions.
- Bend your elbows to pull your body up and extend your arms fully for one full rep.
- Muscles targeted include Latissimus Dorsi as well as biceps, pectoralis major and minor.

**O. Multi-Activity Bench:** (design must enable the following to be performed)

- Flat bench allowing for multiple exercises and stretches
- Exercises recommended: sit-ups, reverse crunch, triceps dips, step ups, box jumps and push ups
- This flat surface allows for decline or incline push-ups and provides a stable, gripped surface for plyometric jumps
- The triceps dip bar at the end of the bench can be used for triceps dips, incline push-ups, and stretching
- Allows whole body workout to be performed (abdominals, pectoralis, glutes, quadriceps, triceps)

**P. Multi-Use Poles (2)** (design must enable the following to be performed)

- Must be able to accommodate battle ropes, resistance bands and suspension training equipment to achieve a total body exercise. The exercises and muscle groups used are endless.

**Q. Fitness Signs:**

A Warning Sign is required stating the following guidelines:

- a. Use equipment only for its intended purpose;
- b. Seek medical advice before starting an exercise program;
- c. Inspect equipment prior to using. DO NOT use if it appears damaged or inoperable and report to authorities;
- d. Minimum age of 13 years or parental guidance;
- e. Proper attire is needed for safe use of equipment (no loose clothing); and
- f. Seek assistance for proper use of equipment if unsure.

Solicitation No. - N° de l'invitation  
W0135-171821/A  
Client Ref. No. - N° de réf. du client  
W0135-17-1821

Amd. No. - N° de la modif.  
File No. - N° du dossier  
KIN-7-48162

Buyer ID - Id de l'acheteur  
KIN508  
CCC No./N° CCC - FMS No./N° VME

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All equipment and invoices must be delivered to the following address not later than 29 March 2018:

CFB North Bay  
CMTT Building 15,  
15 Manston Crescent,  
Hornell Heights, ON, P0H 1P0

Solicitation No. - N° de l'invitation  
W0135-171821/A  
Client Ref. No. - N° de réf. du client  
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KIN-7-48162

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KIN508  
CCC No./N° CCC - FMS No./N° VME

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## ANNEX "B"

### Basis of Payment

Milestone	Description	Qty	Lot Price DDP
1	Delivery of all equipment as outlined in Annex A	Lot	\$ _____
2	Installation of all equipment and Sana tube as outlined in Annex A	Lot	\$ _____

Solicitation No. - N° de l'invitation  
W0135-171821/A  
Client Ref. No. - N° de réf. du client  
W0135-17-1821

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## **ANNEX “C” to PART 3 OF THE BID SOLICITATION**

### **ELECTRONIC PAYMENT INSTRUMENTS**

The Bidder accepts any of the following Electronic Payment Instrument(s):

- VISA Acquisition Card;
- MasterCard Acquisition Card;
- Direct Deposit (Domestic and International);
- Electronic Data Interchange (EDI);
- Wire Transfer (International Only);
- Large Value Transfer System (LVTS) (Over \$25M)

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W0135-17-1821

Amd. No. - N° de la modif.  
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**ANNEX “D”**

**PWGSC-TPSGC 1111**



Claim No.  
N° de la demande

Contract Serial No.  
N° de série du contrat

## CERTIFICATE OF CONTRACTOR

## ATTESTATION DE L'ENTREPRENEUR

### I certify that:

- All authorizations required under the contract have been obtained. The claim is consistent with the progress of the work and is in accordance with the contract.
- Indirect costs have been paid for or accrued in the accounts.
- Direct materials and the subcontracted work have been received, accepted and either paid for or accrued in the accounts following receipt of invoice from supplier/subcontractor, and have been or will be used exclusively for the purpose of the contract.
- All direct labour costs have been paid for or accrued in the accounts and all such costs were incurred exclusively for the purpose of the contract;
- All other direct costs have been paid for or accrued in the accounts following receipt of applicable invoice or expense voucher and all such costs were incurred exclusively for the purpose of the contract; and
- No liens, encumbrances, charges or other claims exist against the work except those which may arise by operation of law such as a lien in the nature of an unpaid contractor's lien and in respect of which a progress payment and/or advance payment has been or will be made by Canada.

