



**RETURN BIDS TO:**  
**RETOURNER LES SOUMISSIONS À:**  
Bid Receiving Public Works and Government  
Services Canada/Réception des  
soumissions/Travaux publics et Services  
gouvernementaux Canada  
Building S-111, Rm C-114  
101 Menin Rd. Garrison Petawawa  
Petawawa  
Ontario  
K8H 2X3  
Bid Fax: (613) 687-6656

**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**

Address inquiries to the Contracting Authority at  
cynthia.lamorie@pwgsc-tpsgc.gc.ca

<b>Title - Sujet</b> Outdoor Fitness Equipment	
<b>Solicitation No. - N° de l'invitation</b> W0135-180152/A	<b>Date</b> 2018-07-31
<b>Client Reference No. - N° de référence du client</b> W0135-18152	
<b>GETS Reference No. - N° de référence de SEAG</b> PW-\$PET-907-1516	
<b>File No. - N° de dossier</b> PET-8-49008 (907)	<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 2018-09-10</b>	<b>Time Zone</b> <b>Fuseau horaire</b> Eastern Daylight Saving Time EDT
<b>F.O.B. - F.A.B.</b> <b>Plant-Usine:</b> <input type="checkbox"/> <b>Destination:</b> <input checked="" type="checkbox"/> <b>Other-Autre:</b> <input type="checkbox"/>	
<b>Address Enquiries to: - Adresser toutes questions à:</b> Lamorie, Cindy	<b>Buyer Id - Id de l'acheteur</b> pet907
<b>Telephone No. - N° de téléphone</b> (613) 687-6655 ( )	<b>FAX No. - N° de FAX</b> (613) 687-6656
<b>Destination - of Goods, Services, and Construction:</b> <b>Destination - des biens, services et construction:</b> 22 Wing North Bay 15 Mansten Cres. Hornell Heights, Ontario P0H 1P0	

**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 Canada Supply and  
Services Operation  
Petawawa Procurement  
Building S-111, Rm C-114  
101 Menin Rd. Garrison Petawawa  
Petawawa  
Ontario  
K8H 2X3

<b>Delivery Required - Livraison exigée</b>	<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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Solicitation No. - N° de l'invitation

W0135-180152

Client Ref. No. - N° de réf. du client

W0135-18152

Amd. No. - N° de la modif.

File No. - N° du dossier  
PET-8-49008

Buyer ID - Id de l'acheteur

PET907

CCC No./N° CCC - FMS No./N° VME

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**ANNEX "D" .....22**

ADDITIONAL CERTIFICATION INFORMATION..... 22

## **PART 1 - GENERAL INFORMATION**

### **1.1 Requirement**

For the Department of National Defence, supply, deliver and in-ground installation of various pieces of outdoor fitness equipment at 22 Wing 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](#) (2018-05-22) Standard Instructions - Goods or Services - Competitive Requirements, are incorporated by reference into and form part of the bid solicitation.

### **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 in the bid solicitation.

### **2.3 Enquiries - Bid Solicitation**

All enquiries must be submitted in writing to the Contracting Authority no later than five (5) 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 Ontario.

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

Due to the nature of the bid solicitation, bids transmitted by epost Connect service will not be accepted.

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 hard copy 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](https://www.tbs-sct.gc.ca/pol/doc-eng.aspx?id=32573) (https://www.tbs-sct.gc.ca/pol/doc-eng.aspx?id=32573). 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 Annex B, 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

It is mandatory that the items be technically compliant as per the specifications listed in Annex A, Requirement.

##### 4.1.2 Mandatory Financial Criteria

Any offer which fails to meet the following mandatory requirements will be deemed non-responsive and will receive no further consideration:

- a) Offers must not contain any alteration to the Pricing Basis other than the addition of the Offeror's unit prices.
- b) Pricing must be provided for all items and all pricing periods.
- c) Offers must not contain any condition or qualification placed upon the offer.
- d) Pricing must be firm in Canadian currency, excluding applicable taxes, and must not be indexed or tied to an escalation factor.

##### 4.1.2.1 Financial Evaluation

The extended price is the sum of the Bidders Firm Unit Price multiplied by the Quantity for each line item.

