

2. AMENDMENT/MODIFICATION NO. 0004	3. EFFECTIVE DATE OCT 01, 2004	4. REQUISITION/PURCHASE REQ. NO. N/A	5. PROJECT NO. (If applicable) SPEC. NO. 1389
6. ISSUED BY CODE		7. ADMINISTERED BY (If other than Item 6) CODE	
DEPARTMENT OF THE ARMY U.S. ARMY ENGINEER DISTRICT, SACRAMENTO SACRAMENTO, CALIFORNIA 95814-2922		DEPARTMENT OF THE ARMY U.S. ARMY ENGINEER DISTRICT, SACRAMENTO SACRAMENTO, CALIFORNIA 95814-2922	

8. NAME AND ADDRESS OF CONTRACTOR (No., street, county, State and ZIP Code)	(✓)	9A. AMENDMENT OF SOLICITATION NO. W91238-04-R-0028
	X	9B. DATED (SEE ITEM 11) AUG 31, 2004
		10A. MODIFICATION OF CONTRACTS/ORDER NO. N/A
		10B. DATED (SEE ITEM 13) N/A
CODE	FACILITY CODE	

11. THIS ITEM ONLY APPLIES TO AMENDMENTS OF SOLICITATIONS

The above numbered solicitation is amended as set forth in Item 14. The hour and date specified for receipt of Offers is extended, is not extended.

Offers must acknowledge receipt of this amendment prior to the hour and date specified in the solicitation or as amended, by one of the following methods:

(a) By completing Items 8 and 15, and returning 1 copies of the amendment; (b) By acknowledging receipt of this amendment on each copy of the offer submitted; or (c) By separate letter or telegram which includes a reference to the solicitation and amendment numbers. FAILURE OF YOUR ACKNOWLEDGMENT TO BE RECEIVED AT THE PLACE DESIGNATED FOR THE RECEIPT OF OFFERS PRIOR TO THE HOUR AND DATE SPECIFIED MAY RESULT IN REJECTION OF YOUR OFFER. If by virtue of this amendment you desire to change an offer already submitted, such change may be made by telegram or letter, provided each telegram or letter makes reference to the solicitation and this amendment, and is received prior to the opening hour and date specified.

12. ACCOUNTING AND APPROPRIATION DATA (If required)
N/A

NOTE: ITEM 13 BELOW IS N/A.

13. THIS ITEM APPLIES ONLY TO MODIFICATIONS OF CONTRACTS/ORDERS, IT MODIFIES THE CONTRACT/ORDER NO. AS DESCRIBED IN ITEM 14.

(✓)	A. THIS CHANGE ORDER IS ISSUED PURSUANT TO: (Specify authority) THE CHANGES SET FORTH IN ITEM 14 ARE MADE IN THE CONTRACT ORDER NO. IN ITEM 10A. N/A
	B. THE ABOVE NUMBERED CONTRACT/ORDER IS MODIFIED TO REFLECT THE ADMINISTRATIVE CHANGES (such as changes in paying office, appropriation date, etc.) SET FORTH IN ITEM 14, PURSUANT TO THE AUTHORITY OF FAR 43.103(b).
	C. THIS SUPPLEMENTAL AGREEMENT IS ENTERED INTO PURSUANT TO AUTHORITY OF:
	D. OTHER (Specify type of modification and authority) N/A

E. IMPORTANT: Contractor is not, is required to sign this document and return _____ copies to the issuing office.

14. DESCRIPTION OF AMENDMENT/MODIFICATION (Organized by UCF section headings, including solicitation/contract subject matter where feasible.)
Fitness Center
Hill AFB, Utah

1 Encl.

1. Revised Pages: Attachment No. 1 - General Wage Decision (UT34-Mod. 4 dated 9/03/2004), 01010-5, 0101-8, Section 01011(Chapters; 11,C11,C23,C25,D43,D53)

Except as provided herein, all terms and conditions of the document referenced in Item 9A or 10A, as heretofore changed, remains unchanged and in full force and effect.

15A. NAME AND TITLE OF SIGNER (Type or print)	16A. NAME AND TITLE OF CONTRACTING OFFICER (Type or print)
15B. CONTRACTOR/OFFEROR (Signature of person authorized to sign)	15C. DATE SIGNED
16B. UNITED STATES OF AMERICA BY _____ (Signature of Contracting Officer)	16C. DATE SIGNED

General Decision Number: UT030034 09/03/2004

General Decision Number: UT030034 09/03/2004

Superseded General Decision Number: UT020034

State: Utah

Construction Type: Building

County: Weber County in Utah.

BUILDING CONSTRUCTION PROJECTS (does not include residential construction consisting of single family homes and apartments up to and including 4 stories)

Modification Number	Publication Date
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0	06/13/2003
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1	01/23/2004
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2	06/18/2004
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3	08/06/2004
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4	09/03/2004
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ASBE0069-002 09/18/2003

	Rates	Fringes
Asbestos Worker (Both the Insulation and Abatement involving Mechanical Surfaces).....	\$ 22.59	7.83

SCOPE OF WORK:

Includes application of all insulating materials, protective coverings, coatings and finishings to all types of mechanical systems.

BOIL0182-003 10/01/1994

	Rates	Fringes
Boilermaker.....	\$ 18.48	8.39

CARP2834-002 05/01/2001

	Rates	Fringes
Millwright.....	\$ 22.22	5.78

ELEC0354-007 12/01/2002

	Rates	Fringes
Electrician.....	\$ 23.96	4.2%+6.34

IRON0027-005 07/01/2003

	Rates	Fringes
Ironworker.....	\$ 21.76	9.67

LABO0295-005 07/01/2002

	Rates	Fringes
Laborers:		
Clean Up.....	\$ 9.86	3.10
Scaffold Builder.....	\$ 16.00	3.10
Skilled.....	\$ 15.60	3.10

PLUM0019-003 08/27/2003

	Rates	Fringes
Plumber/Pipefitter (including HVAC work).....	\$ 24.05	7.56

SFUT0669-001 01/01/2004

	Rates	Fringes
Sprinkler Fitter.....	\$ 25.50	6.15

SHEE0312-005 07/01/2004

	Rates	Fringes
Sheet Metal Worker (Including Architect/Roofing and HVAC Duct Work).....	\$ 24.81	6.93

SUUT1994-003 09/07/1994

	Rates	Fringes
Carpenter/Drywall Hanger.....	\$ 12.68	2.85
Cement Mason.....	\$ 12.95	2.50
Power equipment operators:		
Backhoe.....	\$ 10.00	
Crane.....	\$ 15.00	

WELDERS - Receive rate prescribed for craft performing operation to which welding is incidental.

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Unlisted classifications needed for work not included within the scope of the classifications listed may be added after award only as provided in the labor standards contract clauses (29CFR 5.5 (a) (1) (ii)).

In the listing above, the "SU" designation means that rates listed under the identifier do not reflect collectively bargained wage and fringe benefit rates. Other designations indicate unions whose rates have been determined to be prevailing.

WAGE DETERMINATION APPEALS PROCESS

1.) Has there been an initial decision in the matter? This can be:

- * an existing published wage determination
- * a survey underlying a wage determination
- * a Wage and Hour Division letter setting forth a position on a wage determination matter
- * a conformance (additional classification and rate) ruling

On survey related matters, initial contact, including requests for summaries of surveys, should be with the Wage and Hour Regional Office for the area in which the survey was conducted because those Regional Offices have responsibility for the Davis-Bacon survey program. If the response from this initial contact is not satisfactory, then the process described in 2.) and 3.) should be followed.

With regard to any other matter not yet ripe for the formal process described here, initial contact should be with the Branch of Construction Wage Determinations. Write to:

Branch of Construction Wage Determinations
Wage and Hour Division
U.S. Department of Labor
200 Constitution Avenue, N.W.
Washington, DC 20210

2.) If the answer to the question in 1.) is yes, then an interested party (those affected by the action) can request review and reconsideration from the Wage and Hour Administrator (See 29 CFR Part 1.8 and 29 CFR Part 7). Write to:

Wage and Hour Administrator
U.S. Department of Labor
200 Constitution Avenue, N.W.
Washington, DC 20210

The request should be accompanied by a full statement of the interested party's position and by any information (wage payment data, project description, area practice material, etc.) that the requestor considers relevant to the issue.

3.) If the decision of the Administrator is not favorable, an interested party may appeal directly to the Administrative Review Board (formerly the Wage Appeals Board). Write to:

Administrative Review Board
U.S. Department of Labor
200 Constitution Avenue, N.W.
Washington, DC 20210

4.) All decisions by the Administrative Review Board are final.

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END OF GENERAL DECISION

Net area (occupied area) is the gross square feet less building infrastructure and support members, such as exterior walls, mechanical spaces, fixed corridors, restrooms, stairwells, janitor closets, vestibules, etc. Physical space, which is available for use by the occupant or to support the occupant.

3.1.2 Gross Area

Gross area is all floor area measured from the outer surface of the exterior wall. Covered (but not enclosed) walks, terraces, balconies, and patios shall be counted as one-half of the total square feet. Uncovered walks, terraces, balconies, and patios shall not be counted.

