

PART E

SPECIFICATIONS

PART E - SPECIFICATIONS

GENERAL

E1. GENERAL

E1.1 These Specifications shall apply to the Work.

E2. SERVICES

E2.1 The Contractor shall consist of the implementation of fitness equipment maintenance and repair program in accordance with the requirements hereinafter specified.

E2.2 The Contractor shall, at each City Site stated in Table A, provide for all "out of warranty" equipment, the following:

E2.2.1 Within the first five (5) months of the Contract, perform an initial check up of each piece of equipment and shall:

- (a) Where possible, provide the Contract Administrator with the manufactures specifications for the maintenance guidelines, including the manufacturers recommended warranty work schedules;
- (b) Disassemble the individual piece of equipment;
- (c) Prepare a Report for the individual equipment which shall include the following:
 - (i) History of equipment;
 - (ii) Current status/condition;
 - (iii) Servicing provided – results of same:
 - A) Monitoring;
 - B) Lubricating; and
 - C) Cleaning.
 - (iv) Record all repairs provided during initial check up;
 - (v) Recommendations (re: lifespan of equipment); and
- (d) Develop an equipment safety checklist and provide a copy to the Contract Administrator;
- (e) Train City staff to use the equipment safety checklist.

E2.2.2 Provide Maintenance/Service visits for each piece of equipment at the various City Sites stated in Table A as follows:

- (a) Meet the manufactures maintenance requirements;
- (b) Maintain written records of maintenance and repairs on the Report established in E2.2.1 (b);
- (c) Not charge for service calls;
- (d) Attend each City Site, stated in Table A, a minimum of once per week during the Contract;
- (e) Clean each piece of equipment on each visit;
- (f) Lubricate and inspect each piece of equipment once per month;
- (g) Provide monthly reports on all equipment, indicating the number of visits to each City Site.

E2.2.3 Repair requirements on an "as required" basis as follows:

- (a) Call back service to a Site within 24 hours of a call from the User;
- (b) Visit the Site within 48 hours from the service call;
- (c) Provide a written quoted price to the User to approve or decline recommended service;
 - (i) Commence Work within 24 hours upon Users authorized written approval;
- (d) Stock major replacement parts
- (e) Air ship of other parts not kept in stock and deliver in two (2) Calendar days
- (f) Must meet manufactures repair and warranty requirements

E2.3 The Contractor shall:

- (a) sign in (upon arrival) and sign-out (upon completion of the Work) in a book provided at the front counter at each Site;
 - (i) Hours paid will be actual on the job time, noted and approved by the Contract Administrator;
- (b) remove, on a daily basis, all waste resulting from repairs and/or replacement prior to leaving the Site.

E2.4 The Contractor shall, at each City Site stated in Table A, provide the following for “expired warranty” equipment during the Contract:

- (a) for all equipment with an expired warranty during the Contract, provide service as stated in E2.2.2 (a) through (c) within one (1) month of warranty expiration for each piece of applicable equipment.

E2.5 The Contractor shall not:

- (a) provide service for any “warranty work” unless authorized by the Contract Administrator; and
- (b) not remove from the Site any equipment or material that is the property of the City, disposed of or used except for the purposes of the Work without the prior consent of the Contract Administrator or User.

E3. MATERIALS

E3.1 All materials provided by the Contractor and to be used and/or incorporated in the Work, shall be new and of the best quality.

E3.2 Material may, at the option of the City, be supplied by the Community Services Department.

