



**RETURN BIDS TO:
RETOURNER LES SOUMISSIONS A :**

Bid Receiving/Réception des soumissions

Julie.Frigon@rcmp-grc.gc.ca

**REQUEST FOR
PROPOSAL**

**DEMANDE DE
PROPOSITION**

Proposal to: Royal Canadian Mounted Police

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 : Gendarmerie royale du 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 appendices ci-jointes, les biens, services et construction énumérés ici sur toute feuille ci-annexée, au(x) prix indiqué(s).

Comments: - Commentaires :

Title – Sujet Gym Equipment		Date August 9th, 2021
Solicitation No. – N° de l'invitation 202200682/A		
Client Reference No. - No. De Référence du Client 202200682		
Solicitation Closes – L'invitation prend fin		
At / à :	14 :00 hrs	EDT(Eastern Daylight Time) HAE (heure avancée de l'Est)
On / le :	August 30th, 2021	
Delivery - Livraison See herein — Voir aux présentes	Taxes - Taxes See herein — Voir aux présentes	Duty – Droits See herein — Voir aux présentes
Destination of Goods and Services – Destinations des biens et services See herein — Voir aux présentes		
Instructions See herein — Voir aux présentes		
Address Inquiries to – Adresser toute demande de renseignements à Julie.Frigon@rcmp-grc.gc.ca		
Telephone No. – No. de téléphone 613-794-2047	Facsimile No. – No. de télécopieur	
Delivery Required – Livraison exigée See herein — Voir aux présentes	Delivery Offered – Livraison proposée	
Vendor/Firm Name, Address and Representative – Raison sociale, adresse et représentant du fournisseur/de l'entrepreneur:		
Telephone No. – No. de téléphone	Facsimile No. – No. de télécopieur	
Name and title of person authorized to sign on behalf of Vendor/Firm (type or print) – Nom et titre de la personne autorisée à signer au nom du fournisseur/de l'entrepreneur (taper ou écrire en caractères d'imprimerie)		
Signature	Date	



TABLE OF CONTENTS

PART 1 - GENERAL INFORMATION

- 1.1. Security Requirement
- 1.2. Statement of Requirement
- 1.4. Debriefings
- 1.5. Recourse Mechanisms

PART 2 - BIDDER INSTRUCTIONS

- 2.1. Standard Instructions, Clauses and Conditions
- 2.2. Submission of Bids
- 2.3. Enquiries - Bid Solicitation
- 2.4. Applicable Laws
- 2.5. Promotion of Direct Deposit Initiative

PART 3 - BID PREPARATION INSTRUCTIONS

- 3.1. Bid Preparation Instructions

PART 4 - EVALUATION PROCEDURES AND BASIS OF SELECTION

- 4.1. Evaluation Procedures
- 4.2. Basis of Selection

PART 5 – CERTIFICATIONS AND ADDITIONAL INFORMATION

- 5.1. Certifications Precedent to Contract Award and Additional Information

PART 6 - RESULTING CONTRACT CLAUSES

- 6.1. Security Requirement
- 6.2. Statement of Work
- 6.3. Standard Clauses and Conditions
- 6.4. Term of Contract
- 6.5. Authorities
- 6.6. Payment
- 6.7. Invoicing Instructions
- 6.8. Certifications and Additional Information
- 6.9. Applicable Laws
- 6.10. Priority of Documents
- 6.11. Procurement Ombudsman
- 6.12. Insurance

List of Annexes:

- Annex **A** Statement of Requirement
- Annex **B** Basis of Payment
- Annex **C** Certificate of Independent Bid Determination



PART 1 - GENERAL INFORMATION

1.1 Security Requirements

There is no security requirement associated with the requirement.

1.2 Statement of Requirement

The Requirement is detailed under Annex "A" of the resulting contract clauses.

1.3 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.

1.4. Recourse Mechanisms

If you have any concerns relating to the procurement process, please refer to the [Recourse Mechanisms](#) page on the Buyandsell.gc.ca website. Please note that there are strict deadlines for filing complaints with the Canadian International Trade Tribunal (CITT) or the [Office of the Procurement Ombudsman \(OPO\)](#).

<https://buyandsell.gc.ca/for-businesses/selling-to-the-government-of-canada/bid-follow-up/bid-challenge-and-recourse-mechanisms>

<http://opo-boa.gc.ca/plaintesurvol-complaintoverview-eng.html>



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.

