

TOWN OF PLAISTOW, NH
145 Main St, Plaistow, NH 03865



Request for Sealed Proposals

**PHYSICAL FITNESS EQUIPMENT NEEDED TO CREATE A WORKOUT CENTER
FOR FIRE DEPARTMENT MEMBERS**

RFP No. TOPFD 2021-01

November 23, 2021



TOWN OF PLAISTOW

Fire Department



27 Elm Street
Plaistow, NH 03865

Phone: (603) 382-5012
Fax: (603) 382-7913

Chris Knutsen
Fire Chief

Table of Contents

SECTION 1: NOTICE TO PROPOSERS	3
SECTION 2: INTRODUCTION AND GENERAL INFORMATION	3
SECTION 3: SCOPE OF WORK	3
SECTION 4: PROPOSAL SPECIFICATIONS	4
4.1 Proposal Compliance	4
4.2 Addenda and Interpretations	4
4.3 Vendor Qualifications	4
4.4 Basis for Acceptance or Rejection	4
4.5 Exceptions to Proposals	5
SECTION 5: EQUIPMENT SPECIFICATIONS	5
SECTION 6: PROPOSAL FORM	7



TOWN OF PLAISTOW

Fire Department



27 Elm Street
Plaistow, NH 03865

Phone: (603) 382-5012
Fax: (603) 382-7913

Chris Knutsen
Fire Chief

SECTION 1: NOTICE TO PROPOSERS

The Town of Plaistow, NH, will receive sealed proposals for **physical fitness equipment needed to create a workout center for fire department members** at the Town Offices, 145 Main St, Plaistow, NH 03865 until 4:00 pm on December 9th, 2021.

An original *and* two (2) copies of the Proposals shall be submitted in sealed envelopes, shall include on the face of the envelope the name, address, and telephone contact of the Proposer, and shall clearly be marked **“Physical Fitness Equipment, Attention Chris Knutsen, Plaistow Fire Chief.”**

All timely proposals will be opened and read aloud on Thursday, December 9th, 2021, at 4:00 pm, 145 Main Street, 2nd floor, Plaistow, NH 03865.

No proposal may be withdrawn after it is filed unless the Submitter makes a request in writing to the Town prior to the time and date set for the opening of proposals or unless the Town fails to award or issue a notice of intent to award a Contract within sixty (60) days after the date and time set for opening proposals.

The Fire Chief will submit a list of all qualified proposals, along with his recommendation to the Town Manager for approval to negotiate and enter into a final contract. The Town of Plaistow reserves the right to reject any and all proposals.

SECTION 2: INTRODUCTION AND GENERAL INFORMATION

The Town of Plaistow is seeking physical fitness equipment for the fire department workout center. Vendors submitting equipment proposals must provide documentation of experience, ability, and references for their organization to perform the Scope of Work. The vendor shall perform all their own work unless subcontractors are approved in advance by the Town of Plaistow. It is strongly suggested that any proposed subcontracts be identified in the proposal to expedite such an approval prior to contract award.

SECTION 3: SCOPE OF WORK

The Town of Plaistow seeks competitive proposals from vendors demonstrating experience and qualifications for the purchase of equipment listed in **Section 5: Equipment Specifications.**

Proposals shall include

- A. An itemized list of fitness equipment with the ability to reference the manufacturer specifications of each item.
- B. The cost of each item that includes shipping, handling, installation, set-up, and any other ancillary fees associated with that specific item.
- C. Estimated delivery time of each item.



TOWN OF PLAISTOW

Fire Department



27 Elm Street
Plaistow, NH 03865

Phone: (603) 382-5012
Fax: (603) 382-7913

Chris Knutsen
Fire Chief

SECTION 4: PROPOSAL SPECIFICATIONS

4.1 Proposal Compliance

By the act of submitting a Proposal for consideration under this Request, each proposer agrees to be bound to comply with all terms of these specifications. If the service offered in a Proposal differs from any provision contained herein, such difference must be fully explained within the Proposal. Such a Proposal will receive careful consideration only if such differences do not depart from the intent of these specifications and are in the best interest of the Town of Plaistow.

4.2 Addenda and Interpretations

Any additional requests for interpretation of any specifications of this Request for Proposal (RFP), or other contract documents, shall be made in writing addressed to the Plaistow Fire Chief, 27 Elm Street, Plaistow, NH 03865 or emailed to cknutsen@plaistow.com. To be given consideration, all such requests must be received no later than four (4) calendar days prior to the date fixed for the submission of Proposals. All responses and/or interpretations and/or supplemental instructions provided to a Proposer shall be in the form of written addenda to these specifications and, if issued, shall be emailed to all qualified perspective Proposers at their respective contact email addresses not later than two (2) calendar days prior to the date fixed for the submission of Proposals. Failure of any Proposer to receive any such interpretive addenda shall not relieve any Proposer from any obligation under his/her Proposal as submitted.

