

DISPLAY THIS CARD ON PRINCIPAL FRONTAGE OF WORK CITY OF PORTLAND BUILDING PERMIT



This is to certify that <u>RICHARD I STONE/CROSSFIT</u> <u>BEACON</u> Located At 341 MARGINAL WAY

CBL: 010- H-001-001

Job ID: 2012-02-3349-CH OF USE

has permission to <u>Change the Use from retail/warehouse to fitness club, new ADA bathrooms, upgrades</u>, <u>NO EXTERIOR</u> provided that the person or persons, firm or corporation accepting this permit shall comply with all of the provisions of the Statues of Maine and of the Ordinances of the City of Portland regulating the construction, maintenance and use of the buildings and structures, and of the application on file in the department.

Notification of inspection and written permission procured before this building or part thereof is lathed or otherwise closed-in. 48 HOUR NOTICE IS REQUIRED. A final inspection must be completed by owner before this building or part thereof is occupied. If a certificate of occupancy is required, it must be

Fire Prevention Officer

Code Enforcement Officer / Plan/Reviewer

THIS CARD MUST BE POSTED ON THE STREET SIDE OF THE PROPERTY PENALTY FOR REMOVING THIS CARD

	CITY OF PORTLAND, MA Department of Planning and Urban Develo Building Inspections Division	INE AND A
Location: 341 M	ARGINAL WAY	CBL: 010- H-001-001
Issued to: STON	IE, RICHARD I / CROSSFIT BEACON	Date Issued: 10/5/2012
	I certify that the building, premises, or part thereof, at the above locati Permit No. 2012-02-3349-CH OF USE, has had a final inspection, has been	
under Building) requirements of limited or other	Permit No. 2012-02-3349-CH OF USE, has had a final inspection, has been the Building Code and the Land Use Code of the City of Portland, and is wise, as indicated below.	n found to conform substantially to the



Certificate of Occupancy



CITY OF PORTLAND, MAINE

Department of Planning and Urban Development

CBL: 010- H-001

Date Issued

Building Inspections Division

Location: 341 MARGINAL WAY

Issued to: RICHARD I STONE/CROSSFIT BEACON

This is to certify that the building, premises, or part thereof, see a above occion, built-altered-changed as to use under Building Permit No. 2012-02-3349-CH OF USE, has had a final inspection, has been found to conform substantially to the requirements of the Building Code and the Land Use Code of the City of Portland, and is hereby approved for occupancy or use, mitted or otherwise, as indicated below.

PORTION OF BUILDING OR PREMISES

ENTIRE

APPROVED OCCUPANCY

USE GROUP A-3, TYPE 3-B, IBC 2009

Limiting Conditions: This Temporary Certificate Decupancy white May 18, 2012, pending side egress final approval.

Approved: <u>4-6-2012</u> (Date) Notice: This certificate identifies the legal use of the building or premises, and ought to be transferred from owner to swarer upon the sale of the property.

City of Portland, Maine - Building or Use Permit Application

389 Congress Street, 04101 Tel: (207) 874-8703, FAX: (207) 8716

Job No: 2012-02-3349-CH OF USE	Date Applied: 2/21/2012		CBL: 010- H-001-001			
Location of Construction: 341 MARGINAL WAY	Owner Name: RICHARD I STONE		Owner Address: 18 MILTON PL BANGOR, ME 044			Phone:
Business Name: Crossfit Beacon	Contractor Name: Dick Campbell, LLC		Contractor Addr 321 River Rd., Orr			Phone: 207-745-7748
Lessee/Buyer's Name: Dave Pelletier	Phone: 207-838-3672		Permit Type: BLDG - Building			Zone: B-5
Past Use: Vacant – retail – Hancock Design Proposed Project Description convert vacant space to fitness faci		se &		Approved (u Denied N/A Minies District (P.A.		CEO District: Inspection: Use Group: $A-3$ Type: $3B$ IBC-2xOG Signature: MB-3/7/11
Permit Taken By:				Zoning Appro	oval	
 This permit application d Applicant(s) from meetin Federal Rules. Building Permits do not i septic or electrial work. Building permits are void within six (6) months of t False informatin may inv permit and stop all work. 	in applicable State and include plumbing, I if work is not started the date of issuance. validate a building	Shorelan Wetland Flood Zo Subdivis Site Plan Maj Date: OY QJ24J	s one ion	Zoning Appeal Variance Miscellaneous Conditional Use Interpretation Approved Denied Date:	e Not in Di Does not Requires Approved	

I hereby certify that I am the owner of record of the named property, or that the proposed work is authorized by the owner of record and that I have been authorized by the owner to make this application as his authorized agent and I agree to conform to all applicable laws of this jurisdiction. In addition, if a permit for work described in the appication is issued, I certify that the code official's authorized representative shall have the authority to enter all areas covered by such permit at any reasonable hour to enforce the provision of the code(s) applicable to such permit.

SIGNATURE OF APPLICANT	ADDRESS	DATE	PHONE
DESPONSIBILE DEDSON IN CHARGE (NE WORK TITLE	DATE	PHONE

3-15-D DWM Planbong OK

3-22-12 DWM close-MOK

4-6-12 DWM/BKL/ John Marsell (4-5-12) TCO approved.

BUILDING PERMIT INSPECTION PROCEDURES Please call 874-8703 or 874-8693 (ONLY) or email: buildinginspections@portlandmaine.gov

With the issuance of this permit, the owner, builder or their designee is required to provide adequate notice to the city of Portland Inspections Services for the following inspections. Appointments must be requested 48 to 72 hours in advance of the required inspection. The inspection date will need to be confirmed by this office.

- Please read the conditions of approval that is attached to this permit!! Contact this office if you have any questions.
- Permits expire in 6 months. If the project is not started or ceases for 6 months.
- If the inspection requirements are not followed as stated below additional fees may be incurred due to the issuance of a "Stop Work Order" and subsequent release to continue.

Underslab utiliy inspection, if needed

Close In Elec/Plmb/Frame prior to insulate or gyp

Final/Certificate of Occupancy Inspection prior to occupancy

The project cannot move to the next phase prior to the required inspection and approval to continue, REGARDLESS OF THE NOTICE OF CIRCUMSTANCES.