Revision to Departmental Name: As this solicitation is issued by Royal Canadian Mounted Police (RCMP), any reference to Public Works and Government Services Canada or PWGSC or its Minister contained in any term, condition or clause of this solicitation, including any individual SACC clauses incorporated by reference, will be interpreted as reference to RCMP or its Minister.

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](#) (2020-05-28) 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 RCMP Contracting Authority by the date, time and email indicated on page 1 of the bid solicitation.

NOTE: The RCMP has not been approved for bid submission by epost Connect service.

Due to the nature of the bid solicitation, bids transmitted by facsimile or email to RCMP will not be accepted.

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.

2.5 Promotion of Direct Deposit Initiative

The following information is not related to the solicitation process:

An initiative within the Government of Canada called the Cheque Standardization Project has been established whereby eventually for all payments, cheque stubs will no longer be printed and, with few exceptions, will be processed via direct deposit. This option is only available when payment is made in Canadian dollars for deposit into a Canadian bank account. In an attempt to be proactive, RCMP Corporate Accounting is promoting the registration of RCMP suppliers for the upcoming change in the payment process.

If you are the successful bidder on this or any other RCMP requirement, you are encouraged to register with the RCMP for direct deposit. Please contact RCMP Corporate Accounting by email to receive a form entitled *Recipient Electronic Payment Registration Request* along with instructions for completion of the form.

Should you have any questions regarding the Cheque Standardization Project or if you want to register, please contact the following email: corporate_accounting@rcmp-grc.gc.ca



PART 3 - BID PREPARATION INSTRUCTIONS

3.1 Bid Preparation Instructions

Canada requests that Bidders submit their bids in separately bound sections as follows:

Section I: Technical Bid (one soft copy in PDF format)

Section II: Financial Bid (one soft copy in PDF format)

Section III: Certifications (one soft copy in PDF format)

Important Note:

For bids transmitted by email, Canada will not be responsible for any failure attributable to the transmission or receipt of the bid including, but not limited to, the following:

- a. receipt of garbled or incomplete bid;
- b. delay in transmission or receipt of the bid to the Contracting Authority's email inbox (the date & time on the email received by the Contracting Authority is considered the date & time of receipt of the bid submission);
- c. availability or condition of the receiving equipment;
- d. incompatibility between the sending and receiving equipment;
- e. delay in transmission or receipt of the bid;
- f. failure of the Bidder to properly identify the bid;
- g. illegibility of the bid; or
- h. security of bid data.

A bid transmitted electronically constitutes the formal bid of the Bidder and must be submitted in accordance with Section 05 of 2003 (2020-05-28) Standard Instructions - Goods or Services - Competitive Requirements.

The RCMP has restrictions on incoming e-mail messages. The maximum e-mail message size including all file attachments must not exceed 5MB. Zip files or links to bid documents will not be accepted. Incoming e-mail messages exceeding the maximum file size and/or containing zip file attachments will be blocked from entering the RCMP e-mail system. A bid transmitted by e-mail that gets blocked by the RCMP e-mail system will be considered not received. It is the responsibility of the Bidder to ensure receipt.

Prices must appear in the financial bid only. No prices must be indicated in any other section of the bid. If both a soft copy and hard copy of the bid are received and there is a discrepancy between the wordings, the wording of the hard copy will have priority over the wording of the soft copy.

Canada requests that bidders follow the format instructions described below in the preparation of their hard copy 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>). 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.



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

The mandatory essential criteria are listed in Annex "A".

4.1.2 Financial Evaluation

SACC Manual Clause [A0222T](#) (2014-06-26), Evaluation of Price-Canadian/Foreign Bidders

4.2 Basis of Selection

A bid must comply with the requirements of the bid solicitation and meet all mandatory technical evaluation criteria 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 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 specified will render the bid non-responsive.

5.1.1 Integrity Provisions

In accordance with the section titled Information to be provided when bidding, contracting, or entering into a real property agreement subject to 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:

- Declaration of Convicted Offences - Integrity Declaration Form (as applicable)
- Required Documentation (List of names for integrity verification form)

Please see the [Forms for the Integrity Regime](http://www.tpsgc-pwgsc.gc.ca/ci-if/formulaires-forms-eng.html) website for further details (<http://www.tpsgc-pwgsc.gc.ca/ci-if/formulaires-forms-eng.html>).

