



**URBANDALE**  
COMMUNITY SCHOOL DISTRICT

# **URBANDALE HIGH SCHOOL FITNESS EQUIPMENT CONTRACT**

## **Request for Proposals**

March 26, 2019

URBANDALE COMMUNITY SCHOOL DISTRICT  
11152 AURORA AVENUE  
URBANDALE, IOWA 50322

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## LETTER OF INVITATION

Urbandale Community School District  
11152 Aurora Avenue  
Urbandale, Iowa 50322

March 26, 2019

To Whom It May Concern:

The Urbandale Community School District (herein “District” or “Owner”) is seeking proposals for the purchase and installation of fitness equipment in the new Fitness Center Addition of the Urbandale High School. The District invites you to prepare and submit your proposal for this project. The specifications for submitting a proposal are attached.

### 1. STATEMENT OF PURPOSE

- a) A majority of residents, 72.68%, in the Urbandale Community School District voted to pass bond referendum on February 6, 2018, that will provide funds to build two new four-section elementary schools on the current Olmsted and Valerius Elementary sites, build an addition to Webster Elementary or UHS as needed for future enrollment growth, and accelerate the timeline for building a new high school fitness center. The plan was developed based on feedback from students, parents, teachers, staff, and community members who participated in online surveys and numerous facility planning meetings. The plan optimizes school resources, creates equity throughout the district, enhances technology and security, and provides greater 21st Century spaces and learning opportunities for all K-12 students.
- b) The new high school fitness center will be constructed on the west side of Urbandale High School and will be 1-story with a high ceiling to support programming in both the fitness area and the multi-purpose area.
- c) The primary entry will be the current PAC entry which will provide a safe and secure entrance and an opportunity to create a “Hall of Fame” entryway highlighting the achievements of current students and alumni.
- d) Construction is anticipated to begin in spring 2019 and be completed in spring 2020. We will make adjustments to parking as needed in order to accommodate the needs of students, staff, and construction.
- e) The new space will feature an approximate 3,800 square foot multi-purpose fitness area with flooring to support a host of activities such as yoga, cheer practice, and dance practice.
- f) Also featured will be an approximate 9,300 square foot weight/fitness area that will accommodate free weight training, and speed and agility enhancement with a single lane of track and of turf.
- g) Approximately 4,900 square feet will include circulation areas, lobby, new concessions, and new restrooms that support activities in the two existing gymnasiums.

- h) The Fitness Center will support general wellness of all UHS students as the spaces will be incorporated into the daily academic Physical Education (P.E.) program. Spaces will also support Urbandale Community Education Classes.

This procurement of Fitness Center Equipment is divided into three parts consisting of:

- a) Weight Equipment purchase and installation
- b) Cardio Equipment purchase and installation
- c) Purchase, Salvage, and/or Removal of existing equipment at Urbandale High School.

Proposers may submit a separate proposal for the (1) weight equipment purchase and installation, (2) the fitness equipment purchase and installation, and (3) the purchase, salvage, and/or removal of existing equipment at Urbandale High School or for any combination of (1) weight equipment purchase and installation, (2) the cardio equipment purchase and installation, and (3) the purchase, salvage, and/or removal of existing equipment at Urbandale High School.

Questions related to the drawings and specifications may be directed to either:

William R. Watson, Ph.D., CAA  
Director of Activities and Community Education  
Urbandale Community School District  
7111 Aurora Avenue  
Urbandale, Iowa 50322  
E-mail: [william.watson@j-hawks.com](mailto:william.watson@j-hawks.com)  
315-457-6994 (office)

Pete Traynor  
Director of Strength and Conditioning  
Urbandale Community School District  
7111 Aurora Avenue  
Urbandale, Iowa 50322  
E-mail: [pete.traynor@j-hawks.com](mailto:pete.traynor@j-hawks.com)  
319-530-4488 (cell)

Clarifications resulting in questions will be provided as necessary.

Proposals are due to the District by April 16, 2019, before 2:00PM, Central Standard Time, in the format provided herein.

Thank you for your time and interest in providing a proposal for services to the Urbandale Community School District.

Sincerely,

Urbandale Community School District

## **INSTRUCTION TO PROPOSERS**

To be considered, Proposals must be made in accordance with these Instructions to Proposers.

IP.01 DEFINITION: Proposals include the Instructions to Proposers, Proposal Forms, other sample proposal and contract forms, and proposed Contract Documents including any Addenda issued prior to receipt of Proposals.

### IP.02 PROPOSAL DOCUMENTS

IP.02.1 COPIES: Copies of proposal documents may be obtained from the Urbandale Community School District, District Offices, 11152 Aurora Avenue, Urbandale, Iowa 50322, by calling 515-457-5000 from 8:00AM until 4:00PM, Monday through Friday. If shipping is required, there will be a non-refundable fee required for each set shipped. The cost shall be determined by the Urbandale Community School District, based on the size of the project. Checks for shipping shall be made out to Urbandale Community School District.

IP.02.2 QUESTIONS AND INTERPRETATIONS: Submit questions about Proposals to one or both of the following:

William R. Watson, Ph.D., CAA  
Director of Activities and Community Education  
Urbandale Community School District  
7111 Aurora Avenue  
Urbandale, Iowa 50322  
E-mail: [william.watson@j-hawks.com](mailto:william.watson@j-hawks.com)  
515-457-6994 (office)

Pete Traynor  
Director of Strength and Conditioning  
Urbandale Community School District  
7111 Aurora Avenue  
Urbandale, Iowa 50322  
E-mail: [pete.traynor@j-hawks.com](mailto:pete.traynor@j-hawks.com)  
319-530-4488 (cell)

Replies will be issued to Proposers of record as Addenda to the Proposals. Interpretations, corrections or changes of the Proposals made in any other manner will not be binding and Proposers shall not rely upon them. The Owner will not be responsible for oral clarification. Questions received after April 4, 2019 cannot be answered.

IP.02.3 SUBSTITUTIONS: The materials, products, and equipment described in the Proposals establish a standard of required function, dimension, appearance, and quality to be met by any proposed substitution.

- .1 No substitution will be considered prior to receipt of Proposals unless written request for approval has been received by the District by the end of the business day ten (10) days prior to the Proposal opening. Such requests shall include the name of the project, the specification section and the name of the material or equipment for which it is to be substituted and a complete description of the proposed substitution including drawings, performance and test data, and other information necessary for an evaluation. A statement setting forth changes in other materials, equipment, or other portions of the work, including changes in the work of other contracts that incorporation of the proposed substitution would require, shall be included. The burden of proof of the merit of the proposed substitution is upon the Proposer. The Owner's decision of approval or disapproval of a proposed substitution shall be final.
- .2 If the Owner approves a proposed substitution prior to receipt of Proposals, such approval will be set forth in an Addendum. Proposers shall not rely upon approvals made in any other manner.
- .3 No substitutions will be considered after the Contract is awarded unless specifically provided for in the Contract Documents.

### IP.03 CONDITIONS OF WORK

IP.03.1 EXAMINATION: Proposers shall carefully examine the Proposals and construction site to obtain firsthand knowledge of existing conditions. The Contractors will not be given extra payments for conditions which can be determined by examining the site and Proposals. The site and facilities may be examined after checking in with John Lees, Buildings and Maintenance Supervisor, at (515) 306-4191.

IP.03.2 SALES AND USE TAX: Proposers shall not include State of Iowa and Local Option Sales and Use Tax in the Proposal. The General Contractor shall provide a list of subcontractors, sub-sub contractors and suppliers with their Federal Identification Number to the Owner. The Owner will issue exemption certificates to contractors, subcontractors, sub-sub contractors and suppliers in order to eliminate tax from the construction materials following award of contract. If material is purchased outside the State of Iowa and the other State requires that the contractors, subcontractors, sub-sub contractors and suppliers pay sales tax they are recommended to include this price in their Proposal unless they are able to obtain a sales tax refund from said State.

IP.03.3 MINORITY PARTICIPATION AND TARGETED SMALL BUSINESS is encouraged. Proposers shall make a good faith documented effort to encourage the participation of Certified Iowa Targeted Small Business in accordance with Code of Iowa. Proposers may contact the Iowa Department of Economic Development, 200 East Grand Avenue, Des Moines, Iowa 50309, (515) 242-4813 for further information. Additional information and a list of certified vendors can be found on the web at [www.state.ia.us/government/dia/page5.HTML](http://www.state.ia.us/government/dia/page5.HTML). Successful Proposers shall submit evidence of Targeted Small Business Contact and Participation prior to execution of a Contract.