IF THE PERMIT REQUIRES A CERTIFICATE OF OCCUPANCY, IT MUST BE PAID FOR AND ISSUED TO THE OWNER OR DESIGNEE BEFORE THE SPACE MAY BE OCCUPIED.



Strengthening a Remarkable City, Building a Community for Life • www.portlandmaine.gov

Acting Director of Planning and Urban Development Gregory Mitchell

Job ID: 2012-02-3349-CH OF USE

Located At: <u>341 MARGINAL</u> <u>WAY</u> CBL: 010- H-001-001

Conditions of Approval:

Zoning

- 1. Separate permits shall be required for any new signage.
- 2. This permit is being approved on the basis of plans submitted. Any deviations shall require a separate approval before starting that work.
- 3. With the issuance of this permit and the certificate of occupancy the legal use of this space is a fitness center. Any change of use shall require a separate permit application for review and approval.

Fire

- 1. Installation shall comply with City Code Chapter 10.
- 2. All construction shall comply with City Code Chapter 10.
- 3. This permit is being approved on the basis of the plans submitted. Any deviation from the plans would require amendments and approval.
- 4. As-built documents shall be submitted in pdf to the Building Inspections Office upon completion of job.
- 5. Central Station monitoring for addressable fire alarm systems shall be by point.
- 6. The Fire alarm and Sprinkler systems shall be reviewed by a licensed contractor[s] for code compliance. Compliance letters are required.
- 7. A separate Fire Alarm Permit is required for new systems; or for work effecting more than 5 fire alarm devices; or replacement of a fire alarm panel with a different model. This review does not include approval of fire alarm system design or installation.
- 8. The fire alarm system shall comply with the City of Portland Standard for Signaling Systems for the Protection of Life and Property. All fire alarm installation and servicing companies shall have a Certificate of Fitness from the Fire Department.
- All fire alarm records required by NFPA 72 should be stored in an approved cabinet located at the FACP labeled "FIRE ALARM RECORDS".
- 10. Records cabinet, FACP, annunciator(s), and pull stations shall be keyed alike.
- 11. A separate Suppression System Permit is required for all new suppression systems or sprinkler work effecting more than 20 heads. This review does not include approval of sprinkler system design or installation.
- 12. System acceptance and commissioning must be coordinated with alarm and suppression system contractors and the Fire Department. Call 874-8703 to schedule.
- 13. Installation of a sprinkler or fire alarm system requires a Knox Box to be installed per city ordinance.
- 14. A firefighter Building Marking Sign is required.
- 15. Fire extinguishers are required per NFPA 10.
- 16. Occupancies with an occupant load of 100 persons or more require panic hardware on all doors serving as a means of egress.

Job ID: 2012-02-3349-CH OF USE

Located At: <u>341 MARGINAL</u> WAY CBL: 010- H-001-001

- 17. Emergency lights and exit signs are required. Emergency lights and exit signs are required to be labeled in relation to the panel and circuit and on the same circuit as the lighting for the area they serve.
- 18. Any cutting and welding done will require a Hot Work Permit from Fire Department.

Building

- 1. Application approval based upon information provided by applicant. Any deviation from approved plans requires separate review and approval prior to work.
- Permit approved based on the plans submitted and reviewed w/owner/ contractor, with additional information as agreed on and as noted on plans. SPECIFICALLY, THE NEW EXTERIOR LANDING AND STEPS ARE NOT APPROVED ON THIS PERMIT. A SEPARATE BUILDING PERMIT AND ADMINISTRATIVE AUTHORIZATION APPLICATION SHALL BE SUBMITTED FOR APPROVAL.
- 3. The bathroom fixture count was calculated using the Crossfit Beacon business model for actual number of occupants, not on the area of the space. The design for individual private bathroom/shower rooms was the tenant's decision.
- 4. Equipment shall be installed in compliance with the manufacturer's specifications and the UL listing.
- Separate permits are required for any electrical, plumbing, sprinkler, fire alarm, HVAC systems, heating appliances, including pellet/wood stoves, commercial hood exhaust systems and fuel tanks. Separate plans may need to be submitted for approval as a part of this process.
- 6. Ventilation of this space is required per ASHRAE 62.1, 2007 edition.

B-5	Entered 228 Do	12 0 2 3349	68
AKSU	General Bu	ilding Permit Applica	tion
TWORK		s real estate or personal property taxes or us ingements must be made before permits of	
	Location/Address of Construction: 341	MARGINAL WARY, FORTLAN	lo l
	Total Square Footage of Proposed Structure/A	square Footage of Lot	TOP-ASSESSOR)
Ī	Tax Assessor's Chart, Block & Lot	Applicant *must be owner, Lessee or Buyer*	
	Chart# Block# Lot#	Name DAVE PELLETIER	207-838-
	010 +001001	Address 341 MARGINAL WAY	3072
		City, State & Zip FORTLAND, HE OH	01
ŀ	Lessee/DBA (If Applicable)	Owner (if different from Applicant)	Cost Of Work: \$ \$47,000
		Name (CALLE AL ABOUT)	Work: \$ 74 1,000
	CROSSAT BEACON		C of O Fee: \$ 75.00
		Address Richard Store City, State & Zip 18 Millen Pl	['otal Fee: \$
		BONDOT, MEDHHOI	Iotal Pee. #
[Current legal use (i.e. single family)		
	If vacant, what was the previous use? Proposed Specific use: A-3 (FITLE	S FACILITY)	75.04
	Is property part of a subdivision?	If yes, please name	
	Project description:		-\$565.00
	CONVERSION OF EXISTING	VACANT SPACE TO FITNE	iss facility
ŀ	Contractor's name: DVV CAMPE		
	Address: <u>321</u> PIVER POAD City, State & Zip OPPINGTON, M	TE DAATA Tak	ephone: 207-745-7748
	Who should we contact when the permit is rea		
	Mailing address: <u>32</u> <u>PIVER</u> POA		
	Please submit all of the information	outlined on the applicable Checklist	. Failure to

do so will result in the automatic denial of your permit.

