

**THE CORPORATION OF THE  
TOWN OF COBALT**



**REQUEST FOR PROPOSAL 2018-01**

**RELOCATON OF HOIST ROOM (GYM)/OPERATION AND  
MAINTENANCE**

**THE CORPORATION OF THE TOWN OF COBALT**

**REQUEST FOR PROPOSAL 2018-01**

**RELOCATION OF HOIST ROOM (GYM)/ OPERATION AND MAINTENANCE**

**Summary of Documentation**

- Submission Form
- Introduction and Description of Proposal
- Terms and Conditions
- Appendix "A" – List of current equipment

**THE CORPORATION OF THE TOWN OF COBALT**

**REQUEST FOR PROPOSAL 2018-01**

**Relocation of Hoist Room (GYM)**

**SUBMISSION FORM**

**TO BE COMPLETED BY PROPONENT (INCLUDE PROPOSAL WITH THIS FORM)**

Please accept this as my (our) submission for the Relocation/Operation of the Hoist Room (GYM)

Signed: \_\_\_\_\_

Print Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Dated: \_\_\_\_\_

**\*\*\* Please attach details and specifications and drawings.**

NOTE: ALL PROPOSALS SUBMITTED TO THE TOWN OF COBALT BECOME THE PROPERTY OF THE MUNICIPAL GOVERNMENT AND AS SUCH, ARE SUBJECT TO THE FREEDOM OF INFORMATION AND PROTECTION OF PRIVACY ACT.

**THE CORPORATION OF THE TOWN OF COBALT**  
**INTRODUCTION AND DESCRIPTION OF PROPOSAL**  
**REQUEST FOR PROPOSAL 2018-01**  
**RELOCATION OF HOIST ROOM (GYM)**

**INTRODUCTION**

The Town of Cobalt sold the Arena that houses the Hoist Room, a fitness centre at 1 Hudson Bay Road, Cobalt, Ontario. The Town is requesting interested parties to submit a Request for Proposal document (2018-01 Relocation of Hoist Room (GYM)/ Operation and Maintenance) to provide space for the gym or purchase the equipment and set up the gym in the Cobalt area.

The current facility is approximately 2,000 square feet with separate washrooms for users. It is open 24 hours a day, 7 days a week and it controlled by a fob entry system with surveillance cameras.

The Town of Cobalt is interested in receiving proposals that would facilitate the following:

1. Relocation of the current gym to a location appropriate for this type of business.
2. The regular operation and maintenance of the equipment.
3. The willingness to have the gym stay in the Town of Cobalt.
4. The proponent could be a not-for-profit or private enterprise.
5. The expected date that the gym would be available for use to the public.
6. Business plan including information about your organization, names and addresses of the principal owners, including information about your business experience especially in fitness.
7. Whether you are interested in the purchase of the equipment vs. an agreement to lease, etc. What amount the proponent would be willing to offer for the equipment.
8. Insurance provisions.

The proposals will be evaluated by the council of the Town of Cobalt. Proponents may be required to present their proposals to the Council.

# THE CORPORATION OF THE TOWN OF COBALT

## TERMS AND CONDITIONS

### REQUEST FOR PROPOSAL 2018-01

### RELOCATION OF HOIST ROOM (GYM)

1. The Town of Cobalt will accept submissions clearly **marked “RFP 2018-01 Hoist Room”** up to and including **3:00 p.m., local time, Friday, April 13<sup>th</sup>, 2018** to the attention of:

Michelle Larose, CMO  
Chief Administrative Officer/Clerk-Treasurer  
P.O. Box 70  
18 Silver Street  
Cobalt, ON P0J 1C0

Email: [mlarose@cobalt.ca](mailto:mlarose@cobalt.ca)

(If emailing your submission, include **“RFP 2018-01 Hoist Room”** in the subject line)

All submissions to the Town of Cobalt become the property of the Municipal government and as such, are subject to the Freedom of Information and Protection of Privacy Act.

## OBLIGATIONS

2. The Town of Cobalt reserves the right to reject any or all submissions and, in any event, is not obligated to accept any submissions.
3. The Town of Cobalt shall not be liable for any costs of preparation or presentation (if required), and all submissions and accompanying documents submitted by respondents become the property of the Town of Cobalt and will not be returned.
4. All submissions shall be final and may not be altered by subsequent offerings, discussions or commitments unless the respondent is requested to do so by the Town of Cobalt.
5. Proposals shall be firm for a period of at least 30 days from the submission deadline and shall be used as the basis for the agreement.

## **DISCRETION TO AMEND TERMS**

6. The Town of Cobalt expressly reserves the right to make any amendments to:
  - 1) Terms and conditions as set forth herein, and
  - 2) The final Draft Agreement to be executed by the successful proposal.