## IP.04 PROPOSAL SUBMISSION PROCEDURE

### IP.04.1 PREPARATION OF PROPOSALS

- .1 Proposals shall be submitted on unaltered Proposal Forms furnished by the District.
- .2 Each Proposal shall include the legal name of the Proposers, and shall show whether the Proposer is a corporation, a partnership, or a sole proprietor, or any other legal entity. A Proposal of a corporation shall give the State of incorporation, and shall have the seal affixed, and, if a foreign corporation, it shall state whether or not the corporation is licensed to do business in the State of Iowa as a foreign corporation. A Proposal of a partnership shall give the names of all the partners. A Proposal of a sole proprietor doing business under a trade name shall give the name of the sole proprietor and the trade name under which the individual is doing business.
- .3 Fill in all blank spaces for Proposal prices in ink or typewritten words, and submit four (4) copies (1 original and 3 copies). The Proposers must include all unit cost items and all Alternates if shown on the Proposal Form. If no change in the Base Proposal is required enter "No Proposal." No segregated or qualified proposals will be accepted.
- .4 Proposals shall be signed by the person or persons legally authorized to bind the Proposers to a contract. A Proposal submitted by an agent shall have a current Power of Attorney attached certifying the agent's authority to bind the Proposer
- .5 Sums shall be expressed in both words and figures. In case of discrepancy, the amount written in words shall govern.

### IP.04.2 SUBMISSION OF PROPOSALS

- .1 Proposals, together with required enclosures, shall be submitted in opaque, sealed envelopes bearing the following information:
  - .1 Proposer's name and address
  - .2 Project name
  - .3 Portion of the project or category of work for which the Proposal is submitted
    - .1 PROPOSAL FOR WEIGHT EQUIPMENT
    - .2 PROPOSAL FOR CARDIO EQUIPMENT
    - .3 PROPOSAL FOR PURCHASE, SALAVAGE AND/OR REMOVAL OF EXISTING EQUIPMENT
    - .4 COMBINED PROPOSAL FOR WEIGHT, CARDIO AND PURCHASE, SALAVAGE AND/OR REMOVAL OF EXISTING EQUIPMENT
  - .4 Date and time due
- .2 Proposals sent by mail shall be enclosed in a separate mailing envelope with the notation "PROPOSAL ENCLOSED" on the face, and shall be addressed to the Owner as shown on the Proposal Form. No faxed, emailed, telephonic or oral Proposals will be accepted.
- .3 Proposals shall be deposited at the designated location prior to the time and date of receipt of Proposals indicated in this RFP. Proposals received after the time and date for receipt of Proposals will be returned unopened.
- .4 The Proposers assumes all risk associated with compliance of the specified proposal submission time and location. Any discrepancies in the Proposal location or Proposal time or the time/location when any Proposal was received shall be decided exclusively by the Owner.
- .5 Any explanation or statement which the Proposer wishes to have considered by the District must be written on a separate sheet of paper and placed in the same envelope

- with the Proposal. Unless the Proposer so indicates, it is understood that the Proposal is in strict accordance with the specification requirements.
- .6 All supplemental information required by the RFP specifications shall be attached to the Proposal submitted. Omission of such information may result in rejection of the Proposal.
  - .7 Proposers must satisfy themselves, upon examination of the specifications, as to the scope of the work. After the submission of the Proposal, no complaint or claim of misunderstanding will be entertained from any Proposer.
  - .8 All Proposals shall be deemed final, conclusive and irrevocable at time of submission and Proposals may not be subject to correction or amendment for error or miscalculation.
  - .9 While this document describes the current range of equipment and services provided to the District, Proposers are encouraged to propose alternate systems or improve upon the specifications in any way that they believe will benefit the District.

#### IP.04.3 REQUIRED SUBMITTAL DOCUMENTS

- .1 Proposers are required to provide the following documents and information with their response for each Proposal submitted, as applicable to the proposal for the (1) weight equipment purchase and installation, (2) the fitness equipment purchase and installation, and (3) the purchase, salvage, and/or removal of existing equipment at Urbandale High School.
  - Proposal Form(s)
  - Appendix A – A5 – Proposer General Information
  - Appendix B1-B13, C1-C4, D detailed descriptions
  - Reference listing of school districts within the State of Iowa and surrounding states in which the Proposer has provided similar services. The address, telephone number, e-mail address, and the name of an appropriate administrator who will have knowledge of this equipment and/or service is required for each reference.

#### IP.04.4 MODIFICATION OR WITHDRAWAL OF PROPOSAL

- .1 Proposals, once opened, shall be valid for ninety (90) days from the date set for receipt of Proposals. No Proposal may be withdrawn during the Proposal holding period.
- .2 Prior to the time and date for receipt of Proposals, Proposals submitted early may be modified or withdrawn only by notice to the party receiving Proposals at the place and prior to the time designated for receipt of Proposals. Such notice shall be in writing over the signature of the Proposer or by mail. If by mail, written confirmation by the Proposer must have been mailed and postmarked on or before the date and time set for receipt of Proposals. Modifications shall be so worded as not to reveal the amount of the original Proposal.
- .3 Withdrawn Proposals may be resubmitted up to the time designated for the receipt of Proposals.



## IP.05 CONSIDERATION OF PROPOSALS

IP.05.1 OPENING OF PROPOSALS. To the extent permitted by law, Proposals will be received on April 16, 2019, and will be evaluated by the Activities Director in consultation with other District personnel, including, but not limited to the Superintendent and Chief Financial Officer. A formal recommendation will be made to the Board of Directors for final action approval.

IP.05.2 REJECTION OF PROPOSALS, INFORMALITIES AND IRREGULARITIES. The District reserves the right to reject any or all proposals or parts thereof, to waive any informalities or irregularities, and to enter into such contract as shall be deemed in the best interests of the District. No contract will be awarded except to responsible Proposers capable of performing the contract as stated in writing in this document.

Proposers shall be informed in writing of the Owner's award.

Any Proposal may be rejected outright and not evaluated for any one of the following reasons.

1. Failure to deliver the Proposal by the prescribed time on the due date.
2. Failure to include a response document signed by an officer of the company submitting the Proposal.
3. Failure to include any documents called for in the specifications.
4. Failure to follow the offer form instruction as specified herein.

The Owner reserves the right, in its sole discretion, to decide not to utilize the services of any selected provider or to terminate the selection without cause and without penalty and the selection of a provider does not assure that any services will ultimately be requested. Further, the Owner is under no obligation to utilize the selected service provider's services on an exclusive basis.

## IP.05.3 ACCEPTANCE OF PROPOSAL

- .1 A Contract may be awarded on the basis of the best Proposal, in the sole and exclusive discretion of the Board of Directors, taking into consideration, to the extent relevant to the Proposal, the following factors which include but are not limited to:
  - Contractor experience
  - Equipment
  - Price
  - Timeliness of delay
  - Ability to perform required services
  - Other factors the Owner determines to be relevant

- .2 The District reserves the right to enter into a contract with a Proposer(s) for one, two or three proposals based on the best interests of the District. The Contract shall be awarded to that Proposer who, in the District's sole discretion, provides that Proposal which is in the best interests of the District. The District shall make that determination after an analysis and evaluation of the information provided by Proposer. However, the District reserves the right to reject any and all Proposals and re-solicit to prospective Proposers. Separate Contracts may be awarded, if at all, for the (1) weight equipment purchase and installation, (2) the cardio equipment purchase and installation, and (3) the purchase, salvage, and/or removal of existing equipment at Urbandale High School or for any combination of (1) weight equipment purchase and installation, (2) the cardio equipment purchase and installation, and (3) the purchase, salvage, and/or removal of existing equipment at Urbandale High School.

IP.05.4 DISQUALIFICATION. The Owner reserves the right to disqualify Proposals, before or after opening, upon evidence of collusion with the intent to defraud or other illegal practices upon the part of the Proposer.

#### IP.06 QUALIFICATIONS OF CONTRACTORS

- a) Each Proposer is required to submit as part of their Proposal a statement outlining their qualifications to perform the work under consideration. The purpose of the summary is to provide a description of the offerings available to meet the requirements of the RFP.
- b) Before the award of contract, any offer considered may be required to show that they have the necessary experience, facilities, ability and financial resources to fulfill this request in a satisfactory manner and within the time stipulated. The Owner reserves the right to conduct any investigation of the qualifications of any Proposer that it deems appropriate, negotiate modifications to any of the items proposed in the proposal, or request additional information from any Proposer. The District may choose to conduct interviews with some or all of the service providers submitting proposals.