TABLE A – CITY OF WINNIPEG FITNESS FACILITIES AND ADDRESSES

<i>Fitness Facility (Site)</i>	<i>Address</i>	<i>Public Phone #</i>
<i>Pan Am Pool</i>	25 Poseidon Bay	986-5890
<i>Sargent Park Pool</i>	999 Sargent Avenue	986-3921
<i>Sherbrook Pool</i>	381 Sherbrook Street	986-5926
<i>St. James Centennial</i>	644 Parkdale Street	986-6705
<i>St. James Civic Centre</i>	2055 Ness Avenue	986-4638
<i>Elmwood Kildonans</i>	909 Concordia	986-6650
<i>Fort Rouge Leisure Centre</i>	625 Osborne St S.	986-4928
<i>Freighthouse</i>	200 Isabel St.	986-5385
<i>Peguis Trail Health and Fitness Centre</i>	1400 Rothesay St. (Basement Chief Peguis School)	667-5653

TABLE B – FITNESS INFORMATION AT EACH FACILITY

The following pages show the current fitness equipment at the facilities listed in Table A.

PAM AM POOL, 25 POSEIDON BAY

<u>Description:</u>	<u>Purchased:</u>	<u>Quantity:</u>
<u>LOWER WEIGHT ROOM:</u>		
SMITH MACHINE (CALIFORNIA GYM)		1
BAR FLAT BENCH	1996	1
BAR INCLINE BENCH	1996	1
FLAT BENCH ATTACHED TO THE CHEST PRESS RACK	1996	1
INCLINE BENCH ATTACHED TO THE RACK WITH PLATFORM		1
LEG PRESS (CALIFORNIA GYM)		1
LEG CURL & EXTENSION (PULSE)		1
4 STATION GYM		1
STATIONARY BIKE (MONARK)		1
<u>UPPER WEIGHT ROOM:</u>		
FOREARM MACHINE (EAGLE)		1
PEC DEC (EAGLE)		1
PREACHER CURL SEAT	1967	1
PULL OVER MACHINE (EAGLE)		1
CABLE CROSS OVER STATION (PARMOUNT)		1
PULL DOWN CALIFORNIA GYM		1
6 STATION MACHINE		1
GLOBAL SUPER GYM (5 STATION & CHINUP BAR)	1967	1
LEG EXTENSION MACHINE (CALIFORNIA GYM)		1
STANDING LEG CURL MACHINE		1
LEG CURL MACHINE (CALIFORNIA GYM)		1
LEG PRESS MACHINE		1
CALF RAISE MACHINE		1
MULTI-HIP MACHINE (PULSE)	1989	1
BACK EXTENSION BENCH	1967	1
ABDOMINAL DECLINE BENCH		2
ADJUSTABLE INCLINE BENCH	1996	1
FLAT BENCH (RED)	1996	1
STOOL (RED SEAT)		1
STAIR CLIMBER (PRECOR C764)		2
CROSS TRAINER (LIFE FITNESS)	1998	1
STATIONARY BIKE (MONARK)		6
STATIONARY BIKE (LIFE CYCLE 8500)		1

PAM AM POOL, 25 POSEIDON BAY (continued)

Description:

Purchased: Quantity:

UPPER WEIGHT ROOM:

INDOOR ROWER (CONCEPT II)

2

STEP BENCH WITH 8 RISERS

1

OLYMPIC SQUAT RACK

1

SARGENT PARK POOL, 999 SARGENT AVENUE

	<u>Description:</u>	<u>Purchased:</u>	<u>Quantity:</u>
Large Weight Room			
Squat Rack			
	Leg Press	1988	1
	Abdominal crunch	1987	1
	Assisted chin up/dip	1986	1
	Multi hip	1986	1
	Preacher curl	1986	1
	Lat pull down	1986	1
	Shoulder press	1986	1
	Pec deck	1986	1
Universal Stations			
	Unilateral shoulder abduction/hip abductor	1989	1
	Tricep extension / bicep curl	1986	1
	Chest press	1987	1
	Seated row	1987	1
	Knee extension	1987	1
	Hamstring curl	1987	1
BENCHES			
	Flat Bench	1987	1
	Adjustable incline bench	1988	1
	Decline bench	1986	1
	Flat bench - universal	1988	1
	Flat bench	1988	11
	Bicep/Preacher Curl	1988	1
	Olympic incline	1988	1
	Olympic flat	1988	1
	Decline sit up bench	1988	1
CARDIO EQUIPMENT			
	Bike max tetric	1992	1
	Stepper climbmax	1992	1
	Stepper climbmax	1992	1
	Stepper climbmax	1992	1
Cable Attachments			
	Rope tricep	1988	1
	Triangle chinning	1987	1
	Curl bar revolving	1987	1
	Straight bar	1988	1
	Forged single grip	1988	1
	Tricep bar	1987	1