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

5.1.3 Additional Certifications Precedent to Contract Award

5.1.3.1 Independent Bid Determination

The attached Certificate of Independent Bid Determination (attached Annex "X") has been developed by the federal Competition Bureau for use by the Contracting Authority when calling for bids, tenders or quotations. The intention of this documentation is to deter bid-rigging by requiring bidders to disclose, to



the Contracting Authority, all material facts about any communications and arrangements which the bidder has entered into with competitors regarding the call for tenders.



PART 6 - RESULTING CONTRACT CLAUSES

Delete this title and the following sentence at contract award

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

6.1 Security Requirements

There is no security requirement applicable to the Contract.

6.2 Statement of Requirement

The Contractor must provide the goods in accordance with the Requirement at Annex "A".

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.

Revision to Departmental Name: As this contract is issued by Royal Canadian Mounted Police (RCMP), any reference to Public Works and Government Services Canada or PWGSC or its Minister contained in any term, condition or clause of this contract, including any individual SACC clauses incorporated by reference, will be interpreted as reference to RCMP or its Minister.

6.3.1 General Conditions

[2010A](#) (2020-05-28), 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 _____ inclusive

6.4.2 Delivery Date

All the deliverables must be received on or before _____ (*insert the date*).

6.4.3 Delivery Points

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

6.5 Authorities

6.5.1 Contracting Authority

The Contracting Authority for the Contract is:

Name: Julie Frigon_
Title: Senior Procurement Officer



Royal Canadian Mounted Police
Directorate: Procurement and Contracting
Address: 73 Leikin Dr, Ottawa, ON. K1A 0R2

Telephone: 613-794-2047
E-mail address: Julie.Frigon@rcmp-grc.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:

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

Fill in or delete as applicable

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 "*firm lot 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.

6.7 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 Ontario.

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) [2010A](#) (2020-05-28), General Conditions - Goods (Medium Complexity);
- (c) Annex A, Statement of Requirement;
- (d) Annex B, Basis of Payment;
- (e) Annex C, Federal Contractors Program for Employment Equity - Certification;
- (f) the Contractor's bid dated _____

6.11. Procurement Ombudsman

6.11.1 Dispute Resolution Services

The Parties agree to make every reasonable effort, in good faith, to settle amicably all disputes or claims relating to or arising from the Contract, through negotiations between the Parties' representatives authorized to settle. If the Parties do not reach a settlement within 30 working days, each party hereby consents to fully participate in and bear the cost of mediation led by the Procurement Ombudsman pursuant to Subsection 22.1(3)(d) of the *Department of Public Work and Government Services Act* and Section 23 of the *Procurement Ombudsman Regulations*.

The Office of the Procurement Ombudsman may be contacted by telephone at 1-866-734-5169, by e-mail at boa.opo@boa-opo.gc.ca, or by web at www.opo-boa.gc.ca.

6.11.2 Contract Administration

The parties understand that the Procurement Ombudsman appointed pursuant to Subsection 22.1(1) of the *Department of Public Works and Government Services Act* will review a complaint filed by the complainant respecting administration of this contract if the requirements of Subsection 22.2(1) of the *Department of Public Works and Government Services Act* and Sections 15 and 16 of the *Procurement Ombudsman Regulations* have been met.



To file a complaint, the Office of the Procurement Ombudsman may be contacted by e-mail at boa.opo@boa-opo.gc.ca, by telephone at 1-866-734-5169, or by web at www.opo-boa.gc.ca.

6.12 Insurance

SACC Manual clause [G1005C](#) (2016-01-28) Insurance – No Specific Requirements



ANNEX A - REQUIREMENT

The Canadian Air Carrier Protective Program (CACPP) has a requirement to build a functional fitness gym. The equipment needed for the functional fitness area is specific to the demands of their training.

Our requirement is for large group training sessions of up to 30 people during our basic courses and recertification training.

The Contractor must supply and deliver the specific list of equipment detailed below and have all items delivered at the same time at the following address: 73 Leikin Drive, Mail Screening Facility, M10, Mailstop 55, Ottawa ON. K1A 0R2.

Due to the large squat rack/rig currently in use, we require specific dimensions and specifications for some of the accessories to fit the existing rack/rig.