In order to be sure the City fully understands the full scope of the project, the Planning and Development Department may request additional information prior to the issuance of a permit. For further information or to download copies of this form and other applications visit the Inspections Division on-line at <u>www.portlandmaine.gov</u>, or stop by the Inspections Division office, room 315 City Hall or call 874-8703.

I hereby certify that I am the Owner of record of the named property, or that the owner of record authorizes the proposed work and that I have been authorized by the owner to make this application as his/her authorized agent. I agree in the code official's laws of this jurisdiction. In addition, if a permit for work described in this application is issued, I certify that the Code Official's authorized representative shall have the authority to enter all areas covered by this permit at any reacted by the owner to enforce the provisions of the codes applicable to this permit.

	Dept. of some second
Signature:	Date: $2 - 2 \left(-12 \right)$

This is not a permit; you may not commence ANY work until the permit is issue



Commercial Interior & Change of Use Permit Application Checklist

All of the following information is required and must be submitted. Checking off each item as you prepare your application package will ensure your package is complete and will help to expedite the permitting process.

One (1) complete set of construction drawings must include:

Note: Construction documents for costs in excess of \$50,000.00 must be prepared by a Design Professional and bear their seal.



- I Floor plans and elevations
- Window and door schedules
- Detail of any new walls or permanent partitions Floor plans and elevations Window and door schedules LIGHTING & PLUMBING FIXTURES SHOWN OF PLAN FOR ELEC./MELL/PLUMB:
- Complete electrical and plumbing layout. (BIDDER- DESHIN TO BE PERMITTED PRIOF TO Mechanical drawings for any specialized equipment such as furnaces, chimneys, gas equipment,



- HVAC equipment or other types of work that may require special review Insulation R-factors of walls, ceilings, floors & U-factors of windows as per the IEEC 2003 (EXISTING Proof of ownership is required if it is inconsistent with the assessors records.
- Reduced plans or electronic files in PDF format are required if originals are larger than 11" x 17".
- Per State Fire Marshall, all new bathrooms must be ADA compliant.

Separate permits are required for internal and external plumbing, HVAC & <u>electrical</u> installations.

There is a new footpun Not Approvedun B

For additions less than 500 sq. ft. or that does not affect parking or traffic, a site plan exemption should be filed including: (N/A NO ADDITIONS: ALL BITEPIOP APEAS REMAIN AS EXISTING)

- The shape and dimension of the lot, footprint of the existing and proposed structure and the distance from the actual property lines.
- Location and dimensions of parking areas and driveways, street spaces and building frontage.
- Dimensional floor plan of existing space and dimensional floor plan of proposed space.

A Minor Site Plan Review is required for any change of use between 5,000 and 10,000 sq. ft. (cumulatively within a 3-year period)

Fire Department requirements.

The following shall be submitted on a separate sheet:

- Name, address and phone number of applicant **and** the project architect.
- Proposed use of structure (NFPA and IBC classification)
- Square footage of proposed structure (total and per story) (EXISTING NO ADDITIONS)
- Existing and proposed fire protection of structure.
- □ Separate plans shall be submitted for (BIPDER DESIGN. HODIFICATIONS TO BE SUBMITTED
 - a) Suppression system TOR PEPMIT AT A LATER DATE)
 - b) Detection System (separate permit is required)
- A separate Life Safety Plan must include:
 - a) Fire resistance ratings of all means of egress 🗸
 - b) Travel distance from most remote point to exit discharge
 - c) Location of any required fire extinguishers
 - d) Location of emergency lighting
 - e) Location of exit signs
 - f) NFPA 101 code summary
- \Box Elevators shall be sized to fit an 80" x 24" stretcher.

For questions on Fire Department requirements call the Fire Prevention Officer at (207) 874-8405.

Please submit all of the information outlined in this application checklist. If the application is incomplete, the application may be refused.

In order to be sure the City fully understands the full scope of the project, the Planning and Development Department may request additional information prior to the issuance of a permit. For further information or to download copies of this form and other applications visit the Inspections Division on-line at <u>www.portlandmaine.gov</u>, or stop by the Inspections Division office, room 315 City Hall or call 874-8703.

Permit Fee: \$30.00 for the first \$1000.00 construction cost, \$10.00 per additional \$1000.00 cost

This is not a Permit; you may not commence any work until the Permit is issued.

ALL SURGAL MAN	
CALLAR D.	

Certificate of Design Application

From Designer:	22 Spattedis, LI	L
Date:	2/20/12	
Job Name:	CROSSETT REALAN	
Address of Construction:	341 MARGINAL WA	1, poprando
	2002 International Rui	ding Codo
Cons	2003 International Bui l truction project was designed to the buil	0
Building Code & Year	Use Group Classification (s)	A-3
Type of Construction TYP	E IN-B (ESTIMATED BASED	2 AN EXISTING CANSTRUCTION)
••		n 903.3.1 of the 2003 IRC YES (EXISTING)
		or non separated (section 302.3) SEPAPATED
Supervisory alarm System?	<i>I</i> .	ed? (See Section 1802.2) H/A (INT. WOPL ONLY)
Supervisory alarm System:	Ocolectimea/ sons report require	
Structural Design Calculation	" (N/A - NO NEW STRUCT	Live load reduction
	Il structural members (106.1 – 106.11) EUEILE	
		Roof snow loads (1603.7.3, 1608)
Design Loads on Constructio Uniformly distributed floor live loa		Ground snow load, Pg (1608.2)
Floor Area Use	Loads Shown	If $Pg > 10$ psf, flat-roof snow load $_{H}$
(EVV TING MANGTE	UISTIA 15 CALOPETE	If $Pg > 10$ psf, snow exposure factor, C_e
SLAD STEEL	CALVINS & BOOF LOISTS	If $P_g > 10$ psf, snow load importance factor, I_k
ENTERIOR CMU	WALKS)	
		Sloped roof snowload, B(1608.4)
Wind loads (1603.1.4, 1609)		Seismic design category (1616.3)
Design option util	lized (1609.1.1, 1609.6)	Basic seismic force resisting system (1617.6.2)
Basic wind speed	(1809.3)	Response modification coefficient, _{R/} and
Building category	and wind importance Factor, j	deflection amplification factor _{cd} (1617.6.2)
Wind exposure ca	table 1604.5, 1609.5) tegory (1609.4)	Analysis procedure (1616.6, 1617.5)
Internal pressure co	efficient (ASCE 7)	Design base shear (1617.4, 16175.5.1)
	dding pressures (1609.1.1, 1609.6.2.2)	Flood loads (1803.1.6, 1612)
	ssures (7603.1.1, 1609.6.2.1)	Flood Hazard area (1612.3)
Earth design data (1603.1.5, 10		Elevation of structure
Design option util		Other loads
Seismic use group	coefficients, SDs & SD1 (1615.1)	Concentrated loads (1607.4)
Site class (1615.1.5		Partition loads (1607.5)
	, ,	Misc. loads (Table 1607.8, 1607.6.1, 1607.7, 1607.12, 1607.13, 1610, 1611, 2404