4. DRAWINGS

4.1 Designers' Qualifications

The lead designer for each discipline of the design team shall be a licensed professional Engineer/Architect with a minimum of six years experience. The interior design shall be designed/supervised by a certified or licensed (as appropriate for their State) interior designer who is NCIDQ certified.

5. TECHNICAL CRITERIA

Technical criteria to be used for construction shall be taken from the **most current references at the date of issue of the contract** and shall only be modified as described herein. Administrative, contractual, and procedural features of the contract shall be as described in other sections of the Contract. Reference codes and standards herein and those listed below are minimum acceptable criteria.

5.1 Local Standards

The following specifications, standards, bulletins and handbooks form a part of this document to the extent specified herein. ***They shall be used whether or not specified in sections other than 01010.***

5.2 Federal/Military Specifications, Standards Bulletins, and Handbooks

The following specifications, standards, bulletins and handbooks form a part of this document. They shall be used whether or not specified in sections other than 01010. Unless otherwise indicated, copies are available from Commanding Officer, Naval Publications and Forms Center, Attention: NPODS, 700 Robbins Avenue, Philadelphia, PA 1911-5094

5.2.1 CODE OF FEDERAL REGULATIONS (CFR)

Order from:
 Government Printing Office
 Washington, DC 20402
 Ph: 202-512-1800
 Fax: 202-275-7703
 Internet: <http://www.pls.com:8001/his/cfr.html>

16 CFR 1201	Safety Standard for Architectural Glazing Materials
16 CFR 1630	Standard for the Surface Flammability of Carpets and Rugs (FF 1-70)

this document. Unless otherwise specified, the issues of the documents that are DoD adopted are those listed in the Department of Defense Index of Specifications & Standards (DODISS). ***They shall be used whether or not specified in sections other than 01010.***

5.3.1 ADMINISTRATION STANDARD FOR THE TELECOMMUNICATIONS INFRASTRUCTURE OF COMMERCIAL BUILDINGS (EIA-606)

AIR CONDITIONING AND REFRIGERATION INSTITUTE (ARI)

4301 North Fairfax Dr., Suite 425

ATTN: Pubs Dept.

Arlington, VA 22203

Ph: 703-524-8800

Fax: 703-528-3816

- | | |
|-------------|--|
| ARI 410 | Forced-Circulation Air-Cooling and Air-Heating Coils |
| ARI 430 | Central-Station Air-Handling Units |
| ARI 550/590 | Water-Chilling Packages Using the Vapor Compression Cycle |
| ARI 700 | (Apx C) Specifications for Fluorocarbon and Other Refrigerants |

5.3.2 AIR MOVEMENT AND CONTROL ASSOCIATION (AMCA)

30 W. University Dr.

Arlington Heights, IL 60004-1893

Ph: 708-394-0404

Fax: 708-253-0088

- | | |
|----------|---|
| AMCA 210 | Laboratory Methods of Testing Fans for Rating |
| AMCA 300 | Reverberant Room Method for Sound Testing of Fans |

5.3.3 ALUMINUM ASSOCIATION (AA)

Pubs Department

P.O. Box 753

Waldorf, MD 20604

Ph: 301-645-0756

Fax: 301-843-0159

- | | |
|-----------|--|
| AA ASDI | Aluminum Standards and Data |
| AA DAF-45 | Designation System for Aluminum Finishes |
| AA PK-1 | Registration Record of Aluminum Association Alloy Designations and Chemical Composition Limits for Aluminum Alloys in the Form of Castings and Ingot |
| AA SAA-46 | Standards for Anodized Architectural Aluminum |

CHAPTER 11**PROJECT PROGRAM**

- 1. THE PROJECT PROGRAM ARE EXPLAINED IN THE FOLLOWING TEXT, THE REQUIREMENTS DOCUMENT (RD) AND THE USAF FITNESS FACILITY DESIGN GUIDE. BOTH THE REQUIREMENTS DOCUMENT (RD) AND THE USAF FITNESS FACILITY DESIGN GUIDE ARE INCLUDED AS PART OF THIS RFP, AND CONSISTS OF THE FOLLOWING:**
- 1.1 Program Narrative.
 - 1.1.1 The basic project is to design and construction of a Fitness Center of approximately 64,583 SF (gross) and an outdoor running track. The facility's primary function will be to provide adequately sized, and fully configured fitness center to support combat readiness and improve the physical fitness of the active duty and reserve personnel.
 - 1.1.2 The building will be constructed using concrete foundation, concrete slab on grade. The walls and roof shall be supported by structural system. The exterior wall material for this project shall be brick, the color shall be "Tumble Weed" as manufactured by Interstate Brick, West Jordan, Utah. The roof, fascia and canopies shall be standing seam metal, the color shall be "Dakota Brown". Comply with Hill AFB Architectural Design Guide (attached herein).
 - 1.1.3 The overall design of this project must comply with the Hill AFB Facility Design Standard, USAF Fitness Facility Design Guide and be compatible with the Hill AFB Architectural Compatibility Standards. A copy of these documents are included in this RFP. See Attachments 12, 13 and 14.
 - 1.1.4 Due to the desire of the users to retain the bubble and the force protection requirements. The Fitness Center will be a combination 1 and 2 story building. It is desired to situate the new building on the site to take advantage of the spectacular mountain views to the east and morning sunlight from an easterly - southern exposure for natural daylighting purposes in the new facility. The main entrance will be from the south or southeast. Locate access for delivers, service entrance, fire and mechanical room access from the north to northwest side of new building. The front entrance is off of 11th Street. The main entrance will be 2 story glass store front.
- 1.2 Mission Statement.
 - 1.2.1 The existing fitness and HAWC programs are located in two geographically separated facilities resulting in fragmented operations which are economically unfeasible to staff on a full-time basis. The Hess Physical Fitness Center, built in 1966, is the primary fitness center, containing most of the required core functional area; however, the building is deficient in several respects. This facility is undersized by 47% for the existing program. The weight room, lockers and exercise equipment area become extremely overcrowded. The mechanical and electrical loads are undersized, resulting in poor heating, ventilation and lighting. The Westside Gym is located in a 1942 historical warehouse complex and is used mainly by the civilian population. It contains the HAWC and the fitness area. This site is in an obscure, difficult to reach location, two-three miles from the main fitness center, not easily accessible to the airmen living on base.
 - 1.2.2 The facility will provide an adequately sized and fully configured fitness center required to support combat readiness and improve the physical fitness of the active duty and reserve personnel. Adequate sports courts, racquetball courts, fitness area, group exercise area, a Health and Wellness Center, and locker rooms are needed to support the military personnel assigned to Hill AFB. The existing running track must be relocated.
- 1.3 Relationship Diagram.
 - 1.3.1 See Attachment 9
- 1.4 Area Requirements.

- 1.4.1 **Administration/ Main Lobby:** Provide air lock entry, aluminum storefront entrance door system all across entrance. Provide a grated area trap transition (recessed foot grille) in air lock entry to prevent dirt, ice and snow accumulation in the new facility. This area will be 2 story (with the exception of the air lock entry) and have views facing to the south or southeast. Provide "card swipe" and turnstile features for access. Provide CCTV in admin area for monitoring of all activity spaces. Most of the activity spaces along the spine should be visible from the control point. Provide a small seating area. Provide trophy case and health kiosk for brochures and facility orientation plan. Provide space for vending machines. Provide a direct view to lobby/entrance. Locate offices with view facing to the south or southeast exterior. Provide for daylighting Provide door sidelites 12" width min. for visual interface between admin spaces at offices. Provide for the following: Director office, training room/conference room, NCOIC office, intramural office, specialist office, break room, control room, assessment office, administration area for Xerox/fax, reception area, laundry room and equipment room. Provide one open stair and elevator. Provide semi-circular reception desk/counter with toss in for discarded towels. Provide area for rock climbing wall (Option Item). Provide control room for security system, control for sound system, PA system, Fitlinx system, marquee system and three computers one for CCTV, one for inside marquee and one for outside marquee. In the control room, provide a continuous 2'-6" width x 20'-0" length countertop at 34" above finished floor. Provide space for Fitlinx system kiosk. Provide a ceiling mounted bracket for a 42" plasma screen (NIC) in Main lobby. In the break room, provide continuous countertop and base cabinets with sink and continuous over head cabinets. Provide a ceiling mounted bracket for a 42" plasma screen (NIC) in break room. Provide a CCTV monitor connection in Directors office. Provide a CCTV monitor connection at reception desk. Provide Air Force logo in the lobby, minimum size to be 10'-0" x10'-0". See attachment 27.
- 1.4.2 **Public Restroom:** Provide public restrooms separate from locker restrooms. Both Men's and Women's public restrooms will include a diaper changing station.
- 1.4.3 **Juice Bar:** Provide controlled lighting, power outlets, communication lines and data lines. Provide plumbing, 3 compartment sink (residential grade), wash basin sink, dishwasher (GFGI) and ice machine (GFGI). Provide a 2'-0" width two tier continuous countertop workspace. Provide a ceiling mounted bracket for a 42" plasma screen (NIC). Provide space and receptacles for commercial refrigerator and ice machine. Provide continuous wall cabinets 30" height x 1'-0" depth minimum. Mount the wall cabinets a minimum of 18" above the countertop. Provide two shelf tiers minimum in the cabinets. Provide power operated overhead coiling grill for security.
- 1.4.4 **Laundry:** Provide capacity for 2 commercial washers (GFGI) and 3 commercial dryers (GFGI). Provide shelf storage for soap and related supplies. Provide a 2'-6" width x 12'-0" length continuous countertop workspace for folding towels and other laundry items - away from the main desk. Locate countertop over top of commercial washers and dryers. Coordinate the countertop workspace location with Fitness Center personnel. The commercial washers and dryers will be front loading. Provide cabinet storage for laundry items (i.e. soap and related items). Provide a double door 2 (3'-0" x 7'-0").
- 1.4.5 **Support Storage:** Provide Shelving cabinetry for equipment checkout, basketballs, volleyballs and other fitness items.
- 1.4.6 **Janitor Closet:** Provide a floor mounted mop sink with hose connection. Provide storage for cleaning supplies, including a janitor cart. Provide storage for mops and brooms. Should be lockable and vented.
- 1.4.7 **Service Entrance:** Provide a (10'-0"x10'-0") roll-up insulated door at the service/delivery entrance. Provide paved access to service entrance for light trucks. Provide direct access from service entrance to main corridor. Locate service entrance at northeast side of new building.
- 1.4.8 **Equipment Repair and Receiving:** Provide shelving and clothes rack. Provide area for part and equipment storage. Provide 2'-6" width x 12'-0" length continuous workbench at 34" above finished floor (A.F.F.). Provide 2 (3'-0"x7'-0") lockable entry doors.
- 1.4.9 **Men's Locker Room:** Provide sauna room and steam room. Provide non-slip floor surface, typically unglazed ceramic mosaic tile. Provide 14" minimum width laminated wood benches (clear finish) at 18"