All the below list of equipment and specifications must be provided in order to be deemed compliant:

Item	Description	Specifications
1	3 x pairs - Spotter Safety bars to allow bench press	3 inches wide x 24 inches long 3 x 3 inches 11 - Gauge Steel Lined with UHMW (Ultra-high molecular weight polyethylene) Color: Black Powder Coat Weight: 44 pounds 5/8 bolts and fasteners
2	4 x Ring/rope/punching bag hangars which extend from existing rig.	Length: 43 inches Width: 2 inches Height: 14 inches 2 x 3 inches 11 - Gauge Steel Color: Black Each hanger must also include 2 shackles to allow for the hanging of the rings or punching bags.
3	2 x Climbing ropes:	Length: 20 feet Diameter: 1.5 inches Braided eyelet Material: Manila Color: Tan
4	3 x Parallel Landmine handles for an Olympic barbell	Color: black powder coat Weight: 12 pounds



		<p>Diameter: 1.3 inches per standard handle Length: 8.75 inches per handle Steel: .25 inches thick Laser-Cut Steel</p>
5	2 x land mine attachment	<p>Able to attach to a 3 x 3 inches, 11 gauge steel squat rack. Color: black powder coat Product Weight Single: 8 pounds Double: 16 pounds Length: 10 inches Other Product Specifications: Weight Capacity: 315 pounds Steel Notes: 7-Gauge Steel Sleeve 5/8 inch Hardware included</p>
6	Mens Barbells:	<p>20 x Men's barbells Also 20 x pairs of spring barbell collars Barbells to be used for a variety of movements from powerlifting to Olympic weightlifting. The barbells must be multipurpose and durable enough to be dropped repeatedly from overhead with substantial weight on them and not break. They also need a coating that will not rust and will withstand moisture and cold as the location they will be kept is not heated, and often exposed to outdoor elements and abuse for workouts. Use: Multipurpose Weight: 20 kilograms Diameter: 28.5 millimeter Length: 86.75 inches Knurling: Multipurpose No Center Knurling Dual Knurl markings Bushing/Bearing: Bushing F rating - F8-R Tensile Strength 190,000 PSI (pounds per square inch) Lifetime warranty Shaft coating: Black or Green Cerakote Loadable Sleeve length 16.40 inches</p>
7	Women's Barbells	<p>8 x Women's barbells Also 8 x pairs of spring barbell collars They have the same requirement as the men's barbells save a few dimensional changes:</p>



		<p>Bar type: Womens Weight: 15 kilograms Diameter: 25 millimeter Length: 79.13 inches Knurling Multipurpose No Center Knurling Dual Knurl markings Shaft coating and color: Black or Green Cerakote Loadable Sleeve length 13.00 inches Sleeve coating Cerakote or Chrome Internal mechanisms – Bushings F Rating = F6-R Tensile strength – 190,000 PSI (pounds per square inch)</p>
8	1 x Deadlift Trap bar (Hex Bar) with dual handles	<p>Color Black Powder coated Weight 60 pounds Length 88.5 inches Width 28.5 inches Height 9 inches Diameter 1.43 inches (Handles) 1.91 inches (Sleeves) Knurled Handles 16 inches Loadable Sleeve space 1.5 inches SCH 80 Pipe Sleeves (steel tubing)</p>
9	4 x Sandbags:	<p>Color: Black Fillable to 100 pounds Made with 1000D Military Specifications US Cordura construction Built in filler bag with zipper and hook and loop closure Diameter: 16 inches Height: 7.5 inches</p>
10	2 x sets of Wooden Gymnastic Rings and straps	<p>Weight: 4 pounds Diameter: Wooden rings 1.25 inches Strap Material: Heavy Duty nylon Straps: 16 feet long Black color Secure Metal buckle system</p>



11	25 x speed skipping ropes	Handle Length 6.75 inches Handle Diameter .5 inches -.875 inches taper Handle Mechanism Bearing Cable Type Coted Speed Cable Cable Length 120 inches Cable Diameter 3/32 inches Adjustable with a fixed swaged end Glass Filled Nylon Resin Handgrips Handle Color Black
12	1 x Glute Ham developer	Color Black Adjustable arm for switching users Materials 2x3 inches 11-guage Steel, with a bolt together triangular base and rubber feet for sturdiness Weight: 222 pounds Length: 73 inches Width: 44-1/2 inches
13	1 x Reverse Hyper 1 x roller attachment	Weight 206 pounds Materials: steel tubing Included Collars and Strap 10.5 inches of plate loading capacity on each side of the swing arm Multiple hand holds Strap compatible 3 inch pad Foot print 52 ½ inches x 40 inches Hyper roller attachment: Black Width 19 inches Adjustable height to 3 increments
14	Medicine balls: 6 x 14 pounds 8 x 20 pounds 6 x 25 pounds 6 x 30 pounds	Diameter: 14 inches Color: black Moisture and Scuff resistant Vinyl shell with reinforced double stitched nylon threaded seams Two year warranty
15	Slam balls	Color: Red