Accessibility Building Code Certificate

Designer:	22 Aprilitions, UC
Address of Project:	341 MARGINAL WAY
Nature of Project:	TENANT IMPROVEMENT TO BUILD
	A CROSSFIT PEACON FITTHESS FACILITY
	IN EXISTING BUILDING

The technical submissions covering the proposed construction work as described above have been designed in compliance with applicable referenced standards found in the Maine Human Rights Law and Federal Americans with Disability Act. Residential Buildings with 4 units or more must conform to the Federal Fair Housing Accessibility Standards. Please provide proof of compliance if applicable.

(SEAL)

Signature AISTIN Title: EthTECT Firm: Address: 01854 201-23/0-les Phone:

For more information or to download this form and other permit applications visit the Inspections Division on our website at www.portlandmaine.gov

4



Certificate of Design

Date:

From:

2/20 /12 200 APRILATERIS

These plans and / or specifications covering construction work on:

341 MARGINAL WAY - TENANT IMPROVEMENT TO BUILD & CROSSPIT BERGAL FITNESS FACILITY IN EXISTING BUILDING

Have been designed and drawn up by the undersigned, a Maine registered Architect / Engineer according to the *2003 International Building Code* and local amendments.



Man alast
Signature: AMARIAN AMANDA P. AUSTA
Signature: AUSTAL ANANDA P. AUSTAL Title: PRINCIPAL APCHITCAT
Firm: 2A APCHITECTS
Address: PO BOX 189
POCKPOPT, ME 04856
Phone: 207-224-6545

5

For more information or to download this form and other permit applications visit the Inspections Division on our website at www.portlandmaine.gov

2A architects, llc 724 Rockland Street (Office) PO Box 189 (Mailing) Rockport, ME 04856 Tel: 207.236.6545

Date: November 20, 2012

Project Number: 12-101 Project Name: Crossfit Beacon

To: City of Portland 389 Congress Street Portland, ME 04101

Attn: Building Inspections Division

Enclosed:

- (1) Copy 24x36 Drawings (Sheets 1.00, 1.01, 1.02, 1.03) Dated 02.20.12
- (1) Copy Application forms including: Commercial Interior & Change of Use, General Building Permit App., Certificate of Design App., Accessibility Bldg. Code Cert., Certificate of Design
- (1) Copy ADA Code Analysis
- (1) Copy Crossfit Business Plan Executive Summary
- (1) Disc Containing All of the Above
- (1) Check Permit Fee (Check to be provided by applicant)

Message:

Enclosed are the required permit intake drawings, forms, and fee. Please feel free to contact us with questions or to request any additional information.

Thank you for your time and consideration of this submittal -

Amanda Austin Principal | Architect

LEASE

THIS LEASE made this ______ day of December, 2011, by and between RICHARD I. STONE of Bangor, County of Penobscot, State of Maine, hereinafter referred to as the Lessor, and BEACON FITNESS, LLC, a Maine limited liability company with a place of business at Portland, County of Cumberland, State of Maine, hereinafter referred to as the Lessee.

In consideration of One Dollars (\$1.00) and other valuable consideration, each to the other paid, the receipt whereof is hereby acknowledged, the Lessor and Lessee hereby agree to the following covenants and conditions:

1. Demised Premises - Term - Net Rent:

The Lessor hereby does lease, demise and let unto the Lessee and the Lessee does take from the Lessor a 5,445 square foot portion of a building situated at 341 Marginal Way in Portland, Maine, being the premises described in Exhibit A, attached hereto and made a part hereof, (if the actual square footage differs, the parties agree to amend this lease and the rent accordingly) for the term of six (6) years commencing on January 1, 2012, yielding and paying therefore net rent at the rate of three thousand six hundred thirty dollars (\$3,630.00) per month, payable in advance for the second year of this lease. In consideration of capital improvements to be made by Lessee, the Lessor will waive monthly rental payments during the first year of this lease. After the second year of this lease the net rental shall increase at the rate of three percent (3%) per year.

It is the intention of the Lessor and the Lessee that the rent herein specified shall be net to the Lessor in each year during the term of this lease. Accordingly, all costs, expenses, and obligations of every kind relating to the leased property (except as otherwise specifically provided in this lease) which may arise or become due during the

RECEIVED

FED 2 4 2012

Dept. of her

vided by law or in equity.

Termination - Breach.

The Lessee agrees at the expiration of the term of this lease to quit and deliver up the premises to the Lessor, or his attorney, peaceable and quietly, in as good order and condition as the same now are or may be put, reasonable wear and tear excepted; and the Lessee further agrees that should a default occur by the Lessee in any of the covenants, agreement, stipulations or conditions herein contained, it shall be lawful for the Lessor to re-enter said premises and retake the same with or without process of law, using such force as may be necessary to re-enter and retake possession of said premises, and to remove all persons or chattels from said premises, and the said Lessor shall not be liable for damages by reason of such re-entry, and all without prejudice to any other rights the Lessor may have.