SARGENT PARK POOL, 999 SARGENT AVENUE (continued)

	<u>Description:</u>	<u>Purchased:</u>	<u>Quantity:</u>
Cable Attachments			
	Straight bar	1987	1
	lat pull down bar	1988	1
Small Weight Room			
MACHINE			
	Standing leg / calf	1987	1
	Leg press	1977	1
Universal Stations			
	Pec deck	1988	1
	Seated row	1988	1
	Lat pull down	1988	1
	Hamstring curl	1988	1
	Leg extension	1988	1
	Bicep/tricep leg abduction	1988	1
	Shoulder press	1988	1
BENCHES			
	Incline bench with rack	1987	1
	Adjustable incline bench	1987	1
	Flat bench with rack	1987	1
Track Stations			
MACHINE			
	Standing calf	1989	1
	Hamstring curl	1989	1
	Leg extension	1989	1
CARDIO EQUIPMENT			
	Lifecycle bike 9100	1992	1
	Lifecycle bike 9100	1992	1
Cardio Room			
CARDIO EQUIPMENT			
	Stepper climbox	1992	1
	Stairmaster 4000pt	1992	1
	Tectrix	1992	1
	Bikemax tectrix	1992	1

SHERBROOK POOL, 381 SHERBROOK STREET

	<u>Description:</u>	<u>Purchased:</u>	<u>Quantity:</u>
MACHINE			
	Leg Press	1988	1
	Adjustable flat bench	1987	1
CARDIO EQUIPMENT			
	Bike Max Tetric	1992	1
	Stepper Tetric	1994	1
	Stepper Tetric	1994	1
	Treadmill Trotter 545	1992	1

ST. JAMES CENTENNIAL, 644 PARKDALE STREET

<u>Description:</u>	<u>Purchased:</u>	<u>Quantity:</u>
<u>Fitness Room:</u>		
Arm Blaster, Weider	1993	2
Bar Pads – for Squats	1991	2
Boards – Abdominal (hook/ankle strap)	1991	2
Bench – Fixed incline	1991	1
- Incline Adjustable Tuff-Stuff	1998	3
- Incline – Olympic	1990	1
- Back Extension/Abdominal	1982	1
- Decline Adjust Pulse 212103	1992	1
- Flat Bench Press	1982	2
- Flat, Olympic NSP	1982	1
- Incline – Adjust Pulse 103	1990	1
- Short and Flat with Chrome	1991	1
- Preacher Curl Bench- Adjustable	1998	2
Butterfly – Pulse (pec/Dk)	1993	1
Cable Handles – Chrome	1994	2
Cable Row Board – Wood	1993	1
Calf Raise – Seated	1990	1
- Stand (2 Chrome collars)	1991	1
Cross Over Machines	1998	2
Hooks – S	1991	5
- Latch style	1991	3
Lat Pull Down Bar – Universal Gym	1993	1
Lat Pull Down Bar – 48” Swivel Hook	1994	2
Lat Pull Down Bar – 48 “	1993	1
Lat Pull Down – Round Ends	1991	1
Lat Pull – Pulse Seated	1994	1
Leg Extension/ Curl Machine – Global	1982	1
- Universal	1982	1
Leg Press – Pulse 307	1992	1
Lever Row – Badger Fitness 10066	1993	1
Life Cycle 9100	1998	2
Life Fitness Cross Trainer 9500 HR	1998	1
Squat/Bench Press Safety Cages	2000	2
Squat Cage NSP	1991	1
Stationary Bike MONARK # 817	1991	1
MONARK # 867	1991	1
STRAP, ANKLE – BLACK VINYL	1993	1
T-BAR, CABLE ROW, UNIVERSAL GYM	1993	1
Treadmills – Cybex 900T	1999	1
- Landice L8	1998	1
- Sport Art 6150E	2000	1
TRICEP ROPE	1992	1
UNIVERSAL GYM (5-STATION SET)	1993	1
V-BAR, DBL. HANDED KAMWAY #H30	1994	1
V-BAR, TRICEP, SWIVEL CENTRE	1994	1

