



Planning and Building Unit
Tullamore, Co. Offaly.

Telephone: 057 9324300 or 01 889 6400

Fax: 057 9324411

Web: www.education.ie

Room: Fitness Studio/
PE Hall Balcony

Physical Education
Equipment List and Specification - DPE

Standards, Specifications and Conditions

Schools should tender and select the PE Supplier before practical completion and hand over to allow adequate time for co-ordination between the PE Equipment Supplier and the Main Contractor/School Authority.

All equipment shall be durable and safe for school use.
Equipment wholly or partly funded from public funds is subject to inspection by officers from the Department of Education and Skills.

It is essential that tenders and tenderers for equipment for school use shall:

- Comply fully with the specifications and be durable and safe for school use.
- Comply fully with the standards as detailed and shall comply fully with European Standards (EN), both established and developing.
- Comply with European electrical standards and CE marking as appropriate.
- Fully comply with requirements in the Request for Tenders (RFT) document.
- Be accompanied by documentation of sufficient detail for full evaluation.
- Include the completed and signed certificate of compliance.

Award of a contract is conditional on the production of a current tax clearance certificate.

Failure to comply with the above may result in the tender being deemed null and void.

Important: Equipment of Consumer quality (light duty home use type equipment) is NOT SUITABLE for School Use.

Fitness Studio Descriptions and Specifications
<p>All costs to include supply, delivery, installation and commissioning of the equipment</p> <p style="text-align: center;">Specification for Fitness Equipment -- Resistance</p> <p>This Specification is common to all Resistance Equipment.</p> <p>Standards: I.S. EN 957-1 and I.S. EN 957-2.</p> <p>Each individual piece of Equipment in this range may weigh up to 200 kg.</p> <p>Floor and floor finish to be determined accordingly.</p> <p>Construction – Durable heavy-duty suitable for commercial use.</p> <p>Steel frame with a minimum of 2.5 mm wall thickness.</p> <p>Sections to be 50 x 50 mm, 75 x 50 mm, or 100 x 50 mm as appropriate.</p> <p>Selector shaft – should be at least 25 mm solid cold rolled chrome steel, secured to a solid steel cap plate to provide free-floating movement of weight plates on guide rods.</p> <p>Cams – should be at least 4.5 mm spun steel, with a deep groove for stable cable seating. Variable resistance cams should be bio-mechanically set for each muscle group enabling the taxing of the muscles equally throughout the range of motion.</p> <p>Pulley wheels – Fibreglass reinforced nylon pulley wheels e.</p> <p>Cables – should have breaking strength of at least 900 kg, 3mm US Military Specification lubricated steel aircraft cable, nylon coated to at least 5mm for durability .or equal approved</p> <p>Guide Rods – at least 25 mm steel guide rods to allow free floating Movement of weight plates</p> <p>Bushings – Self-lubricating bronze bushings at pivot points to provide Smooth movement and precision alignment.</p> <p>Weight plates – should be at least 25 mm thick cast iron plates with 2 free-floating bushings in each weight plate to ensure smooth travel.</p> <p>Enclosure – All weight stacks shall be enclosed for safety reasons.</p> <p>Selector Pin – Should allow for safe and ease of weight selection.</p> <p>Pads – Pads should be at least 30 mm high-density urethane foam over 20 mm exterior grade plywood. All bolt connections should use a steel, 10 mm threaded insert.</p> <p>Vertical Seat Adjustment – should provide stable seat placement.</p> <p>Foot Platform – should enable the user to brace the body thereby increasing proper exercise form And provide lower back support.</p> <p>Frame – Upright frame should be 75 mm x 40 mm x 2.5 mm (or equal approved) with a combination of other heavy structural tubular steel. .</p> <p>Frame finish – Durable low maintenance Electrostatic powder coating.</p> <p>Instruction Manual - Step by step instructions with anatomical drawings.</p> <p>Warranty – Life-time on welds, weight plates and guide rods. 5 years on bronze bushings, sealed bearings and pulley wheels. Other parts 3 years on parts and labour, except for cables and upholstery which are to be 1 year.</p> <p>Warranty Conditions- Warranty to be subject to Manufacturer's recommendations in relation to routine maintenance being carried out on a weekly, monthly and annual basis, as required. Warranties to be valid for the following usage rates: treadmills and rowers 400 hours per annum and 350 hours per annum for all other machines. Usage to be read from the machine 'records' by the service technician.</p> <p>Costs tendered to be inclusive of any servicing required by the manufacturer during the warranty period.</p>