10. Binding Effect.

This Lease shall be binding upon the parties hereto and their respective heirs, executors, administrators, successors or assigns. This Lease may not be assigned nor may any portion of the Leased Premises be sublet without the written consent of the Lessor, which consent shall not be unreasonably withheld

IN WITNESS WHEREOF, the parties hereto, have hereunto set their hands and seals on the day and year first above written.

Store

Lessor

-1 (.+ _____ Lessee



Receipts Details:

Tender Information: Check , BusinessName: Dick Campbell LLC, Check Number: 7929 **Tender Amount:** 565.00

Receipt Header:

Cashier Id: gguertin Receipt Date: 2/22/2012 Receipt Number: 41125

Receipt Details:

Referance ID:	5319	Fee Type:	BP-C of O
Receipt Number:	0	Payment	
		Date:	
Transaction	75.00	Charge	75.00
Amount:		Amount:	
Job ID: Job ID: 201	2-02-3349-CH OF USE - convert vacant space to	fitness facility	
Additional Comm	ents:		

Referance ID:	5321	Fee Type:	BP-Constr
Receipt Number:	0	Payment Date:	
Transaction Amount:	490.00	Charge Amount:	490.00
Job ID: Job ID: 2012	2-02-3349-CH OF USE - convert vacant space to t	fitness facility	L



Mission

CrossFit Beacon's mission makes people more fit and life more fun. As simple as it is on the surface, it is what drives us every day. People always ask "Why CrossFit?" and our answer never changes. We want our families and friends—old and new—to benefit from constantly varied, high-intensity, functional training. CrossFit is a movement simply because it works. Results matter. And making the most of the time you set aside for fitness is especially important for busy parents, professionals, or anyone with a life for that matter.

Community

The Crossfit Beacon community is important to us. Functional strength, body awareness, and overall fitness are not things reserved for a small subset of people. Our programs involve everyone from kids to seniors. When the needs are there, we include special classes to focus on the Olympic weightlifting movements, or for women to have a class of their own.

Approach

Our exercises involve multiple muscle groups, body control, and attention to technique. Examples include squats, running, rowing, pull-ups, push-ups, kettlebell swings, and prowler pushes. If you've never done any of these things, don't worry! Our coaches are here to make sure everyone stays injury-free, and we regularly adjust weights or movements so that people of different ability levels and physical preparedness can perform them safely.

Our workouts are varied, challenging, and carefully designed to elicit physical and mental adaptations (a.k.a. build fitness) without endangering people. Sometimes we focus on a particular movement, and other times we include a bunch of different ones. Whenever possible we turn workouts into games. Our equipment is carefully selected based on quality construction and usefulness. In certain cases where nothing meeting our standards is available for a reasonable price or at all, we make our own. We also carry enough so athletes don't have to wait for things to become available. Examples include barbells, kettle bells, weighted sleds, climbing ropes, jump ropes, gymnastics rings, pull-up bars, dip bars, medicine balls, plyo boxes, and rowing machines. We have 6 Fixed Olympic Lifting Stations for our strength work which will save our members time moving equipment from place to place in the gym.

Experience.

Our classes are led by dedicated coaches and packed with useful stuff. A 60-minute class typically includes warming up as a group, working on 1 or 2 movement skills, doing several sets of weightlifting or gymnastics movements, moving quickly and continuously or in intervals for a total of 5 to 20 minutes (what we call "metabolic conditioning"), and cooling down with flexibility/mobility work. In order to ensure our clients have the best possible experience, we are limiting class size to 12. We also have a lower gym space which is always available for Open Gym or 1-on-1 training. Open Gym/1-on-1 Training is limited to 4 participants. The facility will never have more than 20 people training and 16 people on deck The private locker rooms at 150 members in order to ensure our (For plumbing fixture count only SmB 3/6/12 to train. We have decided on 4 private locker rooms in order to give our members their privacy. Finally, we are capping our membership at 150 members in order to ensure our members have plenty of coaching attention.

CrossFit Beacon

Life Safety Code & ADA Report 341 Marginal Way Portland, Maine

Date: January 19, 2012



Report Completed By:

724 Rockland Street (Office) PO Box 189 (Mailing) Rockport, Maine 04856 Tel: 207.236.6545 Web: www.2Aarch.com

Project Contact: Amanda R. Austin Email Address: ara@2Aarch.com

Overview

We are pleased to provide this building code and ADA code assessment for the new CrossFit Beacon location at 341 Marginal Way in Portland, Maine. The existing building contains a warehouse occupant. A portion of that building is being converted to a fitness facility as described in drawings sent to our office by Dick Campbell, LLC of Orrington, Maine.

Building Construction:

- Masonry Walls with Steel Roof and Vertical Framing

Type of Construction:

- Assumed: Type 3B (IBC) (Based on square footage for original warehouse use, rated exterior walls (CMU), non-rated framing system, use of combustible materials for some interior building elements, and a non-combustible steel framing system.)
- Fully Sprinkled (Entire Building)
- Separated Uses (A-3 / S-1 and/or S-2) (No high-hazard storage.)

Building Size:

- Approximate Building Square Footage: 15,565 SF (Per Tax Map)
- Approximate Gross Square Footage of Tenant Space: 5,786 SF
- Adjacent Tenant Use: Warehouse (S-1 and/or S-2) (Non-High Hazard Storage)

Occupant Load:

5,786 sf (Gross SF) / 50 sf per occupant (Locker Rooms and Exercise Rooms) = 116 occupants

Occupancy:

- A-3 (Fitness Facility)

(Please note: The information regarding the building's construction has been provided to our office by the client. It has not been verified by on-site inspection. If any of the information above is found to be incorrect, the client will make this office aware for verification of code compliance.)

Part 1: ADA Analysis

The Department of Justice (DOJ) adopted revised Americans with Disabilities (ADA) Standards for Accessible Design in September 2010. The analysis provided below is based on the current standard, "2010 ADA Standards for Accessible Design." The ADA standard is available online at:

<u>http://www.ada.gov/2010ADAstandards_index.htm</u>. Complete and detailed information and diagrams are available in the standards. We advise reviewing these standards for a complete understanding of ADA regulations as not all information can be presented here.