4.3 Vendor Qualifications

Each Proposer shall include the name, address, and contact information of the owner, all principals and partners, and all stockholders holding greater than ten percent (10%) of the company's authorized and issued stock.

Each Proposer, if a corporation, shall identify the state of incorporation and the names and addresses of all principal officers.

Each Proposer, if not a New Hampshire corporation, shall include with the Proposal a certified copy of the company's Certificate of Authorization to do Business in the State of New Hampshire.

4.4 Basis for Acceptance or Rejection

The Town Manager will select a Proposer with whom to conduct further negotiations based upon that Proposer's qualifications, experience, demonstrated ability to perform, cost of the proposal and/or any combination of alternative recommendations submitted therewith.

The Town reserves the right to reject any or all Proposals submitted; to waive terms stated herein or to reopen the Request for Proposals process; and seek new proposals if, in the judgment of the Town Manager, to do so will best serve the interests of the Town of Plaistow.



TOWN OF PLAISTOW

Fire Department



27 Elm Street
Plaistow, NH 03865

Phone: (603) 382-5012
Fax: (603) 382-7913

Chris Knutsen
Fire Chief

4.5 Exceptions to Proposals

The Proposer shall identify and describe any and all exceptions contained in its Proposal to any of the specifications identified in this Request. Each such exception shall be set forth in full on a separate sheet(s) of paper, titled appropriately and attached to the Proposal.

SECTION 5: EQUIPMENT SPECIFICATIONS

Item Number	Description	Quantity
676.01	Treadmill The treadmill shall have the minimum specifications. Commercial use grade with multiple programs that allow for manual, fat burn, interval, hill, and cardio operations. Multiple speed and incline options with direct access buttons. A drive motor of at least 4 horsepower. Handlebars with controls for start, stop, speed, and incline. Feedback capabilities for heart rate, speed, incline, calories, METS, pace, time elapsed, and time remaining. Standard U.S. wiring for 120V AC power. Durable steel frame construction with powder coated paint. A minimum three (3) year warranty on the drive motor and deck parts.	1
676.02	Stationary Bike The stationary bike shall have the minimum specifications. Commercial use grade with multiple programs that allow for manual, fat burn, interval, hill, and cardio operations. A molded, adjustable seat and integrated adjustable fan. Multiple levels of resistance. High strength frame with powder coated paint. Ergonomically placed handle grips that track heart rate. Feedback capabilities that display progress during use and accumulated data upon completion. Generator system that does not require dedicated AC Power. A minimum three (3) year warranty on the brake and parts.	1
676.03	Stair Climber The stair climber shall have the minimum specifications. Commercial use grade with multiple levels of resistance and steps per minute. Ergonomically placed handle grips that track heart rate. Feedback capabilities that display height climbed, heart rate, METS, calories, time elapsed, time remaining, steps per minute, total steps, and total floors. Standard U.S. wiring for 120V AC power. A minimum three (3) year warranty on the brake and parts.	1
676.04	Multi-Function Trainer The multi-function trainer shall have the minimum specifications. Commercial use grade with various, separate cable stations that allow for a multitude of strength training exercises. Adjustable pulley stations with swivel handles which allow for both high and low exercise capabilities. Minimum of two weight stacks that range from 0-150 lbs. Accessories shall include a lat bar, squat bar, low row bar, nylon swivel handles, and ankle strap	1
676.05	Leg Press The leg press shall have the minimum specifications. Commercial use grade with a footplate that accommodates different size users. Heavy-duty bearing system for smooth, low friction movement. Adjustable seat-back that offers a wide range for maximizing range of motion. 1200-pound capacity with built-in weight storage. Adjustable safety stops.	1