A.F.F. directly in front of all lockers, except in front of handicapped lockers. Provide a minimum space of 2'-2" between locker and nearest edge of bench, except at handicapped lockers. Provide space for 450 built-in lockers, some of these locker will be handicapped accesible. Coordinate with Fitness personal on how many will be handicapped accesible. Handicapped accesible lockers and bench will comply with ADA. Locker can be arranged on island and along walls. Lockers shall be min.18" deep x 15" wide, and two-tiered Z-type lockers, each 36" high. Lockers shall have a padlock eye in the door latching mechanism to accommodate personal locks. Lockers shall be able to have a shelf and multiple coat hooks inside. Provide a continuous sloping hood on top of lockers. Lockers will be placed on raised curb and permanently installed. Provide 3 private showers with changing areas. Remainder of showers to be gang type, wall mounted. Provide a separate 10'-0" long (min.) vanity countertop in addition to the lavatory rim mounted countertop. Both shall have continuous mirrors. Provide two full length mirrors, in the dressing area. Provide sufficient electrical outlets at vanities. Provide wall mounted hair dryers. Provide restrooms. Do not locate restroom stalls within the locker room area. Provide a barrier separation between the Men's and women's locker rooms above ceiling so the is no chance of looking in on the women's locker room. Provide ceiling fans in the dressing areas and locker room.

- 1.4.10 **Women's Locker Room:** Provide sauna room and steam room. Provide non-slip floor surface, typically unglazed ceramic mosaic tile. Provide 14" minimum width laminated wood benches (clear finish) at 18" A.F.F. directly in front of all lockers, except in front of handicapped lockers. Provide a minimum space of 2'-2" between locker and nearest edge of bench, except at handicapped lockers. Provide space for 250 built-in lockers, some of these locker will be handicapped accesible. Coordinate with Fitness personal on how many will be handicapped accesible. Handicapped accesible lockers and bench will comply with ADA. Locker can be arranged on island and along walls. Lockers shall be min.18"deep x 15"wide, two-tiered Z-type lockers, each 36" high. Lockers shall have a padlock eye in the door latching mechanism to accommodate personal locks. Lockers shall be able to have a shelf and multiple coat hooks inside. Provide a continuous sloping hood on top of lockers. Lockers will be placed on raised curb and permanently installed. Provide all private showers enclosure with attached changing areas. Provide a separate 10'-0" long (min.) vanity countertop in addition to the lavatory rim mounted countertop. Both should have mirrors. Provide two full length mirrors, in the dressing area. Provide sufficient electrical outlets at vanities. Provide wall mounted hair dryers. Provide restrooms. Do not locate restroom stalls within the locker room area. Provide ceiling fans in the dressing areas and locker room.
- 1.4.11 **Sauna Room (Men & Women's Locker Rooms):** Sauna room shall be large enough to accommodate 15 adults. Provide for a clock, securable thermostat controls. Provide a duress alarm button to signal back to the reception desk. Provide seating/reclining areas for patrons. Provide headrest and backrest. Provide natural ventilation that allows air to flow freely from the inlet and outlet, located on opposite walls at approximately the same height. Provide manual louvers to adjust the flow of the air from the inside of the sauna, and consider using outside air to supply the sauna. Provide convection heater, stone bed and heat enclosure. Provide heat sensing device 12" below ceiling. Provide wall lighting. Provide bucket and ladle.
- 1.4.12 **Steam Room (Men & Women's Locker Rooms):** Steam room shall be large enough to accommodate 15 adults. Provide for a vapor proof clock, securable thermostat controls. Provide a duress alarm button to signal back to the reception desk. Provide seating/reclining areas for patrons. Provide a steam generator, include insulated steam head with fragrance reservoir, match escutcheon, and auto-drain. Provide heat sensing device 12" below ceiling. Provide ceiling mounted vapor proof halogen light. Provide an all-glass entry door with an aluminum frame including handles. Glass shall be tempered.
- 1.4.13 **Gymnasium:** Provide two main full basketball courts, 94' x 50' each striped according to NCAA standards. Provide Air Force logo, see attachment 27, minimum 5'-0" x 5'-0", one per each main court diagonally opposite each other. Provide two volleyball courts with stripping. Locate volleyball courts one per each basketball court. Provide floor recessed metal sockets for volleyball netting setup. The

basketball goals shall be lowered from the ceiling. The basketball goals shall be placed as to not interfere with the elevated running track. The basketball goals shall be power operated. Provide 10'-0" run around perimeter around the basketball courts and a 20'-0" space between them. Provide floor-recessed receptacles for scoreboard connections at these locations. Provide power retractable curtain that can separate the two basketball courts. At one side of the main court, provide power retractable bleachers 4 tiers high x length to match the long dimension of basketball court. Provide 8 fiberglass basketball goals. Provide glass for natural daylighting and views to exterior at indoor running track level. Provide alcoves for drinking fountains. Provide rubberized flooring at drinking fountain recessed alcoves. Provide 2 electronic scoreboard with **2 electronic shot clocks**, public address system and flush mounted outlets for scorekeeper. Provide a double door 2 (3'-0"x 7'-0") for moving large equipment in/out of the new facility. Provide light fixtures with protective wire covering to guard against impact. Provide 2 10'-0"x10'-0" lockable storage rooms, one at each side of bleachers. Provide area for lockable storage and controls for power bleachers and power curtains in one of the 10'-0" x 10'-0" storage room spaces. Provide smooth-split face integrally colored CMU from finish floor to 12'-0" min. above finished floor.