Accessible Means of Egress (207.1)

- Accessible means of egress are not required in alterations per IBC 1007.1 (Exception 1). However, the main exit of the building does provide access to an existing exterior ramp.

Stairs (210 / 504)

 Existing stairs: Per 210.1, Exception 2. Stairs between levels connected by an accessible route shall not be required to comply with 504, except that if the stairs are altered, compliant handrails are required.

- However, the IBC / NFPA do require that existing stairs be compliant with rise and run minimum / maximum dimensions. If the stairs are being replaced, per the IBC, they need to meet 7" max. riser height and 11" min. tread depth requirements (1009.4.2). Per the NFPA, stairs may stay in place if they meet the existing stair requirements (Table 7.2.2.2.1.1(b)) of 36" clear (including handrail projection), 8" max. riser height, and 9" min. tread depth.
- New exterior stairs will be required to meet ADA and NFPA / IBC requirements. This includes:
 - o 4" minimum / 7" maximum height risers. 11" minimum deep treads.
 - No open risers.
 - o Stable surfaces not allowing for accumulation of water.
 - o Nosings:
 - Radius of curvature at leading edge = ½" max.
 - Nosings projecting beyond risers shall have the leading edge curved or beveled.
 - Risers shall be permitted to slope 30 degrees max.
 - Projection of nosing = 1-1/2" maximum over tread below.

Ramp (405)

- Slope: Shall not be steeper than 1:12.
- Cross Slope: Shall not be steeper than 1:48.
- Surfaces shall be stable, firm, and slip resistant
- Clear width (between handrails) is 36" minimum.
- Maximum rise for any run shall be 30".
- Level landings are required at the top and bottom of ramps.
 - Straight ramp runs: Landing shall be at least as wide as the ramp run. Clear length of landing shall be 60" minimum.
 - Ramps with change in direction: Landings must have a 60"x60" landing minimum.
 - o Maneuvering clearances at adjacent doors can overlap landing area.
- Handrails are required on both sides. (See below for handrail requirements.)
- Edge protection can be provided by means of:
 - Extended floor or ground surface extending 12" minimum past guardrail.
 - Curb or barrier (ie. railing) not allowing a 4" sphere to pass through at ground surface.
 (The first run of the ramp would require edge protection as it has an open side. A guardrail or low wall would be our recommended option.)

Handrails (505)

- Shall be provided on both sides of ramps and stairs.
- Shall be continuous with the full length of each stair flight or ramp run. Inside rails on dogleg or switchback stairs / ramps shall be continuous between runs.
- Height: 34" min. / 38" max. to top of gripping surface. Shall be at a consistent height above surface. (Typical is 36".)
- Clearance between handrail and adjacent surfaces shall be 1-1/2" minimum.
- Diameter: 1-1/4" min. / 2" maximum. (Typical is 1-1/2".)
- Must be secure in fittings
- Extensions: Extend 12" beyond top and bottom of ramp runs / stair flights. Return rail to a wall, guard, or landing surface.

Toilet and Bathing Facilities (213 and 603)

Below is a brief listing of requirements for Toilet and Bathing facilities. Please refer to Locker Room plans to view requirements in detail as they pertain to the plan.

- General:

o 60" clear diameter turning space shall be located within space.

- Required clear floor spaces, clearance at fixtures, and turning space are permitted to overlap.
- o Doors shall not swing into the required clear floor space at any fixture.
- An accessible route must be maintained throughout all spaces. 36" clear width minimum.
- o Floor surfaces to be stable and slip resistant (in both dry and wet conditions.)
- Toilet Compartments: At least one required. Accessible compartments shall be 60" wide (measured from side wall) and 56" minimum deep for wall hung water closets and 59" deep minimum for floor mounted water closets measured from rear wall.
 - Doors shall comply with ADA door clearance requirements, except that the distance between the door side of the compartment and any obstruction shall be 42" min.
 - Doors located on the front partition shall be 4" max. from wall or partition farthest from the toilet.
 - Door shall be self closing. Door pull is required on both sides near the latch. Doors shall not swing into the min. required compartment area.
 - The front partition and at least one side partition shall provide a toe clearance of 9" min. and 6" deep past compartment.
- Grab Bars:
 - o Clearance between grab bar and adjacent surfaces shall be 1-1/2".
 - Diameter: 1-1/4" min. / 2" maximum. (Typical is 1-1/2".)
 - Must be secure in fittings and support a force of 250 pounds.
 - Height: Horizontal position, 33" min. and 36" max. above finish floor to the top of gripping surface.
 - Position (In Toilet Compartments):
 - Side wall bar: 42" min. long, 12" max. from rear wall, extending 54" min. from the rear wall.
 - Rear wall bar: 36" long min., extend from centerline of toilet min. on one side and 24" min. on other side.
 - Position (In transfer type shower compartments):
 - Across control wall and back wall to a point of 18".
- Water Closets:
 - o At least one accessible required.
 - Centerline of water closet shall be 16" min. to 18" max. from the side wall or partition.
 - Seat shall be 17" min. and 19" max. Seats shall not be sprung.
 - Flush controls shall be to the open side.
 - Toilet paper dispensers shall be 7" min. and 9" max. in front of the water closet to the centerline of the dispenser. Outlet of dispenser shall be 15" min. and 48" maximum above finish floor. Must allow continuous paper flow.
- Urinals:
 - At least one accessible required.
 - Rim: 17" maximum above finish floor. 13 ½" deep min.
 - 30"x48" clear floor space for forward approach in front of fixture. If at an alcove, clear floor space must be 36"x48".
 - Flush control must be within reach range. If urinal is less than 20" deep, controls must be 48" maximum above floor.
- Lavatories:
 - o At least one accessible required.