	<p>5 x 30 pounds</p> <p>5 x 25 pounds</p> <p>5 x 20 pounds</p> <p>5 x 15 pounds</p>	<p>Grip friendly, rubberized exterior shell, dead bounce</p> <p>Diameter: 9 inches -10 inches weight dependent</p> <p>2 year warranty</p>
16	<p>Kettle Bells:</p> <p>4 x 18 pounds</p> <p>4 x 26 pounds</p> <p>4 x 35 pounds</p> <p>4 x 40 pounds</p> <p>4 x 44 pounds</p> <p>2x 53 pounds</p> <p>2 x 62 pounds</p>	<p>Material: Iron ore, single piece casting, wide flat machine base,</p> <p>Matte black powder coat finish</p> <p>Machined base to limit wobble</p> <p>Color coded handles</p>
17	<p>Bumper plates (Heavy Duty)</p> <p>10 pounds x 40 1.37 inches</p> <p>15 pounds x 40 1.87 inches</p> <p>25 pounds x 40 2.25 inches</p> <p>35 pounds x 40 3.12 inches</p> <p>45 pounds x 40 3.75 inches</p>	<p>These are required to be Olympic style bumper plates so they can be dropped from overhead positions and cause no damage to the plates or flooring. The most cost effective/durable plates are made of compressed crumb rubber and come in weights starting at 10 poundss and go up to 45 poundss. I have noted the required diameter of each plate beside the different weights.</p> <p>They should have the following qualities:</p> <p>Color: Black</p> <p>Type: Multipurpose</p> <p>Diameter 445 millimeters</p> <p>Durometer reading: 75</p> <p>Weight tolerance: +/- 0.5 pounds</p> <p>2 inches Stainless steel insert collar (reduces friction)</p>
18	<p>Steel weight plates</p> <p>20 x 5 pounds</p> <p>20 x 2.5 pounds</p>	<p>These can be standard steel plates as they will never be alone on the bar to be dropped</p> <p>Weight tolerance: +/- 3 percent</p> <p>Heavy Duty black finish with silver letters</p>
19	<p>8 x Plate storage: Vertical Bumper Stacker with wheels</p>	<p>To maintain an organized training area, we must have storage options for the equipment.</p> <p>X shaped base: Two 2x2 inches 11-gauge steel tubes</p> <p>Vertical post</p> <p>Length: 24 inches</p> <p>Width: 24 inches</p> <p>Height: 39.75 inches without wheels / 42.75 inches with wheels</p> <p>Foot print 24 inches x 24 inches</p>



20	3 x Vertical plate tree with different weight storage options with wheels	3 leveled plate storage with 6 total posts evenly spaced at 18.275 inches on center Ability to store full size Olympic plates on all three levels Posts constructed from 1.5 inches Schedule 40 pipe Length: 26 inches, 12 inches post length Width: 24 inches Height: 50 inches
21	3 x Bar storage stands	Vertical bar storage holder which keeps the bars off the ground while preventing any contact or damage to the bars knurling Holds 10 bars vertically Black Weight: 75 pounds Length: 32 3/8 inches Width: 26 inches 3/8 inches laser cut steel end plates Height 10 1/2 inches Individual 2 inches diameter tubes 2x3 inches 11 gauge steel
22	2 x Manilla Battle ropes:	Brown 26 pounds Material: Manilla Weight capacity 500 pounds 1.5 inches diameter 50 feet long
23	10 x Wooden Plyometric boxes	CNC (Computerized numerically controlled) machined Ability to be placed on any side for different jumping heights Length: 30 inches Width: 24 inches Height: 20 inches 1 year warranty
24	25 x standard Abdominal mats	Low compression set foam and durable vinyl construction Contoured design for optimal comfort and range of motion on crunches, sit-ups and similar exercises. Color: Black