#### **INTERPRETATION OF RFP DOCUMENTS:**

Any person contemplating the submission of a proposal on this project and is in doubt as to the true meaning of any part of the specifications, or other proposed documents, that person shall submit to the District in writing, a request for an interpretation. Request should be received not less than four (4) calendar days before the proposal date. The person submitting a request will be responsible for its prompt delivery. Clarification to the proposal documents will be issued in writing and returned to the person in a timely manner (within 1 calendar day unless noted) and may be sent to all other Offerors. In the event the proposal document requires any revisions, it will be revised and sent to all Offerors of record using a written addendum.

**DISCLAIMERS:**

1. The District reserves the right to withdraw this RFP at any time and for any reason, and to issue such clarifications, modifications, and/or amendments as it may deem appropriate.
2. Receipt of Proposal materials by the District or submission of a Proposal to the District confers no rights upon the Offeror nor obligates the District in any manner.
3. The District reserves the right to waive minor irregularities in proposals, provided that such actions are in the best interest of the District. Any such waiver shall not modify any remaining RFP requirements or excuse the Offeror from full compliance with the RFP specifications and other contract requirements if the agent is awarded the contract.

**IP.07 FORM OF AGREEMENT FOR THE WORK**

Any / all agreement(s) will be written on a standard Urbandale Community School District Purchase Order Form, inclusive of all of the requirements set herewithin.

**IP.08 APPROVAL OF CONTRACT**

No Contract is binding upon the Owner until it has been executed by and approved by the Urbandale Community School District.

**IP.09 IDENTIFICATION OF SUBCONTRACTORS AND SUPPLIERS**

The Contractor shall furnish the names of the Subcontractors and Suppliers proposed for the Work within ten (10) days of the date of the Agreement between Owner and Contractor.

**IP.10 LAW AND REGULATION**

The Proposer’s attention is directed to the fact that all applicable federal and state laws, municipal ordinances and the rules and regulations of all authorities having jurisdiction over construction of the Contract are applicable the same as though herein written out in full.

**IPB.11 SCHEDULE**

<b>EVENT</b>	<b>DEADLINE</b>
RFP available to interested Proposers	3/26/2019
RFP questions deadline	4/4/2019
Proposal submission deadline	4/16/2019 – 2:00PM
District review of Proposals	4/16/2019 – 5/1/2019
Complete Contracts; Finalize terms	5/2/2019
Anticipated Board selection of Contractor(s)	5/6/2019
Anticipated Board Contract(s) approval with selected Contractor(s)	5/20/2019
Anticipated Fitness Equipment Installation Start	6/8/2020
Anticipated Fitness Equipment Installation Final Completion	8/14/2020

## IP.12 DEFINITIONS

- District: Urbandale Community School District
- Board of Education or Board of Directors: The Board of Directors of the Urbandale Community School District.
- Superintendent: The Superintendent of the Urbandale Community School District.
- Director of Activities and Community Education or Activities Director: The Director of Activities and Community Education of the Urbandale Community School District.
- Director of Strength and Conditioning: The Director of Strength and Conditioning of the Urbandale Community School District.
- Contractor(s): The Proposer(s) to whom the award(s) is/are made.
- Proposer(s): A private sector provider who submits a Proposal.
- Architect: DLR Group, Des Moines, IA serves as the Architect for the building project.
- General Contractor: Rochon Corporation serves as the General Contractor on the building project.
- RFP and Specifications: The direction and requirements of the detailed technical specification requirements as may be provided, pertaining to the manner of performing the work or the quantity and quality of work to be furnished.
- Proposal(s) or Proposals: The written offer(s) or copy(ies) thereof by a Proposer/proposer to perform the work described within the specifications, when made out and submitted on the prescribed proposal form properly signed and guaranteed
- Contract: The written agreement covering the performance of the work as described within the specifications, including all supplemental agreements thereto and all general and special provisions pertaining to the work

## IP.13 DISCLAIMERS

- .1 The District reserves the right to withdraw this Request for Proposals at any time and for any reason, and to issue such clarification, modifications, and/or amendments as it may deem appropriate. Receipt of Proposal materials by the District or submission of a Proposal to the District confers no right upon Proposer or its agent nor obligates the District in any manner. The District reserves the right to waive irregularities in this proposal, provided that such actions are in the best interest of the District. Any such waiver shall not modify any remaining Request for Proposals requirements or excuse the Proposer from full compliance with the Request for Proposals specifications and other contract requirements if the Contractor is awarded the Contract.
- .2 Notwithstanding any other provisions of the contract, if funds anticipated for the continued fulfillment of this contract are at any time not forthcoming or insufficient, either through the failure of the State or the District to appropriate funds or through discontinuance of material alteration of the program for which funds were provided, the District shall have the right to terminate this contract without penalty by giving not less than thirty days written notice documenting the lack of funds.
- .3 Each Offeror, before submitting an offer, shall become fully informed as to the extent and character of the work/service required. No consideration will be granted for any alleged misunderstanding of what will be furnished or the work to be done; it is further understood that the submission of an offer is an agreement to all items and conditions referred to herein.

#### IP.14 OWNERSHIP AND PROPRIETARY INFORMATION

The District operates under a public information law, which permits access to most records and documents. All proposals become the property of the District and will not be returned to the proposed service providers. Following the opening of the proposals, the contents of the proposals will be placed in the public domain and be open for inspection by interested parties. Trade secrets or proprietary information that are recognized as such and are protected by law may be withheld upon the written request of the proposer to the extent legally permissible.

#### IP.15 OTHER REQUIREMENTS

- .1 Proposer certifies that he or she has read, understands, and will fully and faithfully comply with this Request for Proposals, its attachments and any referenced documents. Proposer also certifies that the prices offered were independently developed without collusion with any other Proposer or potential Proposers.
- .2 The District is not responsible for any expense incurred in preparing and submitting a Proposal, taking any action in connection with the selection or negotiations process, or for the costs of any services performed by any firm or person prior to the execution of a contract with a service provider.
- .3 Contract Documents will consist of the Request for Proposals, scope of work, the signed and accepted Proposal form, the signed and accepted Contract, the approved performance bond, Proposal conditions, and the insurance certificates.
- .4 In the event the Contractor wishes to make changes involving substantial additional expense and time, the District shall be advised in writing. Such changes shall be made only after the District gives written authorization to the Contractor. The District or Contractor may, from time to time, request changes in the scope of service by the Contractor. Such changes, including any increase in the amount of compensation to the Contractor which are mutually agreeable, shall be in written form and incorporated in this Contract.
- .5 The undersigned has read and fully understands the notice to Contractors, information for Contractors and has carefully researched all requirements of the Proposal along with all other parts of the Proposal package.
- .6 The Contractor shall respect and comply with all applicable state and federal laws, rules and regulations and all District's policies and regulations.

#### IP.16 CONCURRENT WORK

- .1 Owner will perform the following construction operations at Project site. Those operations will be conducted simultaneously with work under this Contract:
  - .1 Fitness Center Building Addition: The Work for construction of the new Fitness Center Addition between April 2019 and June 2020.
  - .2 North Gym Floor Re-finishing: The Work for the re-finishing of the athletic wood flooring between July 1, 2019 and August 9, 2019.
  - .3 South Gym Floor Re-finishing: The Work for the re-finishing of the athletic wood flooring between July 1, 2019 and August 9, 2019.