PULSE WEIGHT EQUIPMENT WARRANTY St. James Centennial					
Equipment	10 yr frame warranty	5 yr bolts, guide rods, pulleys, weight stacks	1 yr pull pins	90 days cable, hand grips, upholstery	Year Purchased
Accessible Chest Press pulse A-41					2004
Accessible Vertical Row Machine					2004
Accessible Lat Pulldown					2004
Accessible Tricep pressdown Machine					2004
Accessible Bicep Machine					2004
Accessible Shoulder Press					2004
Seated Leg press Pulse p-317					2004
4-way hip machine					2004
Back Extension Machine	covered by all above categories				2004
Assisted chin/Dip unit	yes	yes	no pull pins	yes	2004
Cable Row Machine	yes	yes	no pull pins	yes	2004
Standing Calf Machine					2004
Seated Calf Machine					2004
Seated leg curl w/ROM adjust					2004
Hamstring Curl	Covered by all above categories				2004
2 Star trek Pro recumbent bikes	Warranty -- 2 yrs parts ; 1 yr labor <u>startrac.com</u> ; <u>lifefitness.com</u> ; no wear items covered (listed on websites)				2004
2 Life Fitness recumbent bikes					2004
3 flat incline B 103	yes	no guide rods or pulleys	yes	yes	2004

ST. JAMES CIVIC CENTRE, 2055 NESS AVENUE

<u>Description:</u>	<u>Purchased:</u>	<u>Quantity:</u>
Bike - LIFECYCLE 9100		1
Bike – Monarch		1
Bodyguard Bike - LIFE CYCLE #535 (S#535-000481)	1994	2
Cable Crossover - FIT. ADV #6200	1994	1
Cross Trainer – LIFE FITNESS #9100 (S#104426)	2001	1
Deluxe Roman Chair Back Extension - FIT. EXP #B-206	1994	1
Flat Bench #B-101 (S#408212)		1
Flat Incline Bench - FIT. ADV #5180	1994	1
Flat Incline Benches	2000	2
Inverted Leg Press #B-177	1995	1
Lat. Pull down - PULSE FIT. #4045 (S#406181)	1994	1
Leg Curl (Fit. Exp) #FL-0200 (S#9311-072)	1994	1
Leg Extension (Fit. Exp) #FL-0100 (S#9311-052)	1994	1
Olympic Flat Bench - PULSE FIT #7051(S#406178)	1994	1
Power Cage - FIT. ADV #8520	1994	1
Precore Stepper - FIT. EXP #C764 (S#96F02G 0005)	1994	1
Sit up Board - PULSE FIT. #7016 (S#406180)	1994	2
Sit Up Ladder - PULSE FIT. #7013 (S#406179)	1994	1
Smith Machine - BODY SOLID, w/counter weight	2000	1
Step Stool – RUBBERMAID, Blue	1999	1
Step Stool – RUBBERMAID, White	2002	1
Treadmill - CYBEX (S#R09-516004098)	2000	1
Universal Gym (10 Stations) - FIT. EXP	1979	1

ELMWOOD KILDONANS, 909 CONCORDIA AVENUE

<u>Description:</u>	<u>Purchased:</u>	<u>Quantity:</u>
Room: 13 Weight Room		
Universal Gym	1977	1
Bars, Curl	1981	2
Bars, Regular	1987	2
Bench, flat, heavy-duty	1985	1
Bench, flat, light-duty	1983	1
Bench, glut - ham	1985	1
Bench, incline	1985	1
Bench, preacher curl, seated	1985	1
Bench, sit-up		1
Bench, back		1
Room 14 Bike Room		
Tetrix Climbmax		2
SportsArt 5005	2000	2
Life Fitness 9100 Cross Trainer	2001	2

FORT ROUGE LEISURE CENTRE, 625 OSBORNE STREET S.