### J'atteste que :

- Toutes les autorisations exigées en vertu du contrat ont été obtenues. La demande correspond à l'avancement des travaux et est conforme au contrat.
- Les coûts indirects ont été réglés ou portés aux livres.
- Les matières directes et les travaux de sous-traitance ont été reçus, et le tout a été accepté et payé, ou encore porté aux livres après réception de factures envoyées par le fournisseur ou le sous-traitant; ces matières et ces travaux ont été ou seront utilisés exclusivement aux fins du contrat.
- Tous les coûts de la main-d'oeuvre directe ont été réglés ou portés aux livres et tous ces coûts ont été engagés exclusivement aux fins du contrat.
- Tous les autres coûts indirects ont été réglés ou portés aux livres après réception des factures ou pièces justificatives pertinentes et tous ces coûts ont été engagés exclusivement aux fins du contrat.
- Il n'existe aucun privilège ni demande ou imputation à l'égard de ces travaux sauf ceux qui pourraient survenir par effet de la loi, notamment le privilège d'un entrepreneur non payé à l'égard duquel un paiement progressif et/ou un paiement anticipé a été ou sera effectué par le Canada.

Contractor 's Signature - Signature de l'entrepreneur

Check the box if the claim is being made with respect to advance payment provisions included in the basis of payment of the contract.

This claim, or a portion of this claim, is for an advance payment.

### I certify that:

- The funds received will be used solely for the purpose of the contract and attached is a complete description of the purpose to which the advance payment will be applied.
- The amount of the payment is established in accordance with the conditions of the contract.
- The contractor is not in default of its obligations under the contract.
- The payment is related to an identifiable part of the contractual work.

Title - Titre

Date (YYYY-MM-DD / AAAA-MM-JJ)

Cocher la case si la demande est faite en rapport avec les dispositions relatives aux paiements anticipés qui se trouvent dans la base de paiement du contrat.

Cette demande, ou une partie de cette demande, est pour un paiement anticipé.

### J'atteste que :

- Les fonds reçus ne serviront uniquement qu'aux fins du contrat; ci-joint est une description complète des fins auxquelles le paiement anticipé sera utilisé.
- Le montant du paiement est établi conformément aux conditions du contrat.
- L'entrepreneur n'a pas manqué à ses obligations en vertu du contrat.
- Le paiement porte sur une partie identifiable des travaux précisés dans le contrat.

Contractor 's Signature - Signature de l'entrepreneur

## CERTIFICATES OF DEPARTMENTAL REPRESENTATIVES

**Scientific/Project/Inspection Authority:** I certify that the work meets the quality standards required under the contract, and its progress is in accordance with the conditions of the contract.

**Inspection Authority (all other contracts):** I certify that the quality of the work performed is in accordance with the standards required under the contract.

Title - Titre

Date (YYYY-MM-DD / AAAA-MM-JJ)

## ATTESTATIONS DES REPRÉSENTANTS DU MINISTÈRE

**Autorité scientifique ou responsable du projet / de l'inspection :** J'atteste que les travaux sont conformes aux normes de qualité exigées en vertu du contrat et que leur avancement est conforme aux conditions du contrat.

**Responsable de l'inspection (tous les autres contrats) :** J'atteste que la qualité des travaux exécutés est conforme aux normes exigées en vertu du contrat.

Signature of Scientific / Project / Inspection Authority  
Signature de l'autorité scientifique ou responsable du projet / de l'inspection

Date (YYYY-MM-DD / AAAA-MM-JJ)

**PWGSC Contracting Authority:** I certify that, to the best of my knowledge, the claim is consistent with the progress of the work and is in accordance with the contract. This claim, however, may be subject to further verification and any necessary adjustment before final settlement.

**Autorité contractante de TPSGC :** J'atteste, au meilleur de ma connaissance, que la demande correspond à l'avancement des travaux et est conforme au contrat. Toutefois, cette demande pourrait faire l'objet d'une autre vérification et de tout rajustement nécessaire avant le règlement final.z

Contracting Authority Signature de l'autorité contractante

**Client's Authorized Signing Officer - (must sign the interim claim):** I certify that the claim is in accordance with the contract.

Title - Titre

Date (YYYY-MM-DD / AAAA-MM-JJ)

**Signataire autorisé du client - (doit signer la demande provisoire) :** J'atteste que la demande est conforme au contrat.

Client Signature du client

**Client's Authorized Signing Officer - (must sign the final claim):** I certify that all goods have been received and all services have been rendered, that the work has been properly performed and that the claim is in accordance with the contract.

Title - Titre

Date (YYYY-MM-DD / AAAA-MM-JJ)

**Signataire autorisé du client - (doit signer la demande finale) :** J'atteste que tous les biens ont été reçus, que tous les services ont été rendus, que tous les travaux ont été exécutés convenablement, et que la demande est conforme au contrat.

Client Signature du client

Title - Titre

Date (YYYY-MM-DD / AAAA-MM-JJ)