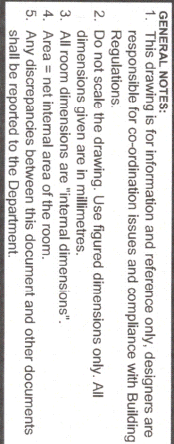
Code Quantity	Fitness Studio Descriptions & Specifications	Cost €:
DPE/100A 1	Seated Leg Extension Adjustments should be accessible from seated position Muscle groups used: Quadriceps etc. Total weight Stack: c.90 kg Increments: 5 kg (nominal) increments Standards – I.S. EN 957-1 and I.S. EN 957-2 N.B. HOME USE EQUIPMENT IS NOT SUITABLE FOR SCHOOL USE	
	Manufacturer: _____ Catalogue No: _____	
DPE/100B 1B	Seated Leg Curl Back pad should be adjustable from seated position, with axis of rotation clearly indicated and adjustable thigh pads Muscle groups used: Hamstrings etc. Total weight stack: c.90 kg Increments: 5 kg increments Standards – I.S. EN 957-1 and I.S. EN 957-2 N.B. HOME USE EQUIPMENT IS NOT SUITABLE FOR SCHOOL USE	
	Manufacturer: _____ Catalogue No: _____	
*DPE/101 1	Butterfly and Chest Combination (2 single or dual exercise machine). Should allow simple switch from butterfly press to chest press. Seat adjustment should easily allow for custom fit. Muscle groups used: Compound & isolation – chest/arm muscles – pectorialis major, triceps Total weight stack: c.90 kg Increments: 5 kg increments Standards – I.S. EN 957-1 and I.S. EN 957-2 N.B. HOME USE EQUIPMENT IS NOT SUITABLE FOR SCHOOL USE	
	1 no. Dual Machine	
	2 no. Single Machines	
	Manufacturer: _____ Catalogue No: _____	
DPE/102 1	Shoulder Press. Should allow grip changes to isolate deltoid muscles. Lever action should provide constant resistance and bio-mechanically-correct motion.(or equal approved) Adjustable seat height. Muscle groups used: Compound – shoulders/arms – deltoids, triceps, trapezius Total weight: stack c.90 kg Increments: 5 kg increments Standards – I.S. EN 957-1 and I.S. EN 957-2 N.B. HOME USE EQUIPMENT IS NOT SUITABLE FOR SCHOOL USE	
	Manufacturer: _____ Catalogue No: _____	
DPE/103	Deleted	

*DPE/104 1	Biceps and Triceps Combination (2 single or dual exercises machine). One position should provide two exercises. Cam mechanism should be present to provide equal resistance throughout movement to provide equal resistance throughout movement (or equal approved). Muscle groups used: Isolation – arm muscles – triceps/biceps brachii Total weight stack: c.90 kg Increments: 5 kg increments Standards – I.S. EN 957-1 and I.S. EN 957-2 N.B. HOME USE EQUIPMENT IS NOT SUITABLE FOR SCHOOL USE		
	1 no. dual machine		
	2 no. single machines		0.00
	Manufacturer:	Catalogue No:	
*DPE/105 1	Inner and Outer Thigh Combination (2 single or dual exercise machine). Easy and Fast change through pop pin to switch between exercises. Angle seat pad to provide maximum comfort (or equal approved). Muscle groups used: Isolation – leg muscles – adductor/abductor Total weight stack: c.90 kg Increments: 5 kg increments Standards – I.S. EN 957-1 and I.S. EN 957-2 N.B. HOME USE EQUIPMENT IS NOT SUITABLE FOR SCHOOL USE		
	1 no. dual machine		
	2 no. single machines		0.00
	Manufacturer:	Catalogue No:	
*DPE/106 1	Lat Pulldown and Row Combination (2 single or dual exercise machine). Pulley should be present at chest level to ensure correct movement. Foot/chest support for rows. Pull-down knee-pad should adjust for comfort. Switch exercises without a cable change (or equal approved). Muscle groups used: Compound – back muscles – latissimus dorsi, rhomboids, biceps brachii. Total weight stack: c.90 kg Increments: 5 kg increments Standards – I.S. EN 957-1 and I.S. EN 957-2 N.B. HOME USE EQUIPMENT IS NOT SUITABLE FOR SCHOOL USE		
	1 no. dual machine		
	2 no. single machines		0.00
	Manufacturer:	Catalogue No:	
DPE/110 2	Stretching & Conditioning		
	Abdominal exercise Cradle Should consist of heavy-duty frame-work suitable for full commercial use. Manufactured from 25 mm o.d. tubing, 2 mm wall thickness. Heavy-duty PVC covered pads support neck and arms. Muscle groups used: Isolation – stomach muscles – rectus abdominus, obliques.		
	Manufacturer:	Catalogue No:	