TOWN OF PLAISTOW

Fire Department



27 Elm Street
Plaistow, NH 03865

Phone: (603) 382-5012
Fax: (603) 382-7913

Chris Knutsen
Fire Chief

Item Number	Description	Quantity
676.06	Power Rack The Power Rack shall have the minimum specifications. Commercial use grade with a heavy-duty steel mainframe. The unit shall be a minimum of 90" tall and equipped for chin-ups, chest workouts, arm curls, leg squats, standing shoulder presses, and have a spotter bar safety system that allows for one person use.	1
676.07	Adjustable Incline Bench The adjustable bench shall have the minimum specifications. Commercial use grade with built-in wheels for transport. Multiple back angle adjustments with independent seat adjustments.	1
676.08	Kettlebell Set The kettlebell set shall have the minimum specifications. Commercial use grade with 5-lb increments from 10 pounds – 40 pounds. Set shall include 2 kettlebells for each weight increment.	1
676.09	Kettlebell Storage Rack The kettlebell storage rack shall have the minimum specifications. Constructed with heavy gauge steel and configured with two tiers. The rack shall be large enough to store the kettlebell sets outlined in line 676.08	1
676.10	Dumbbell Set The dumbbell set shall have the minimum specifications. Commercial use grade with 5-lb increments from 5 pounds – 100 pounds. Anti-roll design with rubber encasement around the weight. Handle grip shall be etched for anti-slip gripping. Each dumbbell shall be a single unit with non-removable weights and handles. Set shall include 2 dumbbells for each weight increment.	1
676.11	Dumbbell Storage Rack The dumbbell storage rack shall have the minimum specifications. Constructed with heavy gauge steel and configured with a minimum of two tiers. The rack shall be large enough to store the dumbbell sets outlined in line 676.10	1
676.12	Medicine Ball Training Set The medicine ball training set shall have the minimum specifications. Constructed with a rubber anti-slip grip surface. The set shall include one of the each of the following weights 4, 6, 8, 10, 12, and 15 pounds	1
676.13	Medicine Ball Storage Rack The medicine ball storage rack shall have the minimum specifications. Constructed with heavy gauge steel with a stable and durable frame. The storage unit shall accommodate a minimum of six medicine balls that are outlined in line 676.12	1
676.14	Barbell Training Set The barbell training set shall have the minimum specifications. Constructed with a thick rubber coating that increases durability, protects the weight, reduces noise, and is easily cleaned. The plates shall have an interlocking design with a minimum of two grip handles. The set shall include two barbells from 10 pounds – 45 pounds and one Olympic bar with locking jaw collars	2
676.15	Plate Storage Tree and Bar Holder The plate storage tree and bar holder shall have the minimum specifications. Commercial use grade constructed with heavy gauge steel with a powder coat finish. A minimum of dual-three tier weight storage posts and two upright Olympic bar storage holders	1



TOWN OF PLAISTOW

Fire Department



27 Elm Street
Plaistow, NH 03865

Phone: (603) 382-5012
Fax: (603) 382-7913

Chris Knutsen
Fire Chief

SECTION 6: PROPOSAL FORM

Proposal of _____ (hereinafter called "SUBMITTER"),

organized and existing under the laws of the STATE OF _____, doing

business as: _____ (a corporation, a partnership, or an individual).

To the Town of Plaistow, NH (hereinafter call "OWNER").

In compliance with your Request for PROPOSAL, SUBMITTER hereby proposes to provide all the Equipment, Delivery, and Set-up for the equipment listed below, in strict accordance with the Contract Documents, within the time set forth therein, and at the prices stated below:

Item Number	Description	Proposal (C) Compliance (E) Exception	Quantity	Total Cost
676.01	Treadmill		1	
676.02	Stationary Bike		1	
676.03	Stair Climber		1	
676.04	Multi-Function Trainer		1	
676.05	Leg Press		1	
676.06	Power Rack		1	
676.07	Adjustable Incline Bench		1	
676.08	Kettlebell Set		1	
676.09	Kettlebell Storage Rack		1	
676.10	Dumbbell Set		1	
676.11	Dumbbell Storage Rack		1	
676.12	Medicine Ball Training Set		1	
676.13	Medicine Ball Storage Rack		1	
676.14	Barbell Training Set		2	
676.15	Plate Storage Tree and Bar Holder		1	
			Total Project Cost	

By submission of this PROPOSAL, each SUBMITTER certifies, and in the case of a joint PROPOSAL, each party thereto certifies as to his own organization, that the PROPOSAL has been arrived at independently, without consultation, communication, or agreement as to any matter relating to this PROPOSAL with any other SUBMITTER or with any competitor.

SUBMITTER understands that the OWNER reserves the right to reject any or all proposals and to waive any informalities.



TOWN OF PLAISTOW

Fire Department



27 Elm Street
Plaistow, NH 03865

Phone: (603) 382-5012
Fax: (603) 382-7913

Chris Knutsen
Fire Chief

The undersigned hereby certifies under the penalties of perjury that this Proposal is in all respects bona fide, fair, and made without collusion or fraud with any other person. As used in this section the word "person" shall mean any natural person, joint venture, partnership, corporation, or other business or legal entity. The undersigned further certifies under penalty of perjury that the said undersigned is not presently debarred from doing public work within the State under the provisions of applicable debarment provisions of State Laws or any rule or requisition promulgated hereunder.

Social Security Number or
Federal Identification Number

Legal Name of Company: _____

Certifying Official (printed name): _____

Certifying Official (signature): _____

Certifying Official Title: _____

Postal Mailing Address: _____

Email Address: _____

Telephone: _____ Office or Mobile (circle one)