The evaluated price is the sum of all extended prices for all line items.

The price of the bid will be evaluated in Canadian dollars, Applicable Taxes excluded, Delivered Duty Paid, Canadian customs and excise tax included.

## **4.2 Basis of Selection**

### **4.2.1 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.

## **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 Statement of Work**

The Work to be performed is detailed under Annex "A" of the resulting contract clauses 6.3 Standard Clauses and Conditions.

## **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](#) (2018-06-210, 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 the date of the Contract to 1 November 2018 plus two months inclusive.

### **6.4.2 Delivery Date**

All the deliverables must be received on or before 1 November 2018.

### **6.4.3 Delivery Points**

Delivery of the requirement will be made to delivery point(s) specified at Annex "A", Appendix 1 of the Contract.

## **6.5 Authorities**

### **6.5.1 Contracting Authority**

The Contracting Authority for the Contract is:

Name: Cindy Lamorie  
Title: Supply Specialist  
Public Works and Government Services Canada  
Acquisitions Branch  
Address: 101 Menin Rd, Garrison Petawawa

Telephone: 613-401-3643  
Facsimile: 613-687-6656  
E-mail address: cynthia.lamorie@pwgsc-tpsgc.gc.ca

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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 [Note to Bidders: Canada will insert information at time of Contract Award]**

The Project Authority for the Contract is:

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 [Note to Bidders: Please fill out required information]**

Name and telephone number of the person responsible for:

General Enquiries

Name: \_\_\_\_\_  
Telephone No: \_\_\_\_\_  
Facsimile No: \_\_\_\_\_  
E-mail address: \_\_\_\_\_

Technical Support

Name: \_\_\_\_\_  
Telephone No: \_\_\_\_\_  
Facsimile No: \_\_\_\_\_  
E-mail address: \_\_\_\_\_

Procurement Business Number: \_\_\_\_\_

**6.6 Payment**

**6.6.1 Basis of Payment**

In consideration of the Contractor satisfactorily completing all obligations under the Contract, the Contractor will be paid firm lot prices as specified in the Contract for a cost of \$ \_\_\_\_\_. (Note to Bidders: Canada will insert the amount at contract award. Custom duties are included and Applicable Taxes are extra.

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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 Limitation of Price

SACC Manual clause [C6000C](#) (2017-08-17) Limitation of Price

## 6.6.3 Single Payment

SACC Manual clause [H1000C](#) (2017-08-17) Single Payment

## 6.6.4 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

1. The Contractor must submit invoices in accordance with the section entitled "Invoice Submission" of the general conditions. Invoices cannot be submitted until all work identified in the invoice is completed.
2. Invoices must be distributed as follows:
  - a. The original and one (1) copy must be forwarded to the address shown on page 1 of the Contract for certification and payment.
  - b. One (1) copy must be forwarded to the Contracting Authority identified under the section entitled "Authorities" of the Contract.

## 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.

## 6.9 Applicable Laws

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

## 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](#) (2018-06-21), General Conditions - Medium Complexity - Goods;
- (c) Annex A, Requirement;
- (d) Annex B, Basis of Payment;
- (e) the Contractor's bid dated \_\_\_\_\_, (*Note to Bidder's: Canada will insert information at time award.*)

## 6.11 Insurance

SACC Manual clause [G1005C](#) (2016-01-28) Insurance

## 6.12 SACC Manual Clauses

SACC Manual clause [A9062C](#) (2011-05-16) Canadian Forces Site Regulations  
SACC Manual clause [B7500C](#) (2006-06-16) Excess Goods

## 6.13 Inspection and Acceptance

The Technical Authority is the Inspection Authority. All reports, deliverable items, documents, goods and all services rendered under the Contract are subject to inspection by the Inspection Authority or representative. Should any report, document, good or service not be in accordance with the requirements and to the satisfaction of the Inspection Authority, as submitted, the Inspection Authority will have the right to reject it or require its correction at the sole expense of the Contractor before recommending payment.