**URBANDALE COMMUNITY SCHOOL DISTRICT  
GENERAL CONDITIONS**

1. **OWNER:** Any reference to Owner, District or Board of Education shall mean Urbandale Community School District, 11152 Aurora Avenue, Urbandale, Iowa 50322 acting through a properly authorized representative.
2. **CONTRACTOR:** “Contractor” shall mean the person, firm, or corporation entering into written agreement with the Owner.
3. **UNEMPLOYMENT INSURANCE:** It is understood and agreed that neither the Contractor nor any employee of the Contractor shall be deemed or construed to be an employee of the Owner, and shall not be entitled to the benefits of Unemployment Insurance Old Age Pension, or other Social Security legislation, as an employee of the Owner.
4. **SALES OR OCCUPATIONAL TAX:** In as much as this equipment/supplies/project is being purchased by a tax-supported institution, no sales tax shall be included.
5. **EQUIVALENTS AND SUBSTITUTES:** In case of stock items, it shall be assumed unless otherwise stated that the Proposer proposes to furnish the specified make and catalog number (or its actual, equal or equivalent). In case the Proposer wishes to propose a substitute item, which in its opinion meets the same functional intent, but does not comply in face with the specification, they shall so state in its proposal. The Proposer shall attach supporting literature, or descriptive materials sufficient to establish the quality and characteristics of the item proposed. In such case, judgment as to the acceptance of such an item as an acceptable substitute rests exclusively with the Owner. A mere statement to the effect that the Contractor is Proposing “Manufacture Standard” without above supporting information may be cause for rejecting the Proposal.
6. **SAMPLES AND EQUIPMENT DEMONSTRATIONS:** Samples shall be presented, and demonstration shall be made by invitation only, as notified by the Owner.
7. **ROYALTIES:** The Contractor shall be responsible for payment of applicable royalties, if any, and shall hold the Owner harmless from loss on account of patent infringement or the cost of defending suits or claims in connection therewith.
8. **INSURANCE:** The Contractor is required to provide delivery to the premises. The Contractor or subcontractors shall carry adequate property damage and public liability insurance. Under these conditions, upon request, they shall furnish the Owner a certificate of compliance before delivery to the job. It is understood that all furniture, equipment and materials supplied by or for the Contractor shall remain their property until such time as received and accepted or paid for by the Owner, and the contractor shall protect them with appropriate insurance against fire, theft, or other loss or damage.

9. PROTECTION OF PROPERTY AND LIABILITY: The Contractor shall take care not to damage the premises or property of the Owner and in case of such damage, as a result of delivery under the Contract, shall make proper restitution. The Contractor shall exercise due caution for the protection of persons, and shall protect the Owner from expense and hold them harmless from liability by reasons of injury, including death, to any person or persons, or for damage of property of others occurring as a result of the delivery and performance under Contract.
10. STORAGE AND DELIVERY OF EQUIPMENT/MATERIALS OR SUPPLIES: The Contractor shall be responsible for the storage and safeguarding of the items of equipment/material/supplies furnished under this Contract until delivery and/or installation. Contractor shall have them available at the appointed time, but unless otherwise agreed upon, shall not deliver them to the premises until arranged time.
11. PAYMENT PROCEDURES:
  - 11.1 Progress Payments.
    - .1 Upon execution of a District-authorized Purchase Order Agreement, the Contractor/Vendor may submit an initial invoice for payment totaling no more than 70% of the total value of the contract to cover material and production.
    - .2 Upon delivery of the equipment to the project site, Contractor/Vendor may submit an invoice totaling no more than 95% of the total value of contract.
  - 11.2 Final Payment Application: Upon completion of delivery and installation of the equipment, Contractor/Vendor shall submit a final invoice totaling the balance remaining of 5% of the total value of the contract.
12. FINAL INSPECTION AND ACCEPTANCE: When the Contractor believes it has completed delivery in accordance with the specifications, it shall, with the Owner/Architect, make a final inspection. After the Owner is in agreement that all items have been delivered in a satisfactory and acceptable manner and the project is complete, the Contractor shall submit their invoices for final payment.
13. SPECIFICATIONS: In the event that any questions shall arise respecting the true meaning of the specifications, the matter shall be referred to the Architect whose decision shall be conclusive upon all parties to the Contract. Either the Contractor or Owner/Architect shall take no advantage of manifest clerical errors or omissions in the specifications. The Contractor shall report to the owner any errors or omissions or questions it may have which effect its Proposal before submitting of Proposals.
14. DELIVERY AND PROJECT COMPLETION: Payment shall be determined by Board Policy with all invoice payments submitted for Board approval at regularly scheduled Board meetings.

15. CONFORMANCE WITH LAWS:

15.1 The Contractor shall conform in all respects with the provisions of the Federal Civil Rights Act, the Code of Iowa, Chapter 216 Civil Rights Commission and the rules and regulations adopted thereto by the Iowa Civil Rights Commission. The Contractor shall not discriminate against any employee or applicant because of race, color, religion, sex, national origin, ancestry, age, marital status sexual orientation, gender identity, physical or mental disability, genetic information or any other protected class under state or federal law. The Contractor shall comply with all applicable federal, state and local, laws, rules, regulations, ordinances, policies and procedures, including the Urbandale Community School District policies and procedures. The Contractor shall require similar clauses in all of its subcontracts for service or materials.

15.2 The Contractor shall comply with Iowa Code 692A.113, and shall certify that it is not managed, operated or owned by a person who is a registered sex offender convicted of a sex offense against a minor. Contractor shall also prohibit any employee who is such a sex offender from being on Owner's school property. The Contractor shall not permit any Subcontractor, Vendor or Supplier which is owned, managed or operated by a sex offender convicted of a sex offense against a minor, or any such sex offender employee of any of them, to be present on Owner's school property. The Contractor shall further acknowledge and certify services provided under this contract comply with Iowa Code 692A.113 and shall execute and deliver a copy of "Certificate of Compliance" within ten (10) days of the execution of the Agreement or before and any Company workers are on the Project site.

16. CLAIMS AND DISPUTES

16.1 The parties shall endeavor to resolve their Claims by mediation which, unless the parties mutually agree otherwise, shall be administered in accordance with Iowa Code Chapter 679C, as amended. A request for mediation shall be made in writing and delivered to the other party to the Contract. The request may be made concurrently with the filing of litigation proceedings but, in such event, mediation, if agreed to by both parties, shall proceed in advance of litigation proceedings, which shall be stayed pending mediation for a period of 60 days from the date of filing, unless stayed for a longer period by agreement of the parties or court order.

16.2 The parties shall share the mediator's fee and any filing fees equally. The mediation shall be held in the place where the Project is located, unless another location is mutually agreed upon. Agreements reached in mediation shall be enforceable as settlement agreements in any court having jurisdiction thereof.



17. INDEMNIFICATION: The Contractor shall indemnify and hold District harmless from and against all liabilities, claims, debts, taxes, obligations, costs and expenses (including reasonable attorney's fees, court costs and costs of appeal) that District may incur or sustain as a result of any breach of this Agreement or negligent or other wrongful conduct in the performance of this Agreement by Contractor. If a suit, action, or other legal proceeding is instituted in connection with any controversy arising out of this Agreement or to interpret or enforce any rights under this Agreement, the Owner, as the prevailing party, shall be entitled to recover from the non-prevailing party all attorney fees, costs, expert witness fees, and litigation expenses incurred by the prevailing party, including those incurred on appeal.

**PROPOSAL FORM**

Urbandale High School – Fitness Equipment Contract  
Urbandale, Iowa  
Issue Date: March 26, 2019

Proposal of \_\_\_\_\_,

- o a corporation organized and existing under the laws of the State of Iowa;
- o a corporation organized and existing under the laws of the State of \_\_\_\_\_ and is/is not licensed to do business in the State of Iowa as a foreign corporation;
- o a partnership consisting of \_\_\_\_\_ , partners; or
- o a sole proprietor;

hereinafter called the Proposer.

To: Board of Directors  
Urbandale Community School District  
11152 Aurora Avenue  
Urbandale, Iowa 503022

The undersigned acknowledges that he has received and familiarized himself with the following:

Project Manual: as listed by Table of Contents

Addenda: NO. \_\_\_\_\_ DATED \_\_\_\_\_

NO. \_\_\_\_\_ DATED \_\_\_\_\_

NO. \_\_\_\_\_ DATED \_\_\_\_\_

The undersigned further acknowledges that he has visited the site and familiarized himself with local conditions affecting the cost of the work at the place where the work is to be done.

In submitting this Proposal, the undersigned agrees:

1. To furnish all material, labor, tools, expendable equipment, and all utility and transportation services necessary to provide and complete, in a workmanlike manner, all of the Work required for the Urbandale High School – Fitness Equipment Contract set forth.
2. To hold his Proposal open for ninety (90) days after the receipt of Proposals and to accept the provisions of the Instructions to Proposers regarding disposition of Proposal Security.
3. To substantially complete the Work as specified.

The undersigned has attached all other items required in the Instructions to Proposers.

In submitting this Proposal, it is understood that the right to reject any and all Proposals and to waive irregularities in the Proposal has been reserved by the Owner.