		<p>Length: 15 inches</p> <p>Width: 12 inches</p> <p>Height: 2.5 inches</p>
25	<p>4 x Abdominal mats specific for those who have tai poundsone sensitivities, prevents chaffing and contact with ground during sit-ups</p>	<p>Low compression set foam and durable vinyl construction</p> <p>Contoured design for optimal comfort and range of motion on crunches, sit-ups and similar exercises.</p> <p>Extended legs create protective padding for tai poundsone</p> <p>Length: 22.375 inches</p> <p>Width: 12 inches</p> <p>Height: 2.75 inches</p>
26	<p>Rubber strength/mobility Bands:</p> <p>10 x each size of band</p>	<p>We need a large variety of bands for use in strength training as well as mobility. Every company has their own color variation so I will give an example: we need to acquire bands resistance up to and including 100 pounds. We should purchase enough of each value in order to allow large groups to have a selection to choose from. Often they are used in pairs, if this is the case then consider 2 bands to be 1 set. So 12 of one band may only service six people. Some companies offer packages of bands with different colors in the package. These packages would be acceptable depending on the options they offer. As long as we have a variety of small and large weight bands,</p> <p>We would need to service up to 30 people at a time.</p> <p>Standard Band Breakdown by number, Color, Dimensions, and Resistance:</p> <p>#0 Orange 41 inches x 0.25 inches x 0.18 inches 15 pounds</p> <p>#1 Red 41 inches x 0.5 inches x 0.18 inches 30 pounds</p> <p>#2 Blue 41 inches x 0.5 inches x 0.25 inches 50 pounds</p> <p>#3 Green 41 inches x 1.13 inches x 0.18 inches 65 pounds</p> <p>#4 Black 41 inches x 1.75 inches x 0.18 inches 100 pounds</p> <p>#5 Purple 41 inches x 2.5 inches x 0.18 inches 140 pounds</p> <p>#6 Red 41 inches x 3.25 inches x 0.18 inches 175 pounds</p>
27	<p>Rubber coated Hex Dumbbells:</p> <p>5 pairs of 20 pounds</p> <p>5 pairs of 25 pounds</p> <p>5 pairs of 30 pounds</p> <p>5 pairs of 35 pounds</p> <p>5 pairs of 40 pounds</p> <p>5 pairs of 45 pounds</p>	<p>Required over standard Steel Dumb bells for durability when repeatedly set or dropped on ground. The hex shape allows functional movements such as burpees and push-ups to be done safely with DBs in had without the risk of them rolling away.</p> <p>The Dumbbells should have the following qualities:</p> <p>Weight Tolerance: +/- 3 percent</p> <p>Handle Diameter: 25 millimeters up to 10 pounds, 35 millimeters for 12.5 pounds and above</p>



	6 pairs of 50 pounds 3 pair of 60 pounds 2 pair of 70 pounds	Heavy-duty Rubber Encased Heads: minimize noise, floor damage, and wear and tear on the dumbbells themselves. Easy-grip, ergonomic Chrome-Plated Handle Proprietary head to handle construction ensures the head does not come loose
28	2 x Gym Timers w/ remotes:	Color black Single-Sided LED (light emitting diode) Clock Display with 4 inches High Red/Green Numbers Length: 25.25 inches Width: 2 inches Height: 7.75 inches Will Mount to Wall Remote Control for programming Timer modes: Round counts, count up, count down, Intervals, clock, Stopwatch Cord length: 50 inches
29	6 x Flat Benches	Black Length: 47 inches Width: 14 inches Height: 18 inches Pad Width: 12 inches, Pad Thickness: 2-1/4 inches High density Neoprene Pad Steel Notes - 2x3 inches 11-gauge steel Foot Print 48 inches x 14 inches Wide set legs for stability
30	2 x Air bikes	Steel construction Height: 52.75 inches (to top of handles) Length: 58.875 inches (overall with seat in position furthest from fan cage) Width: 29.875 inches (at handles - widest point) Footprint: 44.5 inches x 23.75 inches LCD (Liquid Crystal Display) Console Display (Batteries Included) with customizable modes Belt Driven Steel Fan Adjustable Seat with 8 height and 5 front/back settings 1.5 inches diameter rubber grip handles