DPE/111 6	Aerobic Mats	
	Floor aerobic mats used for general warm-up and cool down as well as abdominal & back exercises. Size: 1000 mm x 500 mm x 10 mm.	
	Manufacturer:	Catalogue No:

***Note:** Where two single machines are to be provided (instead of a dual function one) the supplier who is tendering should submit a Fitness Studio Layout to demonstrate that there is space to safely accommodate and use all the equipment.

Fitness Studio Descriptions and Specifications
All costs to include supply, delivery, installation and commissioning of the equipment.
<p align="center">Specification for Fitness Equipment – Cardiovascular:</p> <p>Standard – I.S. EN 957-1 General Safety Requirements I.S. EN 957-5.Bicycles I.S. EN 957-6 Treadmills I.S. EN 957-7 Rowing Machines I.S. EN 957-9 Elliptical Trainers I.S. EN 957-10 Bicycles with fixed wheel</p> <p>N.B. HOME USE EQUIPMENT IS NOT SUITABLE FOR SCHOOL USE</p> <p>Each individual piece of Equipment in this range may weigh up to 200 kg. Floor and floor finish to be determined accordingly.</p> <p>Construction: Each machine to be heavy duty, durable and suitable for full commercial use. All edges in accessible areas to be free from burrs and sharp edges.</p> <p>Accessibility: Footrails and handrails to be provided for safe user mounting and demounting.</p> <p>Control Panel: Readily accessible by the user with clearly identified controls, instructions for use and emergency stop button where relevant.</p> <p>Warning labels: Adequate warnings shall be shown, alerting the user, third parties and service personnel to hazards associated with the equipment.</p> <p>Usage Records: All machines must have the facility for recording usage in either hours or km as relevant.</p> <p>Maintenance instructions: Care and necessary advice shall be provided and shall include instructions for routine maintenance of the machines.</p> <p>Documentation: Every machine shall be supplied with an owner/user manual. The manual shall incorporate a listing of safety precautions, and illustrations to assist the user's understanding.</p> <p>Warranty: Life-time on welds, weight plates and guide rods. 5 years on bronze bushings, sealed bearings and pulley wheels. Other parts 3 years on parts and labour, except for cables which are to be 1 year.</p> <p>Warranty to be subject to Manufacturer's recommendations in relation to routine maintenance being carried out on a weekly, monthly and annual basis, as required. Warranties to be valid for the following usage rates: treadmills and rowers 400 hours per annum and 350 hours per annum for all other machines. Usage to be read from the machine by the service Technician.</p> <p>Costs tendered to be inclusive of any servicing required by the manufacturer during the warranty period.</p> <p>All equipment in this range should be of the self-generator system except the treadmills which should each have its own dedicated electrical power supply with MCB.</p>



GENERALISED LAYOUT OF FITNESS SUITE (120 m²)

DATE: Nov 2011

1. This document provides guidance in relation to the requirements for a Fitness to Site.
2. This document should be read in conjunction with with the Technical Guidance Documents (TGDs) as published by the Department of Education & Skills.
3. Control heating to room using 2-port valve and lockable digital type electronic room thermostat.
4. Machines to be lined up along a 2000 mm centralised corridor.
5. Minimum distance of 300 mm between the machines and the two long walls.
6. Minimum distance of 1000 mm between the machines and the two end walls.
7. Distance between the various groups of machines to be approximately 1000 mm.
8. A 20 Amp MCB should be provided for each threadmill.