## **PROPONENT'S RESPONSIBILITY**

7. It is the contractors' responsibility to carefully examine the site of the Hoist Room to ensure that the proposal submitted will meet the needs of what is required to operate and maintain the gym.

## **SUBMITTALS**

8. Proponent's responsibility for errors and omissions in submission is not relieved by Municipality's review of submittals.

## **PROPONENT SCHEDULE**

9. Submit a schedule of transition within 5 days of approving the successful proponent.

## **CONTRACT CLOSEOUT**

### **10. Final Inspection and Declarations**

- 10.1 Municipality will conduct a preliminary and final inspection.

## **TERMINATION OF CONTRACT**

11. If at any time, in the opinion of the Building Inspector, the method of operation is unsatisfactory, the Contract may be cancelled upon written notice of the Building Inspector, without redress or compensation to the Contractor.

## **DATE FOR COMPLETION**

12. The work under this Request for Proposal shall be determined once the Council of the Town of Cobalt reviews the proposals.

## **INDEMNIFICATION AND INSURANCE**

13. The Proponent shall indemnify and hold harmless the Municipality along with its agents and employees from all claims, demands, losses, costs, damages, actions, suits or proceedings by any third party that may arise out of, or are attributable to the Proponent's performance of the contract.
14. The Proponent shall provide, maintain and pay for general liability insurance in the joint name of the contractor and the municipality with limits of not less than **FIVE MILLION (\$5,000,000.00) DOLLARS** inclusive per occurrence for bodily injury, death and damage to property including loss of use thereof. This form of insurance shall be maintained continuously from the date of the execution of any agreement until completion of the work as determined by the owner's agent(s).
15. The Proponent shall arrange for the completion and submission of the Certificate of Liability Insurance in which shall be included a provision requiring the insurer to give prior notice to the Municipality if the policy is changed or cancelled.

## **WORKPLACE SAFETY AND INSURANCE BOARD**

16. The Contractor shall agree to obtain, maintain and submit to the Town of Cobalt a Certificate of good standing (Clearance Certificate) from the Workplace Safety and Insurance Board for the term of this agreement.

## **INQUIRIES DURING SUBMISSION PERIOD**

17. Should more information be required prior to the closing date of the proposals and/or if you wish to conduct an on-site inspection of the Hoist Room, contact Michelle Larose, Chief Administrative Officer at 705-679-8877 during normal office hours.

**THE CORPORATION OF THE TOWN OF COBALT  
Appendix "A" – List of Gym Equipment  
Request for Proposal 2018-01  
Relocation of Hoist Room (GYM)**