## **ANNEX "A"**

### **REQUIREMENT**

#### **Outdoor Fitness Equipment**

##### **Scope**

The requirement is for the provision of the listed pieces of Outdoor Fitness Equipment, including the in-ground installation to be performed no later than 1 November 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 Sign

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

##### **Mandatory Criteria**

- Materials must be weather resistant and carry a minimum of 25 year warranty
- Equipment must meet Canadian Safety Standards (CSA) approved standard <https://www.csagroup.org/codes-standards/>
- Designed to support physical, rigorous training activities
- Equipment must be stationary with no moving parts
- Installed in-ground (sono-tube or equivalent), in open grassed field as individual station units at location Canadian Forces Base (CFB) North Bay
- Equipment must be modular constructed
- Equipment must allow for the addition of add-on pieces of equipment so as to facilitate different exercises
- Must be powder coated in blue & green colours
- Must be able to support up to 500 lbs of weight

##### **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.

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**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 (ilioctalis 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

**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 many.

**Q. Fitness Sign:**

A Warning Sign is required stating the following guidelines in black print on a metal surface minimum 12 inches by 12 inches in area:

- 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

W0135-180152

Client Ref. No. - N° de réf. du client

W0135-18152

Amd. No. - N° de la modif.

File No. - N° du dossier

PET-8-49008

Buyer ID - Id de l'acheteur

PET907

CCC No./N° CCC - FMS No./N° VME

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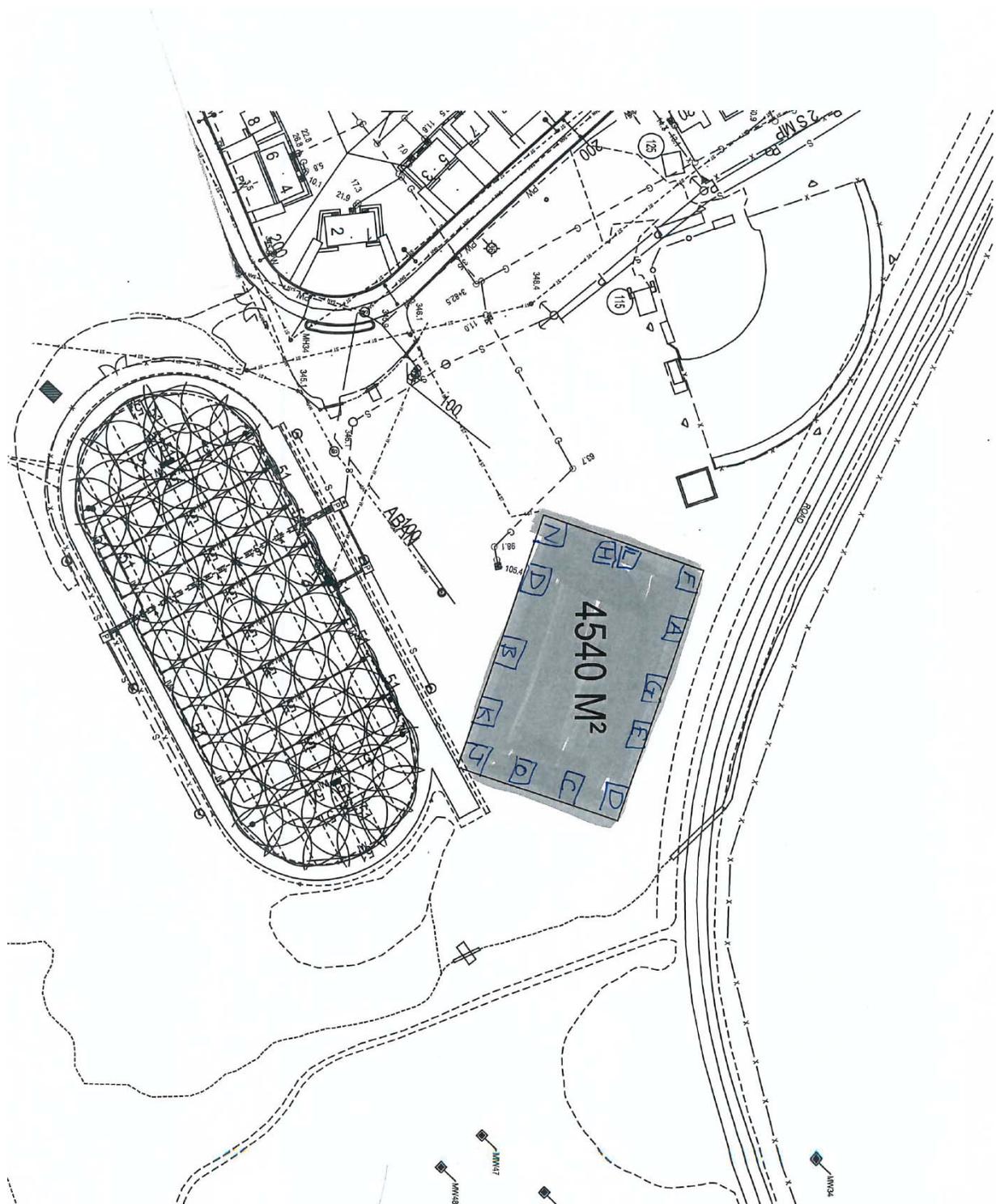
## Constraints