Quantity	Code
FIXED FURNITURE	
None	

[illegible]

LOOSE FURNITURE	Quantity	Code
-----------------	----------	------

None		
------	--	--

EQUIPMENT	Quantity	Code
-----------	----------	------

A	Sealed leg curl, 2000 x 1000 mm footprint	01	1000
B	Sealed leg extension, 2000 x 1000 mm footprint	01	1000
C	Buttery and chess, 2020 x 1020 mm footprint	01	101
D	Shoulder press, 1630 x 1430 mm footprint	01	102
E	Treadmill, 2030 x 860 mm footprint	03	125
F	Elliptical trainer, 1961 x 711 mm footprint	03	122
G	Lateral rower, 1860 x 2520 mm footprint	01	106
H	Biceps and Triceps, 1110 x 750 mm footprint	01	104
I	Inner and outer thigh, 1460 x 750 mm footprint	01	105
J	Semi-recumbent cycle, 1447 x 762 mm footprint	01	121
K	Upright bicycle ergometer, 1061 x 533 mm footprint	02	120
L	Linear rower ergometer, 2400 x 800 mm footprint	03	123

**AN ROINN OIDEACHAIS AGUS
SCILEANNA
THE DEPARTMENT OF EDUCATION
AND SKILLS
Planning and Building Unit**

Code Quantity	Fitness Studio Descriptions and Specifications	Cost €:
DPE/120 2	<p>Upright Bicycle Ergometer to Standard I.S. EN 957-5 N.B. HOME USE EQUIPMENT IS NOT SUITABLE FOR SCHOOL USE Full Commercial Model. Self-Generator electric system. Minimum 10 pre-programmed courses. Minimum 10 different levels. Metric function. Low Maintenance unit. Simple & Smooth Seat adjustment. Easy to use console – must have quick start one button start up. Heart rate sensors on handrails and telemetry compatible.</p> <p>Warranty: Full 3 years on site warranty for all parts and labour. Warranty to be subject to Manufacturer’s recommendations in relation to routine maintenance being carried out on a weekly, monthly and annual basis, as required. Warranties to be valid for the following usage rates: treadmills and rowers 400 hours per annum per machine and 350 hours per annum for all other machines. Service records to be kept and made available to the supplier on request.</p>	
	Manufacturer:Catalogue No:	
DPE/121 1	<p>Semi-recumbent Bicycle Ergometer to Standard I.S. EN 957-5 N.B. HOME USE EQUIPMENT IS NOT SUITABLE FOR SCHOOL USE Full Commercial Model. Self-generator system. Minimum 10 pre-programmed courses. Minimum 10 different levels. Low Maintenance unit. Built in Transport wheels. Easy to use console – must have quick start one button start up, heart rate sensors on handrails and to telemetry compatible N.B. Handle bar remote control system. Adjustable seat.</p> <p>Warranty: Full 3 years on site warranty for all parts and labour. Warranty to be subject to Manufacturer’s recommendations in relation to routine maintenance being carried out on a weekly, monthly and annual basis, as required. Warranties to be valid for the following usage rates: treadmills and rowers 400 hours per annum per machine and 350 hours per annum for all other machines. Service records to be kept and made available to the supplier on request.</p>	
	Manufacturer:Catalogue No:	

DPE/122 3	<p>Elliptical Trainer to Standard I.S. EN 957-9 N.B. HOME USE EQUIPMENT IS NOT SUITABLE FOR SCHOOL USE Full Commercial Model. Self-generator system. Elapsed time or metres on display. Minimum 10 pre-programmed courses. Minimum 10 different levels Metric function. Low Maintenance unit. Built in Transport wheels. Easy to use console – must have quick start one button start up. Heart rate sensors on hand-rails and telemetry compatible.</p> <p>Warranty: Full 3 years on site warranty for all parts and labour. Warranty to be subject to Manufacturer's recommendations in relation to routine maintenance being carried out on a weekly, monthly and annual basis, as required. Warranties to be valid for the following usage rates: treadmills and rowers 400 hours per annum per machine and 350 per annum for all other machines. Service records to be kept and made available to the supplier on request.</p>	
	<div style="display: flex; justify-content: space-between;"> Manufacturer: Catalogue No: </div>	
DPE/123 3	<p>Linear Rower Ergometer to Standard I.S. EN 957-7 N.B. HOME USE EQUIPMENT IS NOT SUITABLE FOR SCHOOL USE Full Commercial Model. Self-generator system. Elapsed time or metres on display. Console must have a memory card system which allows user to record the rowing history Minimum 10 pre-programmed courses. Minimum 10 different levels Stroke displayed by: pace / 500 metres, watts or calories per hour. Low Maintenance unit. Built in Transport wheels. Easy to use console – must have quick start one button start up</p> <p>Warranty: Full 3 years on site warranty for all parts and labour. Warranty to be subject to Manufacturer's recommendations in relation to routine maintenance being carried out on a weekly, monthly and annual basis, as required. Warranties to be valid for the following usage rates: treadmills and rowers 400 hours per annum per machine and 350 hours per annum for all other machines. Service records to be kept and made available to the supplier on request.</p>	
	<div style="display: flex; justify-content: space-between;"> Manufacturer: Catalogue No: </div>	