- 1.4.14 **Racquet Ball Courts:** 3 Racquet ball courts, 40' x 20' ea. Provide a shatterproof glass back wall/door for viewing and officiating. Provide transition spaces for stretching space outside each court for warm up and cool down. Provide 14" wide laminated wood benches (clear finish) in the transition space. These spaces should be "recessed" off of the main circulation spine. Provide mounting sockets and netting for wally-ball. Provide viewing area at the second floor.
- 1.4.15 **Senior Fitness Room:** Provide continuous mirrors on at least two walls to start 12" above finished floor to 84" above finished floor. Provide alcoves for drinking fountains. Provide rubberized flooring at drinking fountain recessed alcoves. Provide a continuous stretching bar along one wall. Provide recessed, built-in lockable cabinet for 42" plasma TV screen, DVD, VCR and sound system. Provide a ceiling mounted bracket for a 42" plasma screen (NIC). Provide ceiling fans.
- 1.4.16 **Massage Room:** Provide power outlets and controlled lighting. Provide space for two visually separated massage tables, chairs and equipment (NIC). Provide a small wash basin (rim mounted) and cabinet for storage materials. Provide dedicated HVAC control. Provide 3 12"Wx18"Dx72"H lockers. Provide a changing room. Locate in a remote area of the second floor that is free of noise and distractions.
- 1.4.17 **Group Exercising (Large and Small Exercise Rooms):** This will include area for stretching, large exercise room and small exercise room. Provide a min 12'-0" clear ceiling height in the large exercise room. Locate facing east, southeast or south, provide continuous glass in even increments (as structural allows) from ~~42" A.A.F. to 84" A.A.F.~~ **16" A.A.F. to 88" A.A.F.** Provide alcove for drinking fountain or conveniently locate drinking fountain outside the group exercise room. Provide rubberized flooring at drinking fountain alcoves. Provide hardwood floor for group (aerobic) exercising. Design the group exercise to allow for flexibility in use. Provide method of fastening padding on walls for use during combative sports and provide storage space for the mats. Provide a continuous stretching bar on at least one wall. Provide securable storage for mats, aerobic equipment, etc. Provide acoustical separation from the rest of the facility. The room should be able to be closed off. Provide a visual connection to the rest of the facility via aluminum glass storefront. Provide a stretching area outside the group exercise area (This could be a widened corridor). Make provisions for future use. Allow for power outlets and data lines. Provide a ceiling mounted bracket for 42" plasma TV screen (NIC). Coordinate the location of bracket with Fitness Center personnel. Provide for natural daylighting. Provide control lighting system. Provide for a sound system that is contained in a recessed securable area for a 42" plasma TV, DVD, VCR and sound. The control should be easily accessible to the instructor. Provide continuous mirrors on two walls to start at 12" above finished floor to 84" above finished floor. Provide ceiling fans in both large and small exercise rooms. Provide recessed, built-in lockable cabinet for 42" plasma TV screen, DVD, VCR and sound system in large and small exercise rooms. Provide a moveable securable sound attenuated partition in order to divide the large exercise room in half..

- 1.4.18 **Fitness Equipment Spaces:** This will include an area for stretching, a cardiovascular room, a resistance weight training room, and a free weights training room (see area tabulations). Locate facing east, southeast or south, provide continuous glass in even increments (as structural allows) from ~~12" above finished floor to 84" above~~ **16" above finished floor to 88" above finished floor**. Provide a min 12'-0" clear ceiling height in the cardiovascular and weight training rooms. Provide ceiling fans in cardiovascular, and weight rooms. Provide double doors at the free weight room and the machine weight room - 2(3'-0" x 7'-0") doors - one per each room. Provide a drinking fountain recessed alcove for each of the room - spaces. Provide rubberized flooring at drinking fountain alcoves. Provide rubber type floor surfacing (Dinoflex) in cardiovascular equipment room, resistance weight training room and the free weights room. Provide CATV, cable outlet and eight mounting brackets for 8 - 42" plasma screens (NIC) at proper viewing height (minimum 7'-4" above finished floor to bottom of the monitor). Coordinate the location of TV brackets with Fitness Center personnel. When locating the ceiling mounted fans, insure that they do not interfere with the plasma screen viewing. Provide recessed power and data receptacle outlets in the floor for each individual machine. Provide for stereo sound system. Provide a min. 2'-0" aisle space (sideway) between each piece of equipment. ***Provide 5'-0" space between rows of equipment.*** Provide alcove for drinking fountain within the fitness equipment rooms. Provide rubberized flooring at drinking fountain alcoves. Provide towel dispensers throughout cardio and weight training area. Provide adjacent storage for replacement equipment, mats, and etc.. Provide stretching areas as an integral part of individual exercise rooms. Use these spaces as transition spaces for warm up and cool down. Separate machine weights and free weights spaces from the cardiovascular space by a hard wall. It is preferred to locate the cardiovascular space some distance away from the weight training spaces. Provide FM antennae broadcast capability of video monitors. Provide sufficient power, data, and communications outlets. Provide 110 volt flush floor outlets for each piece of cardio equipment as required. Provide as much natural light as possible. Use general lighting throughout to provide for flexibility. Provide mirrors on at least two walls at the resistance weight training and the free weights training spaces to start at 12" above finished floor to 84" above finished floor (note: mirrors are not necessary in the cardiovascular space). Provide sound-absorbing material to reduce echo. Provide area for Fitlinx system kiosk outside of the weight training area. Provide recessed floor data connections and wires for approximately 100 pieces of exercise equipment for Fitlinx system. A data connection should typically occur at each piece of equipment. Provide floor recessed receptacles all along the outside walls of the cardio room at 6'-0" o.c. (for future possible cardio equipment). Provide floor recessed receptacles along one wall at the free weight room and the machine weight room. Provide the receptacles at 6'-0" o.c. Locate the floor receptacles (for power and data) for the cardio equipment at the front of the machine. Contractor will provide a fitness equipment layout (to scale) to show all the locations of fitness and cardio equipment (to scale) to insure that all of the equipment will fit into the spaces with adequate circulation and that all other requirements are met. Contractor will provide this floor plan layout at or before the completion of the design charrette to present to Fitness Center personnel for review. See Attachment 11 for exercise equipment list.
- 1.4.19 **Storage:** Provide storage room locations throughout the facility. Coordinate the location and size of the spaces with the Fitness Center personnel.
- 1.4.20 **HAWC Reception/Lobby:** Provide securable aluminum glass storefront entrance to lobby/reception area. Provide seating for 5 to 10 people (This differs from the Design Guide and is a user requirement. Provide space for display materials. Provide comm. and data connections for CATV. Provide pass window for receptionist. Includes a private office behind receptionist space for an information manager. Locate reception/lobby entrance near the elevator and main stair. Provide telephone and data lines in receptionist/information manager's office.
- 1.4.21 **Office Space:** Provide five secure hard walled lockable offices. Provide telephone and data lines for each office. Locate all offices with an exterior window view to the east, southeast or south.
- 1.4.22 **Nutrition Counseling:** Provide two rooms. Provide telephone and data outlets for each office. Locate all offices with an exterior window view to the east, southeast or south.

- 1.4.23 **Relaxation Room:** Provide electrical outlet. Provide controlled adjustable lighting. Provide acoustic treatment to reduce sound transmission into the room. Provide comfortable seating for 1 to 2 people (NIC). Should be located in a remote area or the HAWC that is free from noise and distractions.
- 1.4.24 **Classroom:** Provide seating space for 50 people in a classroom arrangement. Provide a moveable sound attenuated partition to separate the space in 1/2. Provide power outlets for audio visual equipment, telephone and data lines. Provide recessed receptacle for power and data connection at ceiling, one for each half of classroom space for overhead projector. Provide ceiling mount support for projectors. Provide manual projection screens, one in each classroom. Coordinate location, support, data and power requirements for projectors with the HAWC personnel. Located classroom adjacent to kitchen. Each classroom with have it own projector. Provide controlled lighting. Design the room to be closed and securable. Locate classroom to be adjacent off of main lobby at second floor and to be accessible to the main Fitness Center Staff after HAWC closes. Classrooms must be securable from other HAWC offices and kitchen after HAWC closes. Provide a white erasable marker board, one per each half of classroom space. Marker board dimensions are 48" high x 72" long each. Mount marker boards at 34" above finished floor. See Attachment 9 for additional information.
- 1.4.25 **Computer Resource Lab:** Provide communication and data ports for phone and computer printer. Provide for task lighting. Design room to be closed and securable. Locate in office staff area for efficient utilization by staff. Provide cabinet along one wall to store office supplies. Provide a 2'-6" width x 10'-0" length countertop at 34" above finished floor.
- 1.4.26 **Ergometry Fitness Testing:** Provide 4 spaces. Each space must be private and quiet. Provide for a testing computer with data connection. Provide for a testing bike. Locate room adjacent to the wellness assessment room. Provide a computer communications data port for each room.
- 1.4.27 **Wellness Assessment:** Provide 1 space - room. Can be zoned together with the ergometry.
- 1.4.28 **Resource Library:** Provide for storage for educational materials. Provide a continuous countertop - 2'-6" width x 10' length at 34" above finished floor with task lighting. Provide telephone, data ports and power outlets. Combine this space with the reception/lobby area.
- 1.4.29 **Kitchen/Food:** Provide kitchen demonstration island with range, full size dishwasher, vegetable sink and countertop workspace. Provide an overhead mirror above so that people standing in the back can see. Provide a 26" width continuous countertop workspace with stainless steel double sink with disposal and sprayer. Locate top of countertop at 36" above finished floor. Provide continuous overhead closed cabinets. Cabinet dimensions shall be 30" height x 1'-0" depth with two tier shelves. Provide 18" minimum clear space between top of countertop and underside of cabinets. Provide space for a 2'-6" x 6'-0" refrigerator, smooth top stove (with overhead hood/exhaust ventilation, see Chapter D34, 2.2.5) . Provide space in cabinets for microwave. Provide 110 volt and 220 volt outlets for all appliances as applicable. Locate room adjacent to the classroom. Provide a moveable securable sound attenuated partition to separate and secure the kitchen from the classroom. See Attachment 9 for additional information.
- 1.4.30 **Janitor Closet and Storage:** Provide floor mount utility sink. Provide space for cleaning supplies, mops & brooms. Provide additional storage space within for written materials. Locate near Ergo stations.
- 1.4.31 **Staff Locker Rooms:** Provide one mens shower and dressing area. Provide towel hook in dressing area. Provide one toilet, and one lavatory/vanity and 3 lockers. Provide one womens shower and dressing area. Provide towel hook in dressing area. Provide one toilet, and one lavatory/vanity and 3 lockers. Must be handicap accessible. Must provide 5'-0 min turn around space for handicap.
- 1.4.32 **Public Restrooms:** Provide public restrooms for the second floor. Both second floor public restrooms will include a diaper changing station.
- 1.4.33 **Circulation:** Provide two open stair, one near main entrance adjacent to elevator to provide access to the HAWC. One near the gymnasium to provide access to the 2nd floor exercise areas and indoor

running track. Provide elevator in the main lobby area. Provide smooth split face integral colored CMU in the main circulation spaces to at least 12' high. This is a maintenance free surface and very durable. Provide a 4'-0" minimum circulation walkway at the second floor level to connect the indoor running track, HAWC, racquetball overlook, exercise spaces, public restrooms, massage and other building support functions at the second floor level. A portion of this walkway should overlook the main entrance lobby/reception/climbing wall areas on first floor. From the HAWC reception/lobby area, also provide a view to these spaces on first floor.