Delivery and installation must take place no later than to 1 November 2018.

All invoices must be delivered to the following address no later than 29 March 2019:

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





**ANNEX "B"**

**BASIS OF PAYMENT**

**PRICING:**

All prices are firm, all-inclusive, lot prices in Canadian dollars, Delivered Duty Paid to 22 Wing North Bay, Canadian customs duties and excise taxes included, HST excluded. HST is not included in the pricing but will be added as a separate item to any invoice issued.

**Pricing Basis**

<b>Description</b>	<b>Quantity</b>	<b>Unit Price</b>
Push-up Dip – As per specifications in Annex "A"	1	\$ per unit
Triceps Dup – As per specifications in Annex "A"	1	\$ per unit
Angled Ladder – As per specifications in Annex "A"	1	\$ per unit
Decline Push-Up – As per specifications in Annex "A"	1	\$ per unit
Vertical Knee Raise – As per specifications in Annex "A"	1	\$ per unit
Flat Bench – As per specifications in Annex "A"	1	\$ per unit
Pull-Up – As per specifications in Annex "A"	1	\$ per unit
Leg Stretch – As per specifications in Annex "A"	1	\$ per unit
Incline Sit-up – As per specifications in Annex "A"	1	\$ per unit
Crunch Sit-up – As per specifications in Annex "A"	1	\$ per unit
Back Extension – As per specifications in Annex "A"	1	\$ per unit
Back Stretch – As per specifications in Annex "A"	1	\$ per unit
Leg Raise – As per specifications in Annex "A"	1	\$ per unit

Solicitation No. - N° de l'invitation

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Client Ref. No. - N° de réf. du client

W0135-18152

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File No. - N° du dossier

PET-8-49008

Buyer ID - Id de l'acheteur

PET907

CCC No./N° CCC - FMS No./N° VME

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Parallel Bars – As per specifications in Annex “A”	1	\$	per unit
Multi-Activity Bench – As per specifications in Annex “A”	1	\$	per unit
Multi-Use Poles – As per specifications in Annex “A”	2	\$	per unit
Warning Sign – As per specifications in Annex “A”	1	\$	per unit

## **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)

**ANNEX "D"**

**ADDITIONAL CERTIFICATION INFORMATION**

**1. Board of Directors**

In accordance with the [Ineligibility and Suspension Policy](#), Section 17, Bidders are required to provide a list of their Board of Directors before contract award. Bidders are requested to provide this information in their bid.

Director Name/Position - \_\_\_\_\_

**2. Procurement Business Number (PBN)**

In accordance with Section 2, Procurement Business Number, of the Standard Instructions, Contractors are required to have a Procurement Business Number (PBN) before Contract award.

Procurement Business Number - \_\_\_\_\_

Suppliers may register for a PBN online at [Supplier Registration Information](#). For non-Internet registration, suppliers may contact the InfoLine at 1-800-811-1148 to obtain the telephone number of the nearest Supplier Registration Agent.