		<p>Metal Pedals Texture Black powder coat finish Rubber Leveling Feet All Hardware & Assembly Tools Included Weight: 127 pounds, 350 pounds weight limit</p>
31	2 x Concept 2 Indoor row erg with PM5	<p>Weight: 57 pounds, 500 pounds max user weight Length: 96 inches Height: 14 inches seat Footprint: 8 feet x 12 feet Digital monitor which provide various types of workouts, and statistic tracking Adjustable footrest, flywheel designed for smooth movement and minimal noise Aluminum I beam monorail and stainless steel track for smooth consistent back and forth slide Spiral Damper with adjustable 1-10 settings Ergonomic handle promotes natural arm and hand position. Adjustable monitor arm and simple two-part separation for compact storage Flexfoot footrests adjust for quick and easy sizing Caster wheels for mobility</p>
32	2 x Concept 2 Ski Ergs with floor stands	<p>Black Weight 46 pounds (ski erg); 35 pounds (floor stand) Length: 52 inches Width: 24 inches Height: 85 inches Powder coat finish Same damper control and monitor as the row erg.</p>



ANNEX B

PROPOSED BASIS OF PAYMENT

A bid must comply with the requirements of the bid solicitation and meet all mandatory technical evaluation criteria to be declared responsive. The responsive bid with the lowest evaluated price on an aggregate basis will be recommended for award of a contract.

Item	Description	Unit Price	Unit of Issue	Quantity	Extended Price
1	Spotter Safety bars to allow bench press		Each	3	
2	4 x Ring/rope/punching bag hangars which extend from existing rig.		Each	4	
3	2 x Climbing ropes:		Each	2	
4	3 x Parallel Landmine handles for an Olympic barbell		Each	3	
5	2 x land mine attachment		Each	2	
6	20 x Men's Olympic barbells		Each	20	
7	20 x pairs of spring barbell collars		Set	20	
8	8 x Women's Olympic barbells		Each	8	
9	8 x pairs of spring barbell collars		Set		
10	1 x Deadlift Trap bar (Hex Bar) with dual handles		Each	1	
11	4 x Sandbags:		Each	4	
12	2 x sets of Wooden Gymnastic Rings and straps:		Set	2	
13	25 x speed skipping ropes		Each	25	
14	1 x Glute Ham developer		Each	1	
15	1 x Reverse Hyper with roller attachment		Each	1	
16	Medicine balls 6 x 14 pounds		Each	6	
17	Medicine balls 8 x 20 pounds		Each	8	



18	Medicine balls 6 x 25 pounds		Each	6	
19	Medicine balls 6 x 30 pounds		Each	6	
20	Slam balls 5 x 30 pounds		Each	5	
21	Slam balls 5 x 25 pounds		Each	5	
22	Slam balls 5 x 20 pounds		Each	5	
23	Slam balls 15 x 15 pounds		Each	5	
24	Kettle Bells 4 x 18 pounds		Each	4	
25	Kettle Bells 4 x 26 pounds		Each	4	
26	Kettle Bells 4 x 35 pounds		Each	4	
27	Kettle Bells 4 x 40 pounds		Each	4	
28	Kettle Bells 4 x 44 pounds		Each	4	
29	Kettle Bells 2 x 53 pounds		Each	2	
30	Kettle Bells 2 x 62 pounds		Each	2	
31	Bumper plates 10 pounds x 30 1.37 inches		Each	30	
32	Bumper plates 15 pounds x 30 1.87 inches		Each	30	
33	Bumper plates 25 pounds x 40 2.25 inches		Each	40	
34	Bumper plates 35 pounds x 40 3.12 inches		Each	40	
35	Bumper plates 45 pounds x 40 3.75 inches		Each	40	
36	Steel weight plates: 20 x 2.5 pounds		Pair	20	
37	Steel weight plates: 20 x 5 pounds		Pair	20	
38	8 x Plate storage: Vertical Bumper Stacker with wheels		Each	8	
39	3 x Vertical plate tree with different		Each	3	