Dated this \_\_\_\_\_ day of \_\_\_\_\_, 20\_\_\_\_

\_\_\_\_\_  
Name of Proposer

\_\_\_\_\_  
Address of Proposer

\_\_\_\_\_  
Authorized Officer

\_\_\_\_\_  
Area Code/Telephone Number

**PROPOSAL FORM – PRIME CONTRACT WEIGHT EQUIPMENT APPENDIX B**

Urbandale High School – Fitness Equipment Contract  
 Urbandale, Iowa  
 Issue Date: March 26, 2019

**LUMP SUM BASE PROPOSAL:** The undersigned hereby proposes and agrees to provide the foregoing for the Lump Sum of

\_\_\_\_\_ dollars (\$ \_\_\_\_\_).  
 (Amount shall be shown in both words and figures. In case of discrepancy, the amount shown in words will govern.)

ALTERNATES: The above Lump Sum Base Proposal may be modified in accordance with the following Alternates as may be accepted by the Owner:

ALTERNATE NO. MPC-1: Provide material and labor to provide Custom Color / Logo for Equipment described in Appendix B.

If this Alternate is accepted, add to the Lump Sum Base Proposal the sum of

\_\_\_\_\_ dollars (\$ \_\_\_\_\_).

**Unit Pricing: Appendix B-1** *(include delivery and installation)*

Single Rack Unit	\$
Total Price for 26 racks	\$
Total Price for 26 racks, connections, custom bridges and customization	\$

**Unit Pricing: Appendix B-2** *(include delivery and installation)*

Single Bench Unit	\$
Total Price for 26 benches	\$

**Unit Pricing: Appendix B-3** *(include delivery and installation)*

Single GHD/Reverse Hyper Combination Device	\$
Total Price for 8 GHD/Reverse Hyper Combination Devices	\$

**Unit Pricing: Appendix B-4** *(include delivery and installation)*

Single Lat Pull Down/Low Row Machine	\$
Total Price for 4 Lat Pull Down/Low Row Machines	\$

**Unit Pricing: Appendix B-5** *(include delivery and installation)*

Single Hi/Lo Adjustable Pulley Machine	\$
Total Price for 6 Hi/Lo Adjustable Pulley Machines	\$

**Unit Pricing: Appendix B-6** *(include delivery and installation)*

Single Belt Squat Machine	\$
Total Price for 2 Belt Squat Machines	\$

**Unit Pricing: Appendix B-7** *(include delivery and installation)*

Price per plate by weight	\$
Total Price for All Weight	\$

**Unit Pricing: Appendix B-8** *(include delivery and installation)*

Single Olympic Power Bar	\$
Total Price for 26 Olympic Power Bars	\$

**Unit Pricing: Appendix B-9** *(include delivery and installation)*

Single Olympic Bearing Bar	\$
Total Price for 26 Olympic Bearing Bars	\$

**Unit Pricing: Appendix B-10** *(include delivery and installation)*

Single Training Bar	\$
Total Price for 26 Training Bars	\$

**Unit Pricing: Appendix B-11** *(include delivery and installation)*

Price Per Dumbbell Set	\$
Total Price for all dumbbells	\$

**Unit Pricing: Appendix B-12** *(include delivery and installation)*

Custom Rubber Grip Plates Price per plate by weight	\$
Total Price for all Custom Rubber Grip Plates	\$

**Unit Pricing: Appendix B-13** *(include delivery and installation)*

Total Price for all Miscellaneous Items	\$

The undersigned has attached all other items required in the Instructions to Proposers.

In submitting this Proposal, it is understood that the right to reject any and all Proposals and to waive irregularities in the Proposal has been reserved by the Owner.

Dated this \_\_\_\_\_ day of \_\_\_\_\_, 20\_\_\_\_

\_\_\_\_\_  
Name of Proposer

\_\_\_\_\_  
Address of Proposer

\_\_\_\_\_  
Authorized Officer

\_\_\_\_\_  
Area Code/Telephone Number

**PROPOSAL FORM – PRIME CONTRACT CARDIO EQUIPMENT APPENDIX C**

Urbandale High School – Fitness Equipment Contract  
 Urbandale, Iowa  
 Issue Date: March 26, 2019

**LUMP SUM BASE PROPOSAL:** The undersigned hereby proposes and agrees to provide the foregoing for the Lump Sum of

\_\_\_\_\_ dollars (\$ \_\_\_\_\_).  
 (Amount shall be shown in both words and figures. In case of discrepancy, the amount shown in words will govern.)

**Unit Pricing: Appendix C-1** *(include delivery and installation)*

Single Commercial Treadmill	\$
Total Price for 4 Commercial Treadmills	\$

**Unit Pricing: Appendix C-2** *(include delivery and installation)*

Single Non-Motorized Treadmill	\$
Total Price for 2 Non-Motorized Treadmills	\$

**Unit Pricing: Appendix C-3** *(include delivery and installation)*

Single Air Bike	\$
Total Price for 8 Air Bikes	\$

**Unit Pricing: Appendix C-4** *(include delivery and installation)*

Single Rowing Machine	\$
Total Price for 8 Rowing Machines	\$

The undersigned has attached all other items required in the Instructions to Proposers.

In submitting this Proposal, it is understood that the right to reject any and all Proposals and to waive irregularities in the Proposal has been reserved by the Owner.

Dated this \_\_\_\_\_ day of \_\_\_\_\_, 20\_\_\_\_

\_\_\_\_\_  
Name of Proposer

\_\_\_\_\_  
Address of Proposer

\_\_\_\_\_  
Authorized Officer

\_\_\_\_\_  
Area Code/Telephone Number



**PROPOSAL FORM – PRIME CONTRACT PURCHASE, SALVAGE AND/OR REMOVE EXISTING EQUIPMENT APPENDIX D**

Urbandale High School – Fitness Equipment Contract  
Urbandale, Iowa  
Issue Date: March 26, 2019

**LUMP SUM BASE PROPOSAL:** The undersigned hereby proposes and agrees to provide the foregoing for the Lump Sum of

\_\_\_\_\_ dollars (\$ \_\_\_\_\_).  
(Amount shall be shown in both words and figures. In case of discrepancy, the amount shown in words will govern.)

The undersigned has attached all other items required in the Instructions to Proposers.

In submitting this Proposal, it is understood that the right to reject any and all Proposals and to waive irregularities in the Proposal has been reserved by the Owner.

Dated this \_\_\_\_\_ day of \_\_\_\_\_, 20\_\_\_\_\_

\_\_\_\_\_  
Name of Proposer

\_\_\_\_\_  
Address of Proposer

\_\_\_\_\_  
Authorized Officer

\_\_\_\_\_  
Area Code/Telephone Number

**PROPOSAL FORM – COMBINED CONTRACT**

**WEIGHT AND CARDIO EQUIPMENT, PURCHASE, SALVAGE AND/OR REMOVE EXISTING EQUIPMENT APPENDIX B, C AND D**

Urbandale High School – Fitness Equipment Contract  
 Urbandale, Iowa  
 Issue Date: March 26, 2019

**LUMP SUM PROPOSAL:** The undersigned hereby proposes and agrees to provide the foregoing for the Lump Sum of

\_\_\_\_\_ dollars (\$ \_\_\_\_\_).  
 (Amount shall be shown in both words and figures. In case of discrepancy, the amount shown in words will govern.)

ALTERNATES: The above Lump Sum Base Proposal may be modified in accord with the following Alternates as may be accepted by the Owner:

ALTERNATE NO. CC-1: Provide material and labor to provide Custom Color / Logo for Equipment described in Appendix B.

If this Alternate is accepted, add to the Lump Sum Base Proposal the sum of

\_\_\_\_\_ dollars (\$ \_\_\_\_\_).