- 1.4.34 **Support Entrances:** Locate access for deliveries, service entrance, fire and mechanical room access from the north to northwest side of new building.

1.5 Space Finishes and Fittings.

1.5.1 **Lobby:**

- a. Flooring: Mud scraper or proper wet transition area (walk-off recessed foot grills) at the air lock entry. The remaining area should be a combination of carpeted areas (seating area) and porcelain pavers with porcelain paver base. A resilient rubber matting/flooring (finish to coordinate with other finishes in the lobby) needs to be provided in front of the climbing wall (Option Item) that protects the climbers if they fall. Provide the Air Force logo graphic symbol into the floor surfacing material as a graphic arts design minimum size to be 10'-0" x 10'-0". See attachment 27. A jpeg file of the logo will be provide at the design charette.
- b. Walls: Painted.
- c. Ceiling: 2' x 2' tegular acoustical ceiling tile.
- d. Furniture: Trophy case, health kiosk, event schedule board, Fitlinx system, Automatic blood pressure measuring machine, semi-circular reception desk/counter with toss in for discarded towels.

1.5.2 **Main Circulation Space:**

- a. Flooring: Space should be a combination of carpeted areas (seating area) and porcelain pavers with porcelain paver base.
- b. Walls: Smooth face integral color CMU. Crash rails and corner guards to be provided as required by function.
- c. Ceiling: 2' x 2' tegular acoustical ceiling tile.

1.5.3 **Administration:**

- a. Flooring: Carpet with resilient base.
- b. Walls: Painted.
- c. Ceiling: 2' x 2' tegular acoustical ceiling tile.
- d. Furniture: Standard office furniture (NIC).

1.5.4 **Juice Bar:**

- a. Flooring: Porcelain pavers with porcelain paver base.
- b. Walls: Painted
- c. Ceiling: 2' x 2' tegular acoustical ceiling tile.
- d. Furniture: Built-in cabinetry with a sink.

1.5.5 **Break Room:**

- a. Flooring: Resilient flooring with resilient base.
- b. Walls: Painted
- c. Ceiling: 2' x 2' tegular acoustical ceiling tile.
- d. Furniture: Built-in cabinetry with a sink. Table and chairs (NIC).

1.5.6 **Support Areas:**

- a. Flooring: Resilient flooring with resilient base.
- b. Walls: Painted.
- c. Ceiling: 2' x 2' tegular acoustical ceiling tile.
- d. Furniture: Workbench in Equipment Repair (NIC).

- 1.5.7 **Locker Rooms (Moisture resistant finishes):**
- a. Flooring: Unglazed ceramic mosaic tile (slip-resistant).
 - b. Locker Room Walls: Smooth face integral color CMU .
 - c. Restroom & Shower Walls: Ceramic glazed tile wainscot (42") in the restroom with painted CMU above. Full-height ceramic tile in the shower areas.
 - d. Ceiling: Moisture resistant gypsum board in Locker rooms and Restrooms. Portland cement plaster ceiling in the Shower.
 - e. Furniture: Built-in phenolic lockers (CFCI) will continuous sloping top, attached to base and walls. Wood-laminated benches (CFCI). Lockers shall be on a minimum 4" concrete base. Towel holders (CFCI) need to be approximately 4-5' high.
- 1.5.8 **Gymnasium:**
- a. Flooring: Floating Hardwood (Area Elastic Floor). Provide Air Force logo graphic arts symbol one per each of the main basketball courts diagonally opposite each other. (Follow similar procedure as for the lobby logo).
 - b. Walls: Smooth face integral color CMU . Crash padding (CFCI) (removable) where appropriate. CMU shall be extended from finish floor to roof.
 - c. Ceiling: Open to Structure, color: white.
 - d. Furniture: Telescoping bleachers, divider curtain (increase flexibility) (CFCI).
- 1.5.9 **Group Exercise (Large and Small Exercise Rooms):**
- a. Flooring: Durable, multi-use surface (Combination Surface). Floor surface must meet impact IAW DIN standards.
 - b. Walls: Painted. Crash padding (removable) where appropriate. Mirrors on at least two walls at a minimum of 12" above the floor. Room divider in the large exercise room.
 - c. Ceiling: Open to Structure, color: white.
 - d. Furniture: Continuous stretching bar (CFCI) on at least one wall. Punching bags (GFGI) and speed bags (GFGI). Provide recessed, built-in lockable cabinet (CFCI) for 42" plasma TV screen, DVD, VCR and sound system (NIC) in large and small exercise rooms. Divider curtain (CFCI).
- 1.5.10 **Senior Fitness Room:**
- a. Flooring: Durable, multi-use surface (Combination Surface). Floor surface must meet impact IAW DIN standards.
 - b. Walls: Painted. Crash padding (removable) where appropriate. Mirrors on at least two walls at a minimum of 12" above the floor.
 - c. Ceiling: Open to Structure, color: white.
 - d. Furniture: Continuous stretching bar (CFCI) on at least one wall. Punching bags(GFGI) and speed bags(GFGI). Provide recessed, built-in lockable cabinet (CFCI) for 42" plasma TV screen, DVD, VCR and sound system (NIC) in senior fitness room.
- 1.5.11 **Fitness Equipment Spaces (Cardiovascular, Resistance Weight & Free Weight):**
- a. Flooring: Permanently adhered impact flooring with a nonporous, high density rubber/elastic surface (Point Elastic Floor - Dinoflex).
 - b. Walls: Painted. Crash padding (removable) where appropriate. Mirrors on at least two walls at a minimum of 12" above the floor. Sound-absorbing materials shall be used to reduce echo in this space.
 - c. Ceiling: Open to Structure, color: white.
 - d. Furniture: Average 50 sq. ft per equipment station approximate, coordinate with user, towel dispensers & spray disinfectant, trash receptacles, equipment storage. Contractor will provide an equipment layout plan drawing to insure that all equipment fits into the fitness equipment spaces with adequate circulation all around at or before the completion of the design charrette to the Fitness Center personnel for review. Contractor will coordinate this layout plan with the Fitness Center personnel. The fitness equipment is GFGI.
- 1.5.12 **Racquetball Courts:**
- a. Flooring: Floating Hardwood (Area Elastic Floor), refer to the Ramsey/Sleeper Architectural

- Graphic Standards and the ACSM standards for reference material regarding Racquetball Courts.
- b. Walls: Painted hard plaster, concrete, nonsplintering durable wood or laminated composition panels. Back wall/door shall be shatter-proof glass.
 - c. Ceiling: Open to Structure, color: white.
 - d. Furniture: Wallet lock-boxes (CFCI).
- 1.5.13 **Massage Room:**
- a. Flooring: carpet with resilient base.
 - b. Walls: Painted.
 - c. Ceiling: 2' x 2' tegular acoustical ceiling tile.
 - d. Furniture: Massage tables (NIC), chairs (NIC), equipment (NIC), built-in cabinetry and a sink and 3 lockers.
 - e. Adjustable lighting.
- 1.5.14 **HAWC Reception/Lobby/Waiting:**
- a. Flooring: Carpet with resilient base.
 - b. Walls: Painted.
 - c. Ceiling: 2' x 2' tegular acoustical ceiling tile.
 - d. Furniture: Seating for five to ten people (NIC).
- 1.5.15 **HAWC Office Space, Nutrition Counseling & Classroom:**
- a. Flooring: Carpet with resilient base.
 - b. Walls: Painted.
 - c. Ceiling: 2' x 2' tegular acoustical ceiling tile.
 - d. Furniture: Standard office and classroom furniture (NIC).
- 1.5.16 **HAWC Computer Resource Lab:**
- a. Flooring: Carpet with resilient base.
 - b. Walls: Painted.
 - c. Ceiling: 2' x 2' tegular acoustical ceiling tile.
 - d. Furniture: Built-in Cabinetry (CFCI) and standard resource lab furniture (NIC).
- 1.5.17 **HAWC Ergometry Fitness Testing:**
- a. Flooring: Carpet or resilient flooring with resilient base.
 - b. Walls: Painted.
 - c. Ceiling: 2' x 2' tegular acoustical ceiling tile.
- 1.5.18 **HAWC Wellness Assessment Rooms:**
- a. Flooring: Carpet or resilient flooring with resilient base.
 - b. Walls: Painted.
 - c. Ceiling: 2' x 2' tegular acoustical ceiling tile.
 - d. Furniture: Testing equipment (NIC).
- 1.5.19 **HAWC Resource Library:**
- a. Flooring: Carpet with resilient base.
 - b. Walls: Painted.
 - c. Ceiling: 2' x 2' tegular acoustical ceiling tile.
 - d. Furniture: Reading tables with task lighting, storage for education materials (NIC).
- 1.5.20 **HAWC Kitchen/Food Demonstration:**
- a. Flooring: Resilient flooring with resilient base.
 - b. Walls: Painted.
 - c. Ceiling: 2' x 2' tegular acoustical ceiling tile.
 - d. Furniture: Cabinetry (CFCI).
- 1.5.21 **HAWC Relaxation Area:**
- a. Flooring: Carpet with resilient base.