- Clear floor space of 30"x48" required, positioned for forward approach. Compliant knee and toe clearance required.
- Height: Front of rim or counter surface 34" from finish floor.
- Metered faucets shall remain open for 10 seconds minimum.
- Exposed pipes shall be insulated. No sharp or abrasive edges under sinks.
- Controls must be within reach ranges.
- Mirrors (above countertops or lavatories):
 - Bottom of reflective surface 40" max. above floor.
- Mirrors (not above countertops or lavatories):
 - o Bottom of reflective surface 35" max. above floor.
- Transfer Type Shower Compartments (ie. not zero clearance entry):
 - This type of shower is used in the plans.
 - At least one accessible shower required.
 - Size: 36"x36" with 36" minimum entry. (Measurements taken from center points of sides)
 - Approach: Clearance of 36" wide min. x 48" long min. measured from the control wall.
 - Seat: From back wall to a point within 3" of compartment entry. Top of seat shall be 17"min. to 19" max. Seats shall be either rectangular or L-shaped. (See ADA for diagram and dimensions.) 250 pound allowable force.
 - 1/2" maximum threshold at entry to shower.
 - Controls: Installed on side wall opposite the seat 38" min. and 48" max. above shower floor and 15" max from centerline of seat toward shower opening.
 - Spray: Hose 59" long min. that can be used both as a fixed head and a hand-held. Shall have on/off control with non-positive shut-off. If an adjustable height shower head on a vertical bar is used, the bar shall be installed so as not to obstruct grab bars. 120 degrees maximum water temperature.
 - Exception: A fixed shower head located at 48" max. above the shower finish floor would be permitted in this type of facility.
- Coat Hooks and Shelves:
 - Where provided, at least one of each type (ie. at shower, at entry, at toilet compartment, etc.) shall be located within the required reach ranges (Section 308).
 - Shelves shall be 40" min. and 48" maximum above finish floor.
- Dispensers:
 - One of each dispenser type (ie., paper towels, hand dryers, soap dispensers, etc.) must be accessible.
 - Must have 30"x48" clear floor space for front or parallel approach
 - Must comply with reach ranges. For dispensers 20" or less deep (front approach) and 10" or less deep (side approach), maximum height of any operating parts is 48".

Doors (404)

- All doors on the interior accessible route that allow access to all the proposed primary functions will need to provide an open clear width of 32". (Provide 36" doors to meet this requirement.)
- Door thresholds on accessible routes cannot be greater than 1/2" in height. (Raised thresholds between ¼" and ½" high must be beveled with a slope not greater than 1:2.)
- Hardware shall be 34" min. and 48" maximum above floor. Hardware shall be lever type (operable with one hand and not requiring tight grasping or twisting.)
- Closers / Force:
 - Closers: Adjusted to close in 5 seconds min. from 12 degrees open. Spring Hinges: allow 1.5 seconds min. from 70 degrees open.

- o Interior doors: 5 pounds maximum.
- Maneuvering clearances:
 - o As provided at Locker Rooms, clearances will be shown on drawings.

Signs (216 and 703)

- Required at all permanent rooms and spaces and at exits. Must have raised and visual characters.
- Directional signs must meet visual character requirements.
- Mounting location:
 - Characters shall be 48" minimum above finish floor (from baseline of lowest character) and 60" maximum (from baseline of highest character).
 - Mount at latchside of door, where possible. If no space available, mount on nearest adjacent wall.
 - At double doors with (1) active leaf, mount sign on inactive leaf. With (2) active leafs, mount to wall on right side of doors.
 - o 18" x 18" clear floor space in front of sign (outside of door swing) required.
- Please note: The exact requirements for signage (contrast, characters, lettering size and protection, etc.) are too detailed to outline here. Purchase of fully compliant ADA signage can easily be verified with a signage manufacturer.

Lockers (225.2.1):

- 5% to comply with the following:
 - o 30"x48" clear floor space for parallel or side approach
 - Storage elements shall comply with reach ranges.
 - o No operable parts that require tight grasping, pinching or twisting.

Benches (903)

- 42" minimum long seat, 20" min. 24" max. deep.
- 30" x 48" clear floor space positioned at end of bench seat and parallel to short axis of bench shall be provided.
- Must provide back support. (Can be provided by a wall.) Must extend 18" above the seat surface.
- Height of bench: 17" min. and 19" max.
- Must hold 250 pounds.
- Slip resistant and not accumulate water if used in wet areas.

Clear Floor Space at Exercise Machines (1004.1 and 236.1)

- Exercise machines shall have a clear floor space of 30"x48". This can be shared by two machines and adjacent clear floor spaces may overlap.

Drinking Fountains (211)

- (1) drinking fountain is required per the Maine State Plumbing Code.
- However, the ADA requires two drinking fountains. One drinking fountain shall comply with 602.1 thru 602.6. One shall comply with 602.7.
 - Exception: Where a single drinking fountain complies with 602.1 through 602.7 (ie. provides both a standing and a sitting height spout) one fountain is allowed.
- 602.1 Drinking fountains shall comply with 307 (cannot project more than 4" into accessible path) and 602 (see below.)
- 602.2 Clear floor space for a front approach is required 30x48 space (or at alcoves greater than 24" deep, clear floor space is 36"x48".) Knee clearances are required.
- 602.3 Operable parts must comply with section 309. This includes:
 - Operation must be within reach requirements according to approach. (Generally, for front approach, if drinking fountain projects less than 20" and provides compliant knee clearance,

maximum vertical reach is 48". Specific requirements for other scenarios are shown in ADA section 308.)

- Operation shall not require tight grasping and must operate with one hand with a force not greater than 5 pounds.
- 602.4 Spout outlets shall be 36" maximum.
- 602.5 Spout outlets shall be located 15" min. from vertical support (ie. wall) and 5" max. from
 front of the unit.
- 602.6 Water flow shall be 4" high minimum. Water stream must be between 15 and 30 degrees depending on spout location. (Verify with manufacturer.)
- 602.7 Drinking outlets for standing persons shall be between 38" 44" above floor.
- All of this information can be easily verified with the drinking fountain manufacturer.

Part 2: Building Code Analysis

Portland has adopted the Maine Uniform Building and Energy Code (MUBEC) and the 2009 NFPA 101 Life Safety Code. These requirements are required when a building undergoes: a change of use, renovations, additions or alterations. Code section references are for the International Building Code (IBC) as adopted as part of MUBEC.