1. Paramount - Pec-Deck

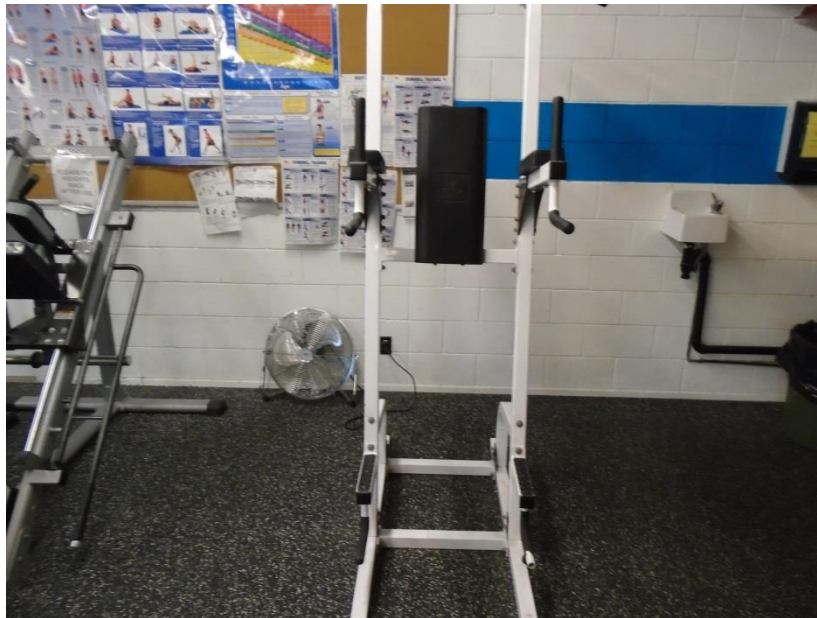


2. Jacobs Ladder





3. Dip Machine



4. Leg Press



5. Weight stack with 45lb plates x 10
6. Multi-use bench



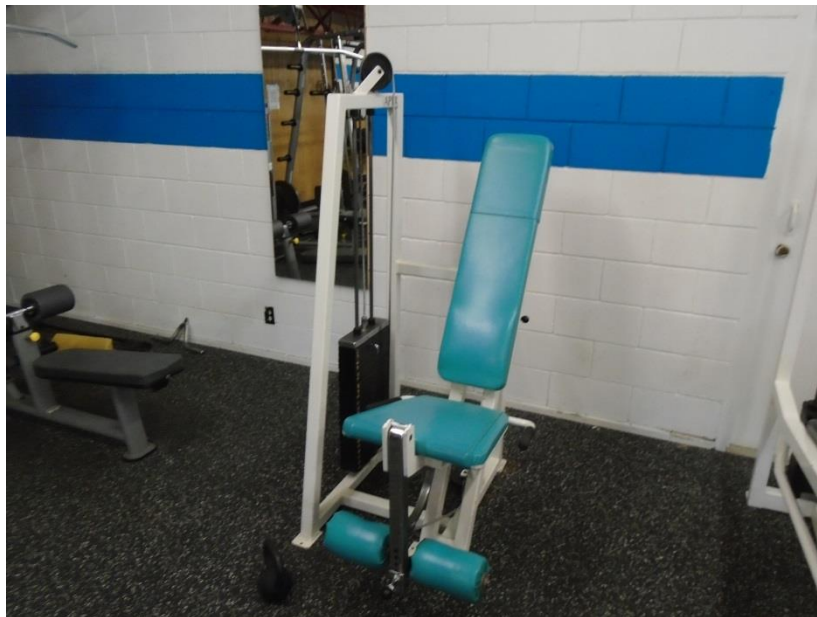
7. Calgym by Tuffstuff – Leg Press/Calf Raise