<u>Description:</u>	<u>Purchased:</u>	<u>Quantity:</u>
ROOM 5: WEIGHT ROOM:		
ATLANTIS - T-BAR ROW		1
ATLANTIS - 45 DEGREE LEG PRESS	1997	1
ATLANTIS - SMITH MACHINE		1
ATLANTIS - POWER CAGE		1
BACK EXTENSION MACHINE	2001	1
CUSTOM 3 FREE WEIGHT HOLDER	2001	1
45 DEGREE LEG PRESS P.F.S.#307	1992	1
ADJUSTABLE INCLINE PRESS BENCH P.F.S. #154M	1992	1
ADJUSTABLE SEATED INCLINE - PFS #1103	1992	1
Behind Neck Press (Military Press) P.F.S. #153M	1992	1
BENCH PREACHER CURL	1992	1
BENCH, ADJUSTABLE INCLINE PRESS	1992	1
BENCH, FLAT	1995	2
BENCH, FLAT INCLINE	1977	2
BENCH, INCLINE	1992	1
BENCH, PRESS OLYMPIC	1988	2
CABLE CROSS OVER	2001	1
Chin Dip	1993	1
CHINNING TRIANGLE ROW BAR	1999	1
Collars, Inner, Spring 1"		3
COLLARS, SPRING 2"	1994	14
Double Adj. Decline Bench - PST #107	1992	1
FREE STANDING LAT. PULL DOWN	1995	1
Gym, Universal, Mod #77	1977	1
LEG CURL	1992	1
LEG EXTENSION	1992	1
Paramount Pullover	1992	1
Pec Dec	1992	1
SEATED CALF PUSE FITNESS SYSTEM #311	1992	1
SOUND SYSTEM	1994	1
STAND, BARBELL	1977	1
Standing Calf, Pulse Fit.Syst. #332	1992	1
TRICEP PRESS DOWN BAR	1998	1
Tricep Rope	1999	1
TRICEP STRAP NYLON	1997	1
Two Station Cable Row/Lat Pulldown	1992	1
Vertical Knee Hip Machine	1998	1
CROSS TRAINER LIFE FITNESS 9100	2001	2
BIKE MAX-R 601-668- 601-644	1995	2
LADDER STEP	2001	1
Monarch Bike	1998	2
SCOOTER		2
STAIRMASTER 400 PT	1992	2
Tetrix Climb Max	1993	3

FORT ROUGE LEISURE CENTRE, 625 OSBORNE STREET S. (continued)

<u>Description:</u>	<u>Purchased:</u>	<u>Quantity:</u>
<u>ROOM 5: WEIGHT ROOM:</u>		
TROTTER TREADMILL	1994	1
BACK EXTENSION MACHINE	2001	1
HACK SQUAT MACHINE	2001	1
SPORTS ART TREADMILL (6159E)	2001	1
PRECOR TREADMILL	2002	1
LEG RAISE STATION	2001	1
SMALL DROP MATS (BLUE)	2001	2
CAMBERED BAR FOR CABLES		1
SPORTSART TREDMILL 6310	2003	2
SPORTSART TREDMILL6150E	2001	1
STOOL UNIVERSAL UNIT	2000	1
LATERAL BARS	2001	3
ROW HANDLES	2001	2
TRICIP/MULTI BAR	2001	3
CHROME HANDLES	2001	8
V-BARS - TRICEPS	2001	2