Code Quantity	Fitness Studio Descriptions and Specifications	Cost €:
DPE/124	WITHDRAWN	
DPE/125 3	<p>Treadmill to Standard I.S. EN 957-6 N.B. HOME USE EQUIPMENT IS NOT SUITABLE FOR SCHOOL USE Commercial Model (up to 6hrs/day use). Single phase power supply, 220 V, 50 Hz, 2 kW continuous Power motor. Minimum of 12 Training Programmes Speed range 0-20 kph. Starting speed of 1 km/hr. Mechanically based belt alignment system. Low Maintenance unit. Power Incline 0% to 15%. Heart rate sensors on hand-rails and telemetry compatible. Running Belt at least 1500 mm x 550 mm. Large Safety Stop Key and/or Safety Clip. Handrails. Easy to use console – must have quick start one button start up. Electrical Service Required (provided by others): A dedicated single phase 220 V, 50 Hz supply, Controlled by a 20 A MCB one for each Treadmill.</p> <p>Warranty: Full 3 years on site warranty for all parts and labour. Warranty to be subject to Manufacturer's recommendations in relation to routine maintenance being carried out on a weekly, monthly and annual basis, as required. Warranties to be valid for the following usage rates: treadmills and rowers 400 hours per annum per machine and 350 hours per annum for all other machines. Service records to be kept and made available to the supplier on request.</p>	
	Manufacturer: Catalogue No:	
DPEICT/1	<p>Fitness Assessment Software Package</p> <p>ON REQUEST ONLY</p> <p>To accommodate numerous Fitness Assessments such as height;body weight; body composition; blood pressure; flexibility; grip strength; leg & back strength; lung efficiency; and aerobic capacity. Fitness assessment results to be analysed and compared with past results on a fully visual colour bar chart. Possible causes of results and potential remedies given. Fitness assessment layouts to be capable of change depending on the type of assessment e.g. athlete or beginner. A variety of information sheets to be available such as: - Diet sheets on healthy eating; Stopping smoking; Exercise and Asthma; Exercise and Diabetes. Tenders should include for the cost of a site licence for above.</p>	0.00
	Manufacturer: Catalogue No:	

Total : €	
Add for VAT : €	
Total Amount for DPE List: €	

Standards, Specifications and Conditions
Schools should tender and select the PE Supplier before practical completion and hand over to allow adequate time for co-ordination between the PE Supplier and the Main Contractor/School Authority.
All Equipment shall be Durable and Safe for School Use. Equipment wholly or partly funded from public funds is subject to Inspection by Officers from the Department of Education & Skills.
<p>It is essential that tenders and tenderers for equipment for school use shall:</p> <ul style="list-style-type: none"> Comply fully with the specifications and be durable and safe for school use. Comply fully with the standards as detailed and shall comply fully with European Standards (EN), both established and developing. Comply with European electrical standards and CE marking as appropriate. Fully comply with requirements in the Request for Tenders (RFT) document. Be accompanied by documentation of sufficient detail for full evaluation. Include the completed and signed certificate of compliance. <p><u>Award of a contract is conditional on the production of a current tax clearance certificate.</u></p> <p>Failure to comply with the above may result in the tender being deemed null and void.</p> <p><u>Important:</u> Equipment of Consumer quality (light duty home use type equipment) is Not Suitable for School Use.</p>

Certificate of Compliance with Standards and Specifications
<p>I/We certify that the equipment tendered complies in all respects with the Standards, Specifications and other requirements/conditions specified in this tender document. I/We hold a current tax clearance certificate.</p> <p>Company: <input style="width: 600px;" type="text"/></p> <p>Signed: <input style="width: 300px;" type="text"/> Date: <input style="width: 100px;" type="text"/></p>