8. Leg extension/Leg curl



9. Leg extension



10. Calgym by Tuffstuff - Lat Pulldown/Mid Row



11. Calgym by Tuffstuff – Inner/Outer Thigh



12. Calgym by Tuffstuff – Multi Press



13. Multi-use bench



14. Smith machine



15. Multi-use bench



16. Shoulder press



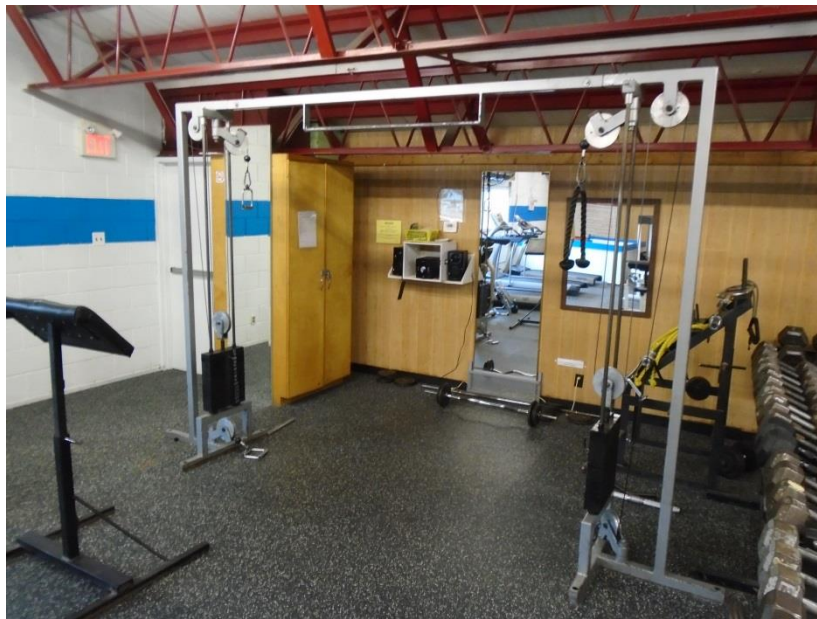
17. Bench press



18. Bench press



19. Cable cross-over





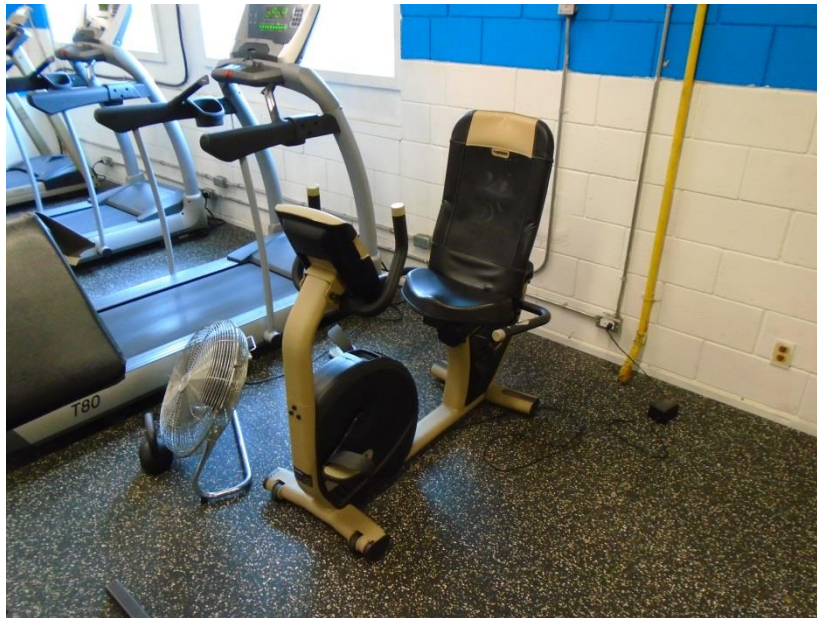
20. Standing preacher curl



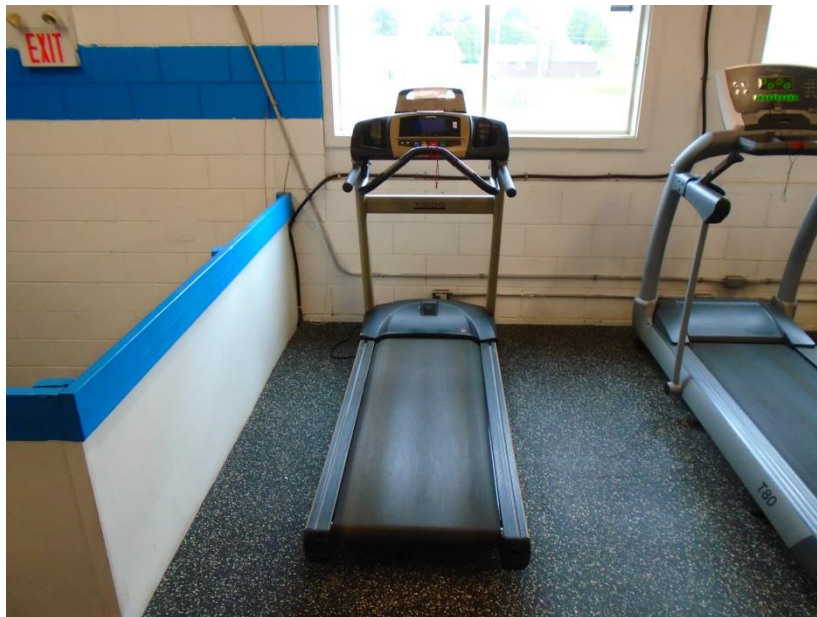
21. Seated preacher curl



22. Bodyguard R6X recumbent bike



23. Bodyguard T-500 treadmill



24. Vision fitness treadmill



25. Vision fitness treadmill



26. Back machine



27. Calgym by Tuffstuff – Bicep curl/Tricep curl



28. Calf raise



29. Sit-up bench



30. Calgym by Tuffstuff – Leg extension/Curl



31. Calgym by Tuffstuff – Ab crunch/Back Extension



32. Multi-use bench



33. Olympia weight stack (list at end)



34. Hex and plastic dumbbells (list at end)



35. Plate barbells (list at end)





36. Balls (list at end)



37. Free-weight bars and various plates (list at end)



38. Gym mats (2)



**Balls**

Exercise balls – 3  
Medicine Balls – 4

**Free-Weight Bars**

Curling – 6  
Pull down bars/seated row bars – 18  
Bench press bars – 2

**Various Plates**

2.5 lb. x 2  
5 lb. x 24  
7.5 lb. x 7  
10 lb. x 5

**Olympia Weight Stack**

45 lb. x 8  
35 lb. x 6  
25 lb. x 6  
10 lb. x 12  
5 lb. x 10  
2.5 lb. x 8

## **Hex Dumbbells**

3 lb. x 4

5 lb. x 7

10 lb. x 7

12 lb. x 2

15 lb. x 4

20 lb. x 6

25 lb. x 2

30 lb. x 2

35 lb. x 2

40 lb. x 2

45 lb. x 2

50 lb. x 2

55 lb. x 2

60 lb. x 2

70 lb. x 2

80 lb. x 2

## **Plastic Dumbbells**

3 lb. x 4

5 lb. x 2

7 lb. x 2

8 lb. x 3

## **Plate Barbells**

30 lb. x 2

65 lb. x 2

75 lb. x 2

85 lb. x 2

90 lb. x 2

95 lb. x 2

100 lb. x 2

110 lb. x 2

120 lb. x 2