- b. Walls: Painted.
- c. Ceiling: 2' x 2' tegular acoustical ceiling tile.
- d. Furniture: Comfortable lounge seating for 1 to 2 people (NIC).
- e. Adjustable lighting

1.5.22 **Public Restroom:**

- a. Flooring: Unglazed ceramic mosaic tile (slip-resistant).
- b. Walls: Ceramic glazed tile wainscot (42") with paint above.
- c. Ceiling: Moisture resistant gypsum board.
- d. Furniture: Diaper Changing Station.

1.5.23 **Indoor Track (Option Item):**

- a. Flooring: Resilient running surface, such as rubber. Provide color samples of resilient track surfacing material to Fitness Center Staff for selection prior to application.
- b. Walls: Painted. Provide railing around the inside of the track.
- c. Ceiling: Open to Structure.
- d. Furniture: Digital Clock (CFCI).

1.6 Roof:

- 1.6.1 The roof and fascia will be a standing seam metal. Provide a canopy at all exterior doors where is not a roof overhang. Any and all building canopies will comply with Hill AFB Design guide. Provide roof fascias (min. 1'-6") and soffits and associated architectural detailing to enhance appearance of building. Provide compression fitted (not screwed) snow bars at all building roof perimeter. Provide a 3'-0" min roof overhang will be provided at building perimeter.

1.7 Color Scheme:

- 1.7.1 Provide for a variety of color but coordinated color scheme throughout the facility. Coordinate all color selections with the Fitness Center people having the final selection/choice on the colors.

1.8 **Option Items**

- 1.8.1 Indoor elevated running track: The indoor track will be at the same elevation as the second floor. The indoor track should not interfere with building circulation. Locate track in gymnasium space suspended from the roof structure. Track will be open to the gymnasium floor space below. The track should be as close as possible to 1/11 of a mile in length, based on the inside radius, and have a minimum width of 12'-0". The turns should have a minimum inside radius of 8'-0" and a minimum outside radius of 20'-0". Provide a minimum of four lanes striped with each lane being 3'-0" wide. Provide a digital clock. Provide a resilient running surface, such as rubber. Provide a stretching, warm up, and cool down area with drinking fountains. Provide glass for natural daylighting and views to exterior. Provide glass from ~~12" above track surface to 84" above track surface~~ 16" above track surface to 88" above track surface. Provide roll down fabric curtain for the glass to shield from excessive direct sunlight or glare. Provide recessed lighting under the indoor running track to enhance the bleachers area. The square footage of the indoor elevated running track will be counted as 50%.
- 1.8.2 Indoor climbing wall shall be 25'-0" horizontal length x 40'-0" vertical height with difficulty range from 5.5 to 5.12 with interchangeable rock handholds with a minimum T-nut density of 2 square foot to allow for best route setting. The climbing wall design should include a combination of roughly 10% slab, 20% vertical, 50% slightly overhanging and 20% substantially overhanging elements. Provide lead routes with established anchor points no further than 5 ft. apart starting at 10' from the ground. Provide large diameter belay bars (-1/2" min O.D.) along entire top plate of wall, except where wall angles exceed steepness for safe top-roping. Provide four belay stations w/ anchors. The anchors could be recessed int floor. Design must meet or exceed the recommended minimum fall zone of 6 ft. from the furthest protrusion of the climbing surface. Features will include highly sculpted aretes, dilhedrals, overhangs, and micro-relief such as fossils and edging features. Design must meet or exceed all CWIG standards.

the frame of the wall is to be welded steel frame construction attached to the facility walls, floor, and ceiling in a method that will not compromise the integrity of the facility. The climbing terrain shall have a durable high-friction troweled surface of 1/4 inch average thickness. A minimum of one 2'-0" x 4'-0" access door is to be installed, allowing access to the inside of the wall for maintenance and storage. This door should match the surface of the wall and serve as climbing terrain. The climbing wall system will be designed to safely integrate with the facility. Provide Safety flooring designed for impact absorption, durability, and dust control, will cover at least the recommended 6 ft. fall zone as described above. Provide climbing holds that vary in size and shape. The number of holds is suggested to equal 1 per 3 square feet of climbing surface. Locate climbing wall in the two story area near main entrance to fitness center with views to east/southeast.

- 1.8.3 Outdoor Track Lighting: Provide the required number of pole mounted high pressure sodium fixtures to meet the lighting level of the IES Lighting Handbook for outdoor track. Lights shall be controlled by photocell/timer with manual override.
 - 1.8.4 11th street running track POV turnout: Also provide for 50 parking spaces at track and field vicinity including a turn-off from 11th street to allow access. The 50 parking spaces will have one-way flow of traffic and the stalls will be angled to 60 degrees. The parking shall be sited south of 11th Street and north of new track.
- 1.9 Additional Requirements:
- 1.9.1 Required additional information for the above listed spaces can be located in the USAF Fitness Design Guide. See Attachment 12

END OF CHAPTER 11

CHAPTER C11**PARTITIONS****1. PERFORMANCE****1.1 Basic Function:**

- 1.1.1 Provide physical separation between spaces, constructed to achieve fire ratings required by code, appropriate security between adjacent spaces, and visual, acoustical, olfactory, and atmospheric isolation as necessary to maintain desirable conditions in each space.
- 1.1.2 Partitions comprise the following elements:
 - a. Fixed Partitions: Solid, stationary space dividers that are opaque and extend full height.
 - b. Partial Height Partitions: Fixed, solid, opaque visual barriers, including toilet compartments, and dressing cubicles.
 - c. Operable Partitions: Movable barriers that form solid, visual and acoustical subdivisions of a space.
 - d. Fixed, Open Protection and Control Devices: Barriers include interior railings.
- 1.1.3 Where partition elements also must function as elements defined within another element group, meet requirements of both element groups.
- 1.1.4 In addition to requirements specified in this chapter, comply with all applicable requirements of Chapter 111 - Facility Performance, Chapter C - Interiors, and Chapter C1 - Interior Construction.

1.2 Amenity and Comfort:

- 1.2.1 Visual Privacy: Provide partial height partitions at toilet rooms and dressing rooms that afford visual privacy between adjacent stalls.
- 1.2.2 Acoustical Isolation:
 - a. Fixed Partitions: Provide in-place FSTC values not less than NIC values required for interior construction in Chapter C1, when tested in accordance with ASTM E 336-1997 and classified in accordance with ASTM E 413-1987(R99).
 - b. Partial Height Partitions: Where partial height partitions are permitted, including commercial toilet partition systems, acoustical isolation is not required.
 - c. Operable Partitions: Provide system with proven-in-use STC value of 40.
- 1.2.3 Appearance:
 - a. Provide partitions that are smooth, ~~split face, scored~~ **face integral color** CMU at all circulation routes (SC spaces).
 - b. Provide operable partitions that are compatible in appearance with fixed partitions in the same space, employing similar colors and textures.

1.3 Health and Safety:

- 1.3.1 Fire Resistance: Provide fire ratings as required by code, except for the following, which are in excess of those required by code:
 - a. Stairway Enclosures: 1 hour.
- 1.3.2 Sanitation: At spaces used for food preparation, provide smooth, impervious, and water-resistant partition surfaces and integral coved base that will allow chemical cleaning and sterilization without damage.

1.4 Structure:

- 1.4.1 Lintels: Constructed to span openings in partitions and support imposed loads with maximum deflection vertically and horizontally of 1/360 of span.
- 1.4.2 Vertical Loads: Provide partitions with sufficient strength to withstand anticipated vertical loads for wall-mounted handrails, equipment, and furnishings without excessive deflection or structural damage.