FREIGHT HOUSE REC. CENTRE, 200 ISABEL STREET

<u>Description</u>	<u>Purchased:</u>	<u>Quantity</u>
WEIGHT ROOM - MOD #1		
TREADMILL	2000	1
ROWING MACHINE	2000	1
SIT UP BENCH	2000	1
STAIR CLIMBER	2000	2
EXERCISE BIKE	2000	4
ADJUSTABLE/SEATED BENCH #103	1988	2
BAR, KURLING	1983	1
BARS, LARGE	1982	2
BARS, SMALL	1982	1
BENCH, ABD	1983	1
BENCH, SIT. VP	1983	1
BENCH, WEIGHT	1982	4
CURL BAR, STANDARD EZ W/FIXED COLLAR	1989	3
FAN BIKE, SCHWINN	1994	1
FITNESS CENTRE, YORK	1985	1
FITNESS STATION	1991	1
FITNESS UNIT, MARCY	1982	1
LEG EXTENTION MACHINE #603	1989	1
OLYMPIC BENCH #151	1988	2
PLATES, OLYMPIC FREE WEIGHT BAR	1986	2
ROWING MACHINE	1982	1
SPRING COLLARS, OLYMPIC (PAIR)	1989	2
SPRING COLLARS, STANDARD (PAIR)	1989	2
SQUAT RACK HOLDER #300	1988	1
STAIRMASTER 4000 PT	1992	1
STATIONARY BIKE FURNITURE	1997	1
STATIONARY BIKE, TURNTURI PRO TRAIN	1988	1
STEPPER	1990	1

PEQUIS TRAIL HEALTH AND FITNESS CENTRE, 1400 ROTHESAY STREET

<u>Description:</u>	<u>Purchased:</u>	<u>Quantity:</u>
AB CURL MACHINE	1996	1
ADDUCTOR/ADBUCTOR-HIP MACHINE	1996	1
BIKEMAX, TECTRIX	1994	1
CLIMBAX CLIMBERS 159629/161523	1994	2
DELT MACHINE	1996	1
FLAT WEIGHT BENCH	1984	1
INCLINE BENCH, PULSE	1993	1
INCLINED WEIGHT BENCH	1984	2
IRON BARBELL COLLARS	1989	4
PEC MACHINE	1996	1
PULSE "BEHIND NECK" PRESS SPOTTER	1990	1
PULSE #304 LYING LEG CURL	1990	1
PULSE ADJUSTABLE DECLINE BENCH	1990	1
PULSE ADJUST SEATED INCLINE BENCH	1990	1
PULSE DELUXE SQUAT RACK	1990	1
PULSE OLYMPIC BENCH PRESS MD.#151	1991	2
PULSE QUAD EXTENSION-MACHINE MOD.#305	1991	1
PULSE SEATED PREACHER CURL BENCH	1990	2
PULSE STANDING CALF RAISE MACHINE MD#302	1991	1
ROWINGMACHINE (TUNTORI)	1986	1
SCHWINN AIR DYNE EXERCISE BIKES	1990	1
SCHWINN AIR DYNE BIKES	1991	2
SHOULDER PRESS MACHINE	1984	1
SPINDLE LOCK BARBELLS C/W COLLARS 6; LENGTH	1991	3
STAIRMASTER CLIMBERS #4000PT 105517/105516	1994	2
TRICEP BAR	1985	2
TRICEP ROPE	1996	1
ZEN TECH GYM (6 STATION)	1984	1
STEPPER SPORTS ART 7100	2000	2
RECUMBENT BIKE SPORTS ART 510R	2000	2
INVERTED LEG PRESS	2000	1
SMITH MACHINE	2000	1
TREADMILL SPORTS ART 6150E	2000	1
ELLIPTICAL SPORTS ART 8007	2000	1
<u>Gym:</u>		
TRUE TREADMILL	2002	1
EXERGLIDE	2002	1
PULSE MULTI-STATION	2001	1
WIDE UPRIGHT FLAT BENCH		1
45 LEG PRESS		1
LATERAL RAISE MACHINE		1
GLOBAL PRESS STATION		1
TREADMILL SPORTS ART 6150	2000	1