**APPENDIX B**

**Unit Pricing: Appendix B-1 (include delivery and installation)**

Single Rack Unit	\$
Total Price for 26 racks	\$
Total Price for 26 racks, connections, custom bridges and customization	\$

**Unit Pricing: Appendix B-2 (include delivery and installation)**

Single Bench Unit	\$
Total Price for 26 benches	\$

**Unit Pricing: Appendix B-3** (include delivery and installation)

Single GHD/Reverse Hyper Combination Device	\$
Total Price for 8 GHD/Reverse Hyper Combination Devices	\$

**Unit Pricing: Appendix B-4** (include delivery and installation)

Single Lat Pull Down/Low Row Machine	\$
Total Price for 4 Lat Pull Down/Low Row Machines	\$

**Unit Pricing: Appendix B-5** (include delivery and installation)

Single Hi/Lo Adjustable Pulley Machine	\$
Total Price for 6 Hi/Lo Adjustable Pulley Machines	\$

**Unit Pricing: Appendix B-6** (include delivery and installation)

Single Belt Squat Machine	\$
Total Price for 2 Belt Squat Machines	\$

**Unit Pricing: Appendix B-7** (include delivery and installation)

Price per plate by weight	\$
Total Price for All Weight	\$

**Unit Pricing: Appendix B-8** (include delivery and installation)

Single Olympic Power Bar	\$
Total Price for 26 Olympic Power Bars	\$

**Unit Pricing: Appendix B-9** (include delivery and installation)

Single Olympic Bearing Bar	\$
Total Price for 26 Olympic Bearing Bars	\$

**Unit Pricing: Appendix B-10** (include delivery and installation)

Single Training Bar	\$
Total Price for 26 Training Bars	\$

**Unit Pricing: Appendix B-11** *(include delivery and installation)*

Price Per Dumbbell Set	\$
Total Price for all dumbbells	\$

**Unit Pricing: Appendix B-12** *(include delivery and installation)*

Custom Rubber Grips Plates Price per plate by weight	\$
Total Price for all Custom Rubber Grip Plates	\$

**Unit Pricing: Appendix B-13** *(include delivery and installation)*

Total Price for all Miscellaneous Items	\$

APPENDIX C

**Unit Pricing: Appendix C-1** *(include delivery and installation)*

Single Commercial Treadmill	\$
Total Price for 4 Commercial Treadmills	\$

**Unit Pricing: Appendix C-2** *(include delivery and installation)*

Single Non-Motorized Treadmill	\$
Total Price for 4 Non-Motorized Treadmills	\$

**Unit Pricing: Appendix C-3** *(include delivery and installation)*

Single Air Bike	\$
Total Price for 8 Air Bikes	\$

**Unit Pricing: Appendix C-4** *(include delivery and installation)*

Single Rowing Machine	\$
Total Price for 8 Rowing Machines	\$

The undersigned has attached all other items required in the Instructions to Proposers.

In submitting this Proposal, it is understood that the right to reject any and all Proposals and to waive irregularities in the Proposal has been reserved by the Owner.

Dated this \_\_\_\_\_ day of \_\_\_\_\_, 20\_\_\_\_

\_\_\_\_\_  
Name of Proposer

\_\_\_\_\_  
Address of Proposer

\_\_\_\_\_  
Authorized Officer

\_\_\_\_\_  
Area Code/Telephone Number

**APPENDIX A**

**GENERAL INFORMATION QUESTIONNAIRE**

COMPANY NAME: \_\_\_\_\_

1. Where is your company's headquarters?

Local Office? \_\_\_\_\_

2. State how long your company has offered the proposed equipment services to the market.

\_\_\_\_\_

3. State how many school districts you currently service. Provide a list of all school districts and other facilities you are currently serving and/or previously serviced, list the size, address, phone number, and contact person using APPENDIX A-1.

Nationally: \_\_\_\_\_ Iowa: \_\_\_\_\_

4. Describe your post-Proposal design process, using APPENDIX A-2.

5. Describe your delivery and installation process, using APPENDIX A-3.

6. Describe your post-installation service process, using APPENDIX A-4.

7. Describe your post-installation warranty program, using APPENDIX A-5.

8. Does your company have insurance coverage in amounts specified in the RFP?

Yes \_\_\_\_\_ No \_\_\_\_\_

Does your company understand that it, and not the District, retains all liability associated with providing these proposed services and is indemnifying the District, its board members, officers, employees, and agents against the same due to acts or omissions by the contractor? Yes \_\_\_\_\_ No \_\_\_\_\_

If NO to either question, explain.

9. Please list any additional comments that may assist in the evaluation of your proposal.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## **APPENDIX A-1**

### **EXPERIENCE**

The Proposer shall submit a list of all school districts and other facilities you are currently serving and/or previously serviced, listing the size, address, phone number, and contact person for each facility.

## **APPENDIX A-2**

### **POST-PROPOSAL DESIGN PROCESS**

The Proposer shall submit a detailed summary of the Post-Proposal, Design Process that will be used to ensure that the District's needs are met.



## **APPENDIX A-3**

### **DELIVERY AND INSTALLATION PROCESS**

The Proposer shall submit a detailed summary of the Delivery and Installation Process that will be used to ensure that the District's needs are met.

## **APPENDIX A-4**

### **POST INSTALLATION SERVICE PROCESS**

The Proposer shall submit a detailed summary of the Post-Installation Service Process that will be used to ensure that the District's needs are met.

## **APPENDIX A-5**

### **POST-INSTALLATION WARRANTY PROGRAM**

The Proposer shall submit a detailed summary of the Post-Installation Warranty Program that will be used to ensure that the District's needs are met. Included in this should be the duration of warranty on equipment provided and the scope of said warranty.

## APPENDIX B - 1

### WEIGHT EQUIPMENT PURCHASE AND INSTALLATION

#### Weight Rack

- Twenty-six (26) each

#### *Minimum Requirements*

##### Working Uprights

- 3"x4" – 7 gauge steel
- Notch-lock j-hooks and safety arms
- 2" j-hook / attachment adjustment capabilities

##### Plate Storage

- 3"x3" – 11 gauge steel plate storage upright
- Fully plastic coated plate pegs
- Taper design
- Six (6) standard peg per side (twelve (12) total per rack)

##### Frame

- Carriage bolt design throughout – Grade 5 hardware
- Four (4) spot bar storage
- Multi-grip pull up bar – knurled grip
- Pull up – grip balls (pair – 4" diameter)
- All UHMW / plastic protected metal contact points

##### Landmine Rotational Trainer

- One per rack
- Attaches to rack, removable

##### Split Squat Roller

- One per rack
- Attaches to rack, removable

##### J-hook Set

- Attaches to rack, removable
- 2 sets per rack

##### Technique Trays

- Attaches to rack, removable
- One per rack

##### Dip Handle Station

- Attaches to rack, removable
- 10 sets

#### Jammer Arms

- Attaches to rack, removable
- 8 sets

#### Low Attach Band Pegs

- Attaches to bottom of rack, removable
- Snap pin attachable

#### High Attach Band Pegs

- Attaches to top of rack for band storage
- One set per rack
- High Performance Clip Storage Peg
- Attaches to side of rack
- One set per rack

#### iPad / Tablet Holder Attachment

- Attaches to rack, removable
- 2 per rack
- Safety Arm Attachments
- Attaches to rack, removable

#### Battle Rope Attachment

- Attaches to rack, removable
- One set per rack

#### Barbell Storage Attachments

- Attached to rack, not removable
- 4 bars per rack accommodating
- One per rack

### *Owner Preferences to be considered*

#### Working Uprights

- 3.5" x 4.5" – 7 gauge steel chrome plated connection wrap with custom logo (steel cut)
- Laser cut numbering system

#### Frame

- Color customizable frame
- Receptacle port for removable band pegs and landmine option
- Band peg storage point

#### Landmine Rotational Trainer

- Custom color

#### Split Squat Roller

- Custom color frame
- Custom color pad option

#### J-hook Set

- Custom color frame

#### Rack Connectors

- Twelve (12) each locations
- Approximately 70” – 72” between racks
- Multi-grip pull up stations including: globes, straight, angled, smooth and knurled options
- Custom logo options

#### Storage

- Nine (9) each locations
- Storage space between racks
- Includes storage for Bumper Plates, Dumbbells, Kettlebells, and Various balls
- Includes pegs for additional band or clip storage

#### Custom Bridge

- Two (2) each bridge sets
- 3” x 3” – 11 gauge steel
- Multi-piece construction
- 16’ – 20’ in length
- 4” width to fit racks
- 2’ rise and drop in horizontal bars
- Color customization / logo inclusion

#### *Alternate Proposal to be considered*

- Provide material and labor to provide Custom Logo on all parts of the rack

#### **Instructions on providing a Proposal:**

1. Provide a detailed description of product.
2. Provide a detailed discussion on the coordination with the flooring installation.
3. Provide a detailed description of the specifications of the product quoted.
4. Provide a single unit price per weight rack.
5. Provide a total price for all 26 racks.
6. Provide a total price for all 26 racks, connections, custom bridges, and customization.