- a. Partial Height Partitions: Withstand point load of 200 lbf applied every 2 feet to top of partition.
- 1.4.3 Horizontal Loads: Provide partitions with sufficient strength and rigidity to withstand anticipated horizontal loading conditions without excessive deflection or structural damage.
- a. Fixed Partitions: Withstand loading of 5 psf with maximum deflection of L/120, per ASTM E 72-2002.
 - b. Elevator Shaft Wall Partitions: Withstand intermittent air pressure loads of 5 psf with maximum deflection of L/120, per ASTM E 72-2002.
 - c. Partial Height Partitions: Withstand concentrated load of 200 lbf applied over not more than 10 sq in anywhere on partition surface.
- 1.4.4 Railings: Provide railings with sufficient strength and rigidity to withstand the following loads:
- a. Concentrated load of 200 lbf applied in any direction.
 - b. Uniform load of 50 lbf/ft applied in any direction.

2. PRODUCTS

2.1 Fixed Partitions:

- 2.1.1 Design and construct partitions using the following:
- a. Intergal colored concrete masonry units.
 - b. Gypsum board on metal framing.
- 2.1.2 Do not use:
- a. Cast-in-place concrete.
 - b. Brick.
 - c. Glass unit masonry.
 - d. Clay tile units.
 - e. Gypsum plaster on gypsum lath over wood framing and furring.
 - f. Solid gypsum plaster on steel framing.
 - g. Portland cement plaster on metal lath over metal framing .
 - h. Gypsum board on wood framing and furring.
 - i. Wood paneling on wood framing and furring.

2.2 Partial Height Partitions:

- 2.2.1 Design and construct partitions using the following:
- a. Manufactured metal or solid plastic toilet compartments and screens.
- 2.2.2 Do not use:
- a. Cast-in-place concrete.
 - b. Brick.
 - c. Concrete masonry units.
 - d. Glass unit masonry.
 - e. Clay tile units.
 - f. Gypsum plaster on gypsum lath over wood framing and furring.
 - g. Solid gypsum plaster on steel framing.
 - h. Portland cement plaster on metal lath over metal framing .
 - i. Gypsum board on wood framing and furring.
 - j. Wood paneling on wood framing and furring.

2.3 Operable Partitions:

- 2.3.1 Use the following:
- a. Accordion folding systems, manually operated.
- 2.3.2 Do not use:
- a. Individual panel.
 - b. Paired panel systems.

- c. Continuously hinged panel systems, manually operated.
- d. Continuously hinged panel system, electrically operated.
- e. Accordion folding systems, electrically operated.

2.4 Interior Railings:

2.4.1 Use the following:

- a. Pipe and tube railings of stainless steel.
- b. Ornamental metal railings of aluminum.
- c. Ornamental glass-supported railings.

2.4.2 Do not use:

- a. Pipe and tube railings of steel.
- b. Pipe and tube railings of aluminum.
- c. Ornamental metal railings of steel.
- d. Ornamental metal railings of stainless steel.
- e. Ornamental metal railings of copper alloy.
- f. Ornamental metal railings of wrought iron.

END OF CHAPTER C11

CHAPTER C23

WINDOW TREATMENT

1. PERFORMANCE

1.1 Basic Function:

- 1.1.1 Provide window treatments attached to interior construction that are necessary for adequate control of light, glare, privacy, and views for spaces with exterior windows.
- 1.1.2 Window treatments comprise the following elements:
 - a. Window blinds at all exterior windows, except the clearstory.
 - b. Window shades at window around the indoor running track.
- 1.1.3 Where window treatments are integral with elements defined within another element group, meet requirements of both element groups.
- 1.1.4 In addition to the requirements of this chapter, comply with all applicable requirements of Chapter 111 - Facility Performance, Chapter C - Interiors, and Chapter C2 - Interior Fixtures.

1.2 Amenity and Comfort:

- 1.2.1 Thermal Comfort: Provide window treatment ~~throughout project~~ at all exterior windows, except the clearstory that enhances interior thermal comfort.
 - a. Winter Conditions: With window treatment in closed position, improved winter thermal resistance (R) of not less than 0.5 IP.
 - b. Summer Conditions: With window treatment in optimum position, improved summer shading coefficient (SC) of not less than 50 percent.
 - c. Substantiation:
 - (1) Design Development: Product data on thermal properties of proposed window treatments.
- 1.2.2 Condensation Resistance: Provide window treatment ~~throughout project~~ at all exterior windows, except the clearstory that is water-resistant and made of non-corrosive materials that will not be damaged by contact with condensation on window surface.
- 1.2.3 Accessibility: Comply with ADA Accessibility Guidelines and the following:
 - a. Extent: Provide accessible controls for all window treatments, regardless of location.
 - b. Location: Where accessible window treatments are required, provide controls that are mounted so they can be reached from a wheelchair and are not more than 54 inches and not less than 15 inches from the floor.
 - c. Operating Force: Where accessible window treatments are required, provide controls that can be operated without tight grasping or pinching and by a force of not more than 5 lbf.
- 1.2.4 Light and Glare Control: Provide window treatment throughout project that will allow control of light transmitted through window assembly.
 - a. Full Open Position: Maximum reduction of light level of 10 percent.
 - b. Full Closed Position: Minimum reduction of light level of 50 percent.
- 1.2.5 Light and Glare Control with View: Provide window treatment at indoor running track and cardiovascular, weights and exercise rooms that will allow control of light, glare, and solar heat gain in closed position while retaining some level of view to exterior.
 - a. Full Open Position: Maximum reduction of or interference with view of 10 percent.
 - b. Full Closed Position: Maximum reduction of or interference with view of 30 percent.
- 1.2.6 Privacy: Provide window treatment throughout project except those listed in c23, 1.2.5 that will allow complete visual privacy for room interior from observers at any angle to window when window treatment is in fully closed position.
- 1.2.7 Convenience: Provide window treatment ~~throughout project~~ at all exterior windows, except the

clearstory with controls that are conveniently located and easily operated.

- 1.2.8 Appearance: Provide window treatment ~~throughout project~~ at all exterior windows, except the clearstory that is coordinated with window modules and does not conflict with expression of architectural elements of interior construction.

1.3 Health and Safety:

- 1.3.1 Combustibility: Provide window treatments ~~throughout the project~~ at all exterior windows, except the clearstory that are made of fire-retardant treated materials.
- 1.3.2 Flammability: Provide window treatments made of materials with flame spread index of 25 or less and smoke developed index of 450 or less when tested in accordance with ASTM E 84-2001 ~~at all locations throughout the project.~~ as follows:
- a. all exterior windows, except the clearstory.

1.4 Durability:

- 1.4.1 Colorfastness: Provide window treatment ~~throughout project~~ at all exterior windows, except the clearstory that is resistant to degradation from exposure to ultraviolet light.
- a. Painted Aluminum: Maximum of 5 Delta E units (Hunter) color change as calculated in accordance with ASTM D 2244-2002 after 5 years of exposure in accordance with AAMA 2604-2002.
- b. Substantiation:
- (1) Construction Documents: Test results or proven-in-use data for proposed window treatments.

2. PRODUCTS

2.1 Window Blinds:

- 2.1.1 Use one of the following:
- a. Vertical PVC blinds - color white.
- b. Vertical PVC perforated blinds - color white - at cardiovascular, weight and exercise rooms.
- 2.1.2 Do not use:
- a. Horizontal aluminum mini-blinds.
- b. Horizontal aluminum blinds.
- c. Horizontal wood mini-blinds.
- d. Horizontal wood blinds.
- e. Horizontal PVC mini-blinds.
- f. Horizontal PVC blinds.
- g. Vertical aluminum blinds.
- h. Vertical fabric blinds.

2.2 Window Shades:

- 2.2.1 Use the following:
- a. Vinyl mesh shade at indoor running track.

END OF CHAPTER C23

CHAPTER C25**FIXED SEATING****1. PERFORMANCE**

1.1 Basic Function:

1.1.1 Provide seats for occupants and visitors of the type and in the quantity required by the project program and in accordance with the code.

a. Benches:

- (1) Application: At gymnasium (bleachers).
- (2) Backless and armless seats of bleacher depth, standard width, standard height, and no resilience.

1.1.2 Where fixed seating also must function as elements defined within another element group, meet the requirements of both element groups.

1.1.3 In addition to the requirements of this chapter, comply with all applicable requirements of Chapter 111 - Facility Performance, Chapter C - Interiors, and Chapter C2 - Interior Fixtures.

1.2 Amenity and Comfort:

1.2.1 Comfort:

a. Seat Depth:

- (1) Bleacher (no back): 12 inches, edge to edge.

b. Seat Height: Plus or minus 1/2 inch.

- (1) Standard: 17 inches.

c. Seat Contour: Accomplished using seat base or padding.

- (1) Benches: None (flat).

d. Seat Pitch:

- (1) Benches: Flat (no pitch).

e. Seat Resilience:

- (1) None: Rigid.

1.3 Health and Safety:

1.4 Durability:

1.4.1 Service Life Span: 30 years.

1.4.2 Vandal Resistance: Parts not easily removed without the use of tools.

1.5 Operation and Maintenance:

1.5.1 Ease of Maintenance: Not requiring any routine measures to maintain operation or finishes, other than washing with soap and water.

1.5.2 Ease of Repair:

- a. Seating Units: Modular units that can be replaced without removal of other units.