	weight storage options x 2:				
40	3 x Bar storage stands:		Each	3	
41	2 x Manilla Battle ropes:		Each	2	
42	10 x Wooden Plyometric boxes		Each	10	
43	25 x Abdominal mats:		Each	25	
44	4 x Wise Crack Abdominal mats:		Each	4	
45	Rubber strength/mobility Bands Orange		Pair	10	
46	Rubber strength/mobility Bands Red		Pair	10	
47	Rubber strength/mobility Bands Blue		Pair	10	
48	Rubber strength/mobility Bands Green		Pair	10	
49	Rubber strength/mobility Bands Black		Pair	10	
50	Rubber strength/mobility Bands Purple		Pair	10	
51	Rubber strength/mobility Bands Red		Pair	10	
52	Rubber coated Hex Dumbbells 5 pairs of 20 pounds		Pair	5	
53	Rubber coated Hex Dumbbells 5 pairs of 25 pounds		Pair	5	
54	Rubber coated Hex Dumbbells 5 pairs of 30 pounds		Pair	5	
55	Rubber coated Hex Dumbbells 5 pairs of 35 pounds		Pair	5	
56	Rubber coated Hex Dumbbells 5 pairs of 40 pounds		Pair	5	
57	Rubber coated Hex Dumbbells 5 pairs of 45 pounds		Pair	5	
58	Rubber coated Hex Dumbbells 6 pairs of 50 pounds		Pair	6	
59	Rubber coated Hex Dumbbells 3 pair of 60 pounds		Pair	3	
60	Rubber coated Hex Dumbbells 2 pair 70 pounds		Pair	2	
61	2 x Gym Timers (combat and gym):		Each	2	
62	6 x Flat Benches		Each	6	



63	2 x Air bikes		Each	2	
64	2 x Concept 2 indoor row ergs		Each	2	
65	2 x Concept 2 Ski Ergs with floor stands		Each	2	
A) Subtotal:					\$
B) Estimated freight, if applicable:					\$
C) Delivery and installation, if applicable:					\$
Subtotal (A+B+C): (Evaluated price)					\$
13% HST, if applicable:					\$
Total:					\$



ANNEX “C” to PART 5

CERTIFICATE OF INDEPENDENT BID DETERMINATION

I, the undersigned, in submitting the accompanying bid or tender (hereinafter “bid”) to:

(Corporate Name of Recipient of this Submission)

for: _____
(Name and Number of Bid and Project)

in response to the call or request (hereinafter “call”) for bids made by:

(Name of Tendering Authority)

do hereby make the following statements that I certify to be true and complete in every respect:

I certify, on behalf of: _____ that:
(Corporate Name of Bidder or Tenderer [hereinafter “Bidder”])

1. I have read and I understand the contents of this Certificate;
2. I understand that the accompanying bid will be disqualified if this Certificate is found not to be true and complete in every respect;
3. I am authorized by the Bidder to sign this Certificate, and to submit the accompanying bid, on behalf of the Bidder;
4. each person whose signature appears on the accompanying bid has been authorized by the Bidder to determine the terms of, and to sign, the bid, on behalf of the Bidder;
5. for the purposes of this Certificate and the accompanying bid, I understand that the word “competitor” shall include any individual or organization, other than the Bidder, whether or not affiliated with the Bidder, who:
 - a. has been requested to submit a bid in response to this call for bids;
 - b. could potentially submit a bid in response to this call for bids, based on their qualifications, abilities or experience;
6. the Bidder discloses that (check one of the following, as applicable):
 - a. the Bidder has arrived at the accompanying bid independently from, and without consultation, communication, agreement or arrangement with, any competitor;
 - b. the Bidder has entered into consultations, communications, agreements or arrangements with one or more competitors regarding this call for bids, and the Bidder discloses, in the attached document(s), complete details thereof, including the names of the competitors and



the nature of, and reasons for, such consultations, communications, agreements or arrangements;

7. in particular, without limiting the generality of paragraphs (6)(a) or (6)(b) above, there has been no consultation, communication, agreement or arrangement with any competitor regarding:

- a. prices;
- b. methods, factors or formulas used to calculate prices;
- c. the intention or decision to submit, or not to submit, a bid; or
- d. the submission of a bid which does not meet the specifications of the call for bids;

except as specifically disclosed pursuant to paragraph (6)(b) above;

8. in addition, there has been no consultation, communication, agreement or arrangement with any competitor regarding the quality, quantity, specifications or delivery particulars of the products or services to which this call for bids relates, except as specifically authorized by the Tendering Authority or as specifically disclosed pursuant to paragraph (6)(b) above;

9. the terms of the accompanying bid have not been, and will not be, knowingly disclosed by the Bidder, directly or indirectly, to any competitor, prior to the date and time of the official bid opening, or of the awarding of the contract, whichever comes first, unless otherwise required by law or as specifically disclosed pursuant to paragraph (6)(b) above.

(Printed Name and Signature of Authorized Agent of Bidder)

(Position Title)

(Date)