## APPENDIX B - 2

### WEIGHT EQUIPMENT PURCHASE AND INSTALLATION

#### Ladder Bench

- Thirteen (13) Flat to Incline Ladder
- Thirteen (13) Heavy Duty Flat to Incline Ladder

#### Flat to Incline Ladder

##### *Minimum Requirements*

- 11 gauge steel 2" x 2", 2" x 3" tube
- Wheels for mobility
- Stand up feature
- 0-85 degree back seat
- Independent adjustable seat
- 10" wide pad

##### *Owner Preferences to be considered*

- Custom color frame
- Custom color pad option
- Custom logo print slip cover

#### Heavy Duty Flat to Incline Ladder

##### *Minimum Requirements*

- 7 and 11 gauge steel 3" x 3" tube
- Wheels for mobility
- Stand up feature
- 0-85 degree back seat
- Independent adjustable seat
- 13" wide pad

##### *Alternate Proposal to be considered*

- Provide material and labor to provide:
  - Custom color frame
  - Custom color pad option
  - Custom logo print slip cover

#### Instructions on providing a Proposal:

1. Provide a detailed description of product.
2. Provide a detailed description of the specifications of the product quoted.
3. Provide a single unit price per bench.
4. Provide a total price for all 26 benches.

## APPENDIX B - 3

### WEIGHT EQUIPMENT PURCHASE AND INSTALLATION

#### **GHD / Reverse Hyper Combo**

- Eight (8) Glute Ham Developer / Reverse Hyper Combination Machines

#### *Minimum Requirements*

- 11 gauge steel
- “Walk through” design
- Angular pop pin horizontal adjustment
- Various hand grip locations
- Band peg anchors
- ¼ circle to flat pad
- Adjustable foot strap connection point

#### *Alternate Proposal to be considered*

- Provide material and labor to provide:
  - Custom color frame
  - Custom color pad option

#### **Instructions on providing a Proposal:**

1. Provide a detailed description of product.
2. Provide a detailed description of the specifications of the product quoted.
3. Provide a single unit price per combination device.
4. Provide a total price for all 8 combination devices.



## APPENDIX B - 4

### WEIGHT EQUIPMENT PURCHASE AND INSTALLATION

#### **Lat Pull Down / Low Row**

- Four (4) Lat Pull Down / Low Row Machines

#### *Minimum Requirements*

- 300 pound weight stack
- 2:1 Pulley ratio
- Connects to rear of rack system
- Low row mounted foot plate
- Comes with tri-grip and wide lat pull attachments

#### *Alternate Proposal to be considered*

- Provide material and labor to provide:
  - Custom color frame
  - Custom color pad option

#### **Instructions on providing a Proposal:**

1. Provide a detailed description of product.
2. Provide a detailed description of the specifications of the product quoted to include all attachments.
3. Provide a single unit price per machine.
4. Provide a total price for all 4 machines.

## APPENDIX B - 5

### WEIGHT EQUIPMENT PURCHASE AND INSTALLATION

#### **Hi / Lo Adjustable Pulley Machines**

- Six (6) Hi / Lo Adjustable Pulley Machines

#### *Minimum Requirements*

- 200 pound weight stack
- 2:1 Pulley ratio
- Bearing guided track system for each one hand adjustments
- Stand-alone unit

#### *Alternate Proposal to be considered*

- Provide material and labor to provide Custom Color Frame

#### **Instructions on providing a Proposal:**

1. Provide a detailed description of product.
2. Provide a detailed description of the specifications of the product quoted to include all attachments.
3. Provide a single unit price per machine.
4. Provide a total price for all 6 machines.

## APPENDIX B - 6

### WEIGHT EQUIPMENT PURCHASE AND INSTALLATION

#### **Belt Squat Machines**

- Two (2) Belt Squat Machines

#### *Minimum Requirements*

- Oversized platform for athletic movements
- Pulley system weight resistance – plate loaded
- Low impact rubber platform
- Oversized comfort belt

#### *Alternate Proposal to be considered*

- Provide material and labor to provide Custom Color Frame

#### **Instructions on providing a Proposal:**

1. Provide a detailed description of product.
2. Provide a detailed description of the specifications of the product quoted.
3. Provide a single unit price per machine.
4. Provide a total price for both (2) machines.

## APPENDIX B - 7

### WEIGHT EQUIPMENT PURCHASE AND INSTALLATION

#### Custom Plates

##### *Quantity*

45 pound plates (45#)	260 each
25 pound plates (25#)	156 each
15 pound plates (15#)	156 each
10 pound plates (10#)	156 each
5 pound plates (5#)	104 each
2.5 pound plates (2.5#)	52 each

##### *Minimum Requirements*

- Virgin rubber compositions 45# / 25# / 15# plates
- Urethane coated 10# / 5# / 2.5# plates
- 17.7" diameter competition style training plate
- 50.4mm collar opening
- 7" diameter steel hub

##### *Alternate Proposal to be considered*

- Provide material and labor to provide:
  - Color dye
  - Logo on all plates

#### **Instructions on providing a Proposal:**

1. Provide a detailed description of product.
2. Provide a detailed description of the specifications of the product quoted.
3. Provide a single unit price per plate by weight.
4. Provide a total price for all weight.

## APPENDIX B - 8

### WEIGHT EQUIPMENT PURCHASE AND INSTALLATION

#### **Olympic Power Bar**

- Twenty-six (26) each

#### *Minimum Requirements*

- 28.5mm Diameter Shaft
- 20KG Bar weight dual oilite Bronze bushing system
- Clear zinc coated bar shaft, clear zinc sleeves
- Medium knurl
- Center knurl
- 190K PSI / 165 Tensile strength

#### *Alternate Proposal to be considered*

- Provide material and labor to provide Custom Printed Bar End Caps

#### **Instructions on providing a Proposal:**

1. Provide a detailed description of product.
2. Provide a detailed description of the specifications of the product quoted.
3. Provide a single unit price per bar.
4. Provide a total price for all bars.

## APPENDIX B - 9

### WEIGHT EQUIPMENT PURCHASE AND INSTALLATION

#### **Olympic Bearing Bar**

- Twenty-six (26) each

#### *Minimum Requirements*

- 28.5mm Diameter Shaft
- 20KG Bar weight Needle bearing system
- Black oxide coated bar shaft, clean zinc sleeves
- Medium knurl
- No center knurl
- 190K PSI / 165 Tensile strength

#### *Alternate Proposal to be considered*

- Provide material and labor to provide Custom Printed Bar End Caps

#### **Instructions on providing a Proposal:**

1. Provide a detailed description of product.
2. Provide a detailed description of the specifications of the product quoted.
3. Provide a single unit price per bar.
4. Provide a total price for all bars.

## APPENDIX B - 10

### WEIGHT EQUIPMENT PURCHASE AND INSTALLATION

#### **Training Bar**

- Twenty-six (26) each

#### *Minimum Requirements*

- 28.5mm Diameter Shaft
- 15 pound
- Medium knurl
- No center knurl

#### *Alternate Proposal to be considered*

- Provide material and labor to provide Custom Printed Bar End Caps

#### **Instructions on providing a Proposal:**

1. Provide a detailed description of product.
2. Provide a detailed description of the specifications of the product quoted.
3. Provide a single unit price per bar.
4. Provide a total price for all bars.

## APPENDIX B - 11

### WEIGHT EQUIPMENT PURCHASE AND INSTALLATION

#### Custom Dumbbells

##### *Quantity*

5 – 52.5 pounds (5# - 52.5# at 2.5# increments)	2 sets (2 each/set)
55 – 75 pounds (55# - 75# at 5# increments)	2 sets (2 each/set)
80 – 100 pounds (80# - 100# at 5# increments)	2 sets (2 each/set)
105 – 125 pounds (105# - 125# at 5# increments)	1 set (2 each /set)
130 – 150 pounds (130# - 150# at 5# increments)	1 set (2 each/set)

##### *Minimum Requirements*

- 12 sided Polyurethane Dumbbells
- 34mm handle width
- 5.5” handle length
- Permanent weld to head of dumbbell
- Medium knurl

##### *Alternate Proposal to be considered*

- Provide material and labor to provide Custom Logo

#### **Instructions on providing a Proposal:**

1. Provide a detailed description of product.
2. Provide a detailed description of the specifications of the product quoted.
3. Provide a single unit price per set.
4. Provide a total price for all dumbbells.