2. PRODUCTS

2.1 Benches:

2.1.1 Use one of the following:

- a. Powered- telescoping 4/4" (Solid yellow Pine) wood bleachers, (four-tier)s at gymnasium.

END OF CHAPTER C25

CHAPTER D43**FIRE DETECTION AND ALARM****1. PERFORMANCE****1.1 Basic Function:**

- 1.1.1 Provide automatic fire detection and automatic alarm systems as required by code and as follows:
- 1.1.2 In addition to protected premises system(s), provide a new on-premises supervising station with connection between protected premises and supervising station by same method currently used for other buildings.
- 1.1.3 Integrated systems performing all functions are preferred, subject to requirements of code for separated, independent systems.
- 1.1.4 Where fire detection and alarm elements also must function as elements defined within another element group, meet the requirements of both element groups.
- 1.1.5 Provide tamper switch for all valves at the riser and PIV located outside of the facility.
- 1.1.6 In addition to the requirements of this chapter, comply with all applicable requirements of Chapter 111 - Facility Performance, Chapter D - Services, and Chapter D4 - Fire Protection.

1.2 Health and Safety:

- 1.2.1 Detection, Alarm, Notification Methods: In accordance with NFPA 72-2002.
 - 1.2.2 Evacuation Plan: Multiple smoke zones and alarm notification of any zone or combination of zones in addition to general evacuation of entire premises.
 - 1.2.3 Provide a fire alarm remote monitor panel located at the entry area.
 - 1.2.4 Detection:
 - a. Upon detection of fire or smoke condition, automatic notification of occupants, building operations staff, and owner's central emergency staff.
 - 1.2.5 Alarms:
 - a. Manual stations at minimum of 150 feet intervals along means of egress paths.
 - b. Audible Alarms: Minimum of 15 dB over ambient noise, audible throughout common areas and means of egress.
 - c. Visual alarms, in locations required by code and public toilets and corridors.
 - d. Separate audible and visual signals for alarms and trouble notification in corridors.
 - 1.2.6 Fire Protection Controls:
 - a. Provide connections between alarm and detection system and fire suppression system activation sensors.
 - b. Upon Alarm: Shut down or deactivate the following:
 - (1) HVAC air distribution.
 - 1.2.7 Audible and visual trouble notification of operations staff, for alarm zone failures, annunciator zone failures, ground faults, backup power failure, water supply equipment failures.
 - 1.2.8 Error and Failure Prevention: Hard wired system; "tamper" sensors at sensitive points; products of only one manufacturer or certified by manufacturer as compatible.
- 1.3 Operation and Maintenance:**
- 1.3.1 Power Supplies:
 - a. Dedicated Battery Backup Power: For:
 - (1) Storage batteries shall be provided and shall be the sealed type requiring no additional water.

The batteries shall have ample capacity, with primary power disconnected, to operate the fire alarm system for a period of 24 hours. Following this period of operation via batteries, the batteries shall have ample capacity to operate all components of the system, including all alarm notification appliances in the total alarm mode for a minimum period of 5 minutes. Batteries shall be sized to deliver 50 percent more ampere/hours than required for the calculated capacities.

1.3.2 Acceptance Test - Acceptance testing shall not be performed until the Contractor has completed and submitted the Certificate of Completion. Testing shall be in accordance with NFPA 72. The recommended test in NFPA 72 shall be considered mandatory and shall verify that previous deficiencies have been corrected. The Contractor shall complete and submit the NFPA 72, Inspection and Testing Form. The test shall include all requirements of NFPA 72 and the following:

- a. Test of each function of the control panel.
 - b. Test of each circuit in both trouble and normal modes.
 - c. Tests of each alarm initiating devices in both normal and trouble conditions.
 - d. Tests of each control circuit and device.
 - e. Tests of each alarm notification appliance.
 - f. Tests of the battery charge and batteries.
 - g. Complete operational tests under emergency power supply.
 - h. Visual inspection of wiring connections.
 - i. Opening the circuit at each alarm initiating devices and notification appliance to test the wiring supervisory feature.
 - j. Ground fault
 - k. Short circuit faults
 - l. Stray voltage
 - m. Loop resistance
- (1) _____

2. PRODUCTS

2.1 Control Systems for All Applications:

2.1.1 Use one of the following:

- a. Microprocessor-based hardware. Addressible fire alarm control panel.
- b. Transceiver shall be BT2-8 compatible with the Base existing Monaco D-700 radio monitoring system.

2.2 Fire/Smoke Detectors:

2.2.1 Use one of the following:

- a. Photoelectric smoke detectors.

2.3 Warning Devices:

2.3.1 Use one of the following:

- a. Combination horn/strobes.

END OF CHAPTER D43

CHAPTER D53**BRANCH CIRCUITS****1. PERFORMANCE****1.1 Basic Function:**

- 1.1.1 Power: Provide adequate electrical power and safe and efficient distribution from panelboards to lighting, wiring devices, equipment, and appliances, based on the project program, other requirements and as follows:
- 1.1.2 Branch circuits comprise the following elements:
- a. Branch circuit breakers.
 - b. Conductors and cable from panelboards to fixtures, wiring devices, and mechanical equipment.
 - c. Raceways and boxes.
 - d. Wiring devices, including, but not limited to, receptacles, floor boxes and plates, wall switches, wall dimmers, remote control switching devices, and wall plates.
 - e. Provide GFCI receptacles for all hair dryers, wet location, and receptacles located in the locker rooms.
 - f. Provide lock out and tag out provision for all electrical panels and equipment.
 - g. Power for scoreboards, scoreboard controller and control wiring.
 - h. Power for the shot clocks and control wiring.
 - i. Power and control for bleachers, basketball backboards, curtains, and digital clock at the elevated indoor running track(option).
 - j. Provide power for three fitlinxx kiosks. 1.) Electrical outlets can be mounted either on the wall or the floor, but they shall be recessed and flush with the finished floor or wall to provide a flat surface for the Fitlinxx power plug. Recessed receptacles not flush with the finished floor or wall and with built-in flip-up doors will not work. Unused outlets on the circuit must be protected with insulating safety plastic plug and even with the outlets. Doing so prevents vacuum cleaners and other powered tools from connecting to the dedicated electrical circuit and causing damage to the system. All Fitlinxx equipment circuits must be dedicated to the Fitlinxx system. 2.) Each kiosk requires one dedicated 120 VAC / 20-amp circuit with one duplex circuit. Each electrical outlet must be located within three feet of the kiosk to ensure power cord reach and reduce trip hazard. 3.) Provide one dedicated 120 VAC / 20-amp circuit on one duplex outlet at the communication room for the fitlinxx server system. The outlet must be located within three feet of the network rack.
 - k. Provide minimum two dedicated 120 VAC / 20-amp wall mounted duplex receptacles in the communication for the communication equipment.
 - l. Provide dedicated circuit for each piece of cardio equipment and the actual receptacle configuration required per the equipment manufacturer recessed in the floor. The recessed receptacle should be located at the front of the machine and not creating a hazard for the exercising person.
 - m. Provide dedicated circuit for microwave, range top, oven stove, and dishwasher in the 'hawc' area.
 - n. Provide ceiling recessed power receptacle for ceiling mounted projector and provide empty conduit system from ceiling mounted projector to a floor recessed outlet box with pullwire for future installation of control wiring.
 - o. Provide power for ceiling fans with local 3 speed control mounted on wall.
 - p. Provide power and control for the coiling door at delivery area and coiling grilles at juice bar. The electrical controls shall have manual override.
 - q. Provide power for ice machine and all electrical appliances in the "juice bar" area.
 - r. Provide recessed power outlets for all television locations.
 - s. Pre-wire power for the outside marquee. Marquee will be purchased and supplied by the User. Outside marquee is manufactured by Young Signs Inc.
 - t. Provide floor recessed receptacles all along the outside walls of the cardio room at 6'-0" on center (for future possible cardio equipment).
 - u. Provide floor recessed receptacles along 1 wall at the free weight room and the machine weight

room. Provide the receptacles at 6'-0" on center.

- 1.1.3 Where branch circuits are integral with elements defined within another element group, meet requirements of both element groups.
- 1.1.4 In addition to the requirements of this chapter, comply with all applicable requirements of Chapter 111 - Facility Performance, Chapter D - Services, and Chapter D5 - Electrical Power, and attached Base Facility Design Standard dated 11 Mar 2004..
- 1.2 Amenity and Comfort:
 - 1.2.1 Accessibility: Comply with ADA Accessibility Guidelines and the following:
 - a. Location: Where ADA accessible devices are required, mount devices no higher than 48 inches and not less than 15 inches above the finished floor.
 - 1.2.2 Convenience:
 - a. Provide convenience receptacles at intervals no greater than 10 feet along the base of all wall areas **of the entire facility** including the ~~gym areas~~ **nasium, and behind bleachers. If indoor track, (option item) is awarded. Provide convenience receptacles at intervals no greater than 10 feet along the base of all walls along the running track.**

END OF CHAPTER D53