## APPENDIX B - 12

### WEIGHT EQUIPMENT PURCHASE AND INSTALLATION

#### Custom Rubber Grip Plates

##### *Quantity*

45 pounds plates (45#)	20 each
25 pound plates (25#)	20 each

##### *Minimum Requirements*

- Polyurethane logoed rubber grip plates
- 2% accuracy or better
- Interlocking edge feature

##### *Alternate Proposal to be considered*

- Provide material and labor to provide Custom Color / Logo

#### **Instructions on providing a Proposal:**

1. Provide a detailed description of product.
2. Provide a detailed description of the specifications of the product quoted.
3. Provide a single unit price per plate by weight.
4. Provide a total price for all weight.

**APPENDIX B - 13**

**WEIGHT EQUIPMENT PURCHASE AND INSTALLATION**

**Miscellaneous Items**

<b>Equipment</b>	<b>Preferred Vendor</b>	<b>Quantity</b>
Battle Rope	Perform Better, Rogue, eliteFTS, or equivalent	8
Plyo Box Set	Rogue, PowerLift, or equivalent	8
Red Bands	Perform Better, Rogue, eliteFTS or equivalent	20
Blue Bands	Perform Better, Rogue, eliteFTS or equivalent	20
Green Bands	Perform Better, Rogue, eliteFTS or equivalent	10
Black Bands	Perform Better, Rogue, eliteFTS or equivalent	5
Green Mini Bands	Perform Better, Rogue, eliteFTS or equivalent	10
Blue Mini Bands	Perform Better, Rogue, eliteFTS or equivalent	10
Olympic Hex Bar	Perform Better, Rogue, eliteFTS or equivalent	12
Multi Grip Olympic Bar	Perform Better, Rogue, eliteFTS or equivalent	10
Safety Squat Bar	Perform Better, Rogue, eliteFTS or equivalent	6
High Performance Barbell Collar	Perform Better, Rogue, eliteFTS or equivalent	52
Barbell Collar Case	Perform Better, Rogue, eliteFTS or equivalent	52
Slam Balls – assorted weights	Perform Better, Rogue, eliteFTS or equivalent	30
Belt Squat	Westside Barbell, Rogue, Dynamic or equivalent	2
Plate Loaded Seated Row	Westside Barbell, Rogue, Dynamic or equivalent	2
Brower Lazer Timer	Brower/VS Athletics	2
Inversion Tables	Teeter	2
Reebok Core Board	Reebok	6
Padded lifting straps	Perform Better, Rogue, eliteFTS or equivalent	20
Large LED wall clock	Perform Better, Rogue, eliteFTS or equivalent	1
Iron Neck	Iron Neck	8
Run Rocket	Run Rocket	2
Foam Rollers	Perform Better, Rogue, equivalent	20
Airex Pads	Perform Better, Rogue, equivalent	10
Blast Straps	Perform Better, Rogue, equivalent	10
TRX	Perform Better, Rogue, equivalent	10
Prowlers	eliteFTS	3
Powdered Chalk	<a href="http://frankendo.com">frankendo.com</a>	1
Exxentric Fly Wheel	Exxentric	2
Farmer's Carry handles and Collars	<a href="http://getrx.com">getrx.com</a>	3 pair
Post Workout Drink Dispenser		1

Assorted sand bags	Perform Better, Rogue, eliteFTS or equivalent	20
Assorted handles for cable machines	Perform Better, Rogue, eliteFTS or equivalent	20
Perform X band system	Perform X	26
Chains-Multiple sizes	eliteFTS or equivalent	26
Wall Balls	Perform Better, Rogue, eliteFTS or equivalent	30
KB's	Perform Better, Rogue, eliteFTS or equivalent	60
Weighted Vests	Perform Better, Rogue, eliteFTS or equivalent	20
3 in 1 ply boxes	Perform Better, Rogue, eliteFTS or equivalent	8
Inverse Curl Machine	Westside Barbell, Rogue, Dynamic or equivalent	2
Just Jump Vertical Mat	Perform Better	2
Speed Jump Ropes	Rogue, or equivalent	50
Stretch Out Straps	Perform Better or equivalent	20
TrueStretch Station	Perform Better or equivalent	2
Mini Hurdles 6"-24"	Perform Better or equivalent	48
Mini Hurdle Storage Rack	Perform Better or equivalent	8
Speed Chutes	Perform Better or equivalent	20
Overspeed Bungees-Med/Heavy	Perform Better or equivalent	20
Chalk Bowl-Storage	Perform Better or equivalent	8
Uprights-Storage	Perform Better or equivalent	16
Lifting Belts-S/M/L	Rogue	15
Horizontal Barbell Wall Storage-Custom		4

**Instructions on providing a Proposal:**

1. Provide a detailed description of each product.
2. Provide a detailed description of the specifications of the product quoted.
3. Provide a total price for each line item.

## APPENDIX C - 1

### CARDIO EQUIPMENT PURCHASE AND INSTALLATION

#### Commercial Treadmill

##### *Quantity*

Four (4)

##### *Minimum Requirements*

- 400 lbs. max user weight
- 60" x 22" belt surface; polyester belt with optimized lubrication into the material
- Speed range of .5 – 16 mph
- Elevation range of -3% - 15%
- Elevation system generates 1000lbs of thrust and operated in compression for reliable operation

##### *Owner Preferred Model*

- Precor 835
- Similar, acceptable products may be considered

#### **Instructions on providing a Proposal:**

1. Provide a detailed description of product.
2. Provide a detailed description of the specifications of the product quoted.
3. Provide a single unit price per machine.
4. Provide a total price for all machines.
5. Provide a detailed description of the product warranty and maintenance provided.

## APPENDIX C - 2

### CARDIO EQUIPMENT PURCHASE AND INSTALLATION

#### Non-Motorized Treadmill

*Quantity*

Four (4)

*Minimum Requirements*

- 500 lbs. max user weight
- Steel frame

*Owner Preferred Model*

- Stairmaster HIITMILL-X
- Similar, acceptable products may be considered

#### **Instructions on providing a Proposal:**

1. Provide a detailed description of product.
2. Provide a detailed description of the specifications of the product quoted.
3. Provide a single unit price per machine.
4. Provide a total price for all machines.
5. Provide a detailed description of the product warranty and maintenance provided.

## APPENDIX C - 3

### CARDIO EQUIPMENT PURCHASE AND INSTALLATION

#### **Air Bike**

##### *Quantity*

Eight (8)

##### *Minimum Requirements*

- 350 lbs. max user weight
- Multi-grip handle bars
- Integrated wind shield
- Aluminum seat post

##### *Owner Preferred Model*

- Assault Fitness Airbike Elite
- Similar, acceptable products may be considered

#### **Instructions on providing a Proposal:**

1. Provide a detailed description of product.
2. Provide a detailed description of the specifications of the product quoted.
3. Provide a single unit price per machine.
4. Provide a total price for all machines.
5. Provide a detailed description of the product warranty and maintenance provided.

## APPENDIX C - 4

### CARDIO EQUIPMENT PURCHASE AND INSTALLATION

#### Rowing Machine

##### *Quantity*

Eight (8)

##### *Minimum Requirements*

- 500 lbs. max user weight
- Aluminum front legs; steel back legs
- Nickel plated steel chain
- Wall hanging mechanism

##### *Owner Preferred Model*

- Rogue Concept 2 Model D Rower
- Similar, acceptable products may be considered

#### **Instructions on providing a Proposal:**

1. Provide a detailed description of product.
2. Provide a detailed description of the specifications of the product quoted.
3. Provide a single unit price per machine.
4. Provide a total price for all machines.
5. Provide a detailed description of the product warranty and maintenance provided.

**APPENDIX D – 1**

**PURCHASE, SALVAGE, AND/OR REMOVAL OF EXISTING EQUIPMENT**

Please provide a purchase price and/or removal cost to the District for all existing equipment within the high school facility. The equipment is currently located on the second level of South Gym on the East side.

The list below is exhaustive of all items:

<b>Type of Equipment</b>	<b>Brand</b>	<b>Quantity</b>
Barbells	Various	23
Benches	Bigger Faster Stronger	21
Portable Racks	Powertec	7
Racks with Platform	Bigger Faster Stronger	7
45lb bumper plates	Bigger Faster Stronger	29
25lb bumper plates	Bigger Faster Stronger	24
15lb bumper plates	Bigger Faster Stronger	24
10lb bumper plates	Bigger Faster Stronger	27
45lb metal plates	Jesup Gym Equip, York	49
2.5lb metal plates	Standard Brand	29
Dumbbells (pairs)	Hampton	29 (10-100)
Portable bumper storage		7
Weight Trees		5
Kettlebells		18 (10-50)
Glute Ham Devices		5
Hip Sled		1
Lat Pulldown Machine		1