Separation of Uses (Table 508.4):

- Fire Barrier Wall Rating:
 - Wall will be required to be a 1-hour rated, Fire Barrier wall.
 - The code allows for a non-rated wall for Assemblies adjacent to S-2 Low Hazard Storage. However, because the adjacent storage use could be Moderate Hazard (S-1) or could change to another occupancy type in the future, we would provide a 1-hour separation. This is easily achieved by standard wall construction. A Gypsum Association (GA) detail compliant with one-hour construction is included with this document. (See page 9-11.)
 - Wall construction must be continuous from floor to roof above. Any
 penetrations (including (but not limited to) gaps in steel roof decking, electrical
 boxes and wiring) must be fire-rated or have firestopping approved for the
 specific use and rating required. (Per Section 713)
 - The client would like to apply plywood to the wall to allow for attachment of equipment (fitness side) and storage (warehouse side). The Gypsum Association allows the addition of "wood structural panels" to its wall systems.

General Considerations:

Additional Design Considerations:

There are a few elements often found in a fitness facility, that might be considered as design is completed. If included in the design, there are ADA and code requirements that would apply. These might include:

- Washer / Dryer and storage area for towels.
- Employee break area which might include: coffee maker, refrigerator, and storage.
- Secure and/or enclosed office for secure storage and meetings.
- Vending machine area.
- Janitorial closet and mop sink.

- Water Bottle filling station (available as a feature on some drinking fountains).

- Designated location for TV controls, cable, sound equipment, servers and other tech equipment. Additional Building Code / ADA considerations:

- A full code review of the IBC and NFPA 101 has not been requested by the client. Also, review of any Codes or Standards outside of the ADAAG 2010, International Building Code (as adopted by the State of Maine), and NFPA 101 has not been completed. (Please note: Additional Codes and Standards are applicable to the project. Review and Compliance with those is outside the requested scope of this review.)
- Exterior Stairs will require handrails and guardrail and must meet rise and run requirements.
- Exit signage, lighting, and alarms have not been reviewed and the existing inclusion / absence of these items is not known. If alarms are being modified, they must meet ADA requirements.
- Door hardware at exit doors will need to meet code standards for Assembly occupancies (Per IBC sections 1008.1.9.3 and 1008.1.10.)
- Doors are required to be 32" clear minimum (1008.1.1). The doors on the Utility Room do not meet this requirement. Also, employees with disabilities need to be able to approach, enter, and exit work areas. This would also prompt using wider doors at that space.
- Sales and service counters must meet ADA requirements. (Section 904).

We hope you have found this document helpful in your design and permitting process. Please feel free to let us know if you have any questions or concerns.

Please Note:

This report is not intended to be comprehensive of all code requirements applicable to the project. The code requirements outlined in this document relate to preliminary discussions of project goals and can change based on a variety of factors. As design progresses, code review and the incorporation of its requirements should be on-going by design and construction team.

Area Separation Wall Detail

(Fire Resistance Design Manual, Gypsum Association, 17th Edition)

Either of the details below would be acceptable for the area separation wall. Also attached are the general explanatory notes for the construction of these walls. In particular, please note the following:

- Note 10: Insulation of certain types in the wall system is acceptable.
- Note 15: Greater stud sizes are acceptable.

• Note 22: The use of "wood structural panels" is permitted. These can be added to one or both sides, and can either be applied directly to the framing or as a face layer.

GALELENC WP 3610	1 HOUR FIRE	35 to 39 STC SOUND
One layer 5/s" type X gypsum wallboard or gypsum veneer base applied parallel or at right angles to each side of 2 x 4 wood studs 24" o.c. with 6d coated nails, 17/s" long, 0.0915" shank, 1/4" heads, 7" o.c. Joints staggered 24" on opposite sides. (LOAD-BEARING)	X	- 8
	De 7-2 UL	
GAT AND AND AN AND AND AND AND AND AND AND	1 HOUR FIRE	35 to 39 STC SOUND
One layer 5/6" type X gypsum wallboard or gypsum veneer base applied parallel or at right angles to each side of 2 x 4 wood studs 16" o.c. with 11/4" Type W drywall screws 12" o.c. Joints staggered 16" on opposite sides. (LOAD-BEARING)		
	Sound Test: Se	

> board is applied to the ceiling. The additional layer of gypsum board shall be applied as described for the face layer of the tested system except that the fastener length shall be increased by not less than the thickness of the additional laver of gypsum board.

- 12. In each system containing batt or blanket insulation the insulation is specified to be either mineral or glass fiber and, for fire resistance, the system shall be built using the type specified.
- 13. Although the systems are arranged in general groupings (i.e. walls and interior partitions, floor-ceilings, roof-ceilings, etc.), this is not intended to limit their use only to the specific category in which they are listed. For example, systems listed as shaft walls shall be permitted to be used as interior partitions. However, systems tested vertically (walls and partitions) shall not be permitted to be arbitrarily used in a horizontal orientation.

- 14. Metal studs and runners are nominal 25 gage unless otherwise specified.
- 15. Greater stud sizes (depths) shall be permitted to be used in metal- or wood-stud systems. Metal studs of heavier gage than those tested shall be permitted. The assigned rating of any load-bearing system shall also apply to the same system when used as a nonload-bearing system. Indicated stud spacings are maximums.
- 16. Specified floor-ceiling and roofceiling framing sizes or truss dimensions are minimums. Greater joist or truss sizes (depths) shall be permitted to be used in metal- or wood-framed Indicated joist and systems. truss spacings are maximums.
- 17. Within design limitations, the distance between parallel rows of studs, such as in a chase wall, shall be permitted to be increased beyond that tested. When stud cavities in walls constructed of parallel rows of steel studs exceed 91/2 inches and cross bracing is required the cross bracing shall

be fabricated from steel studs.

Sufficient layers of type X Water-resistant ovosum board to achieve avosum becking fire or sound rating board Tile Paper-bound edge 1/4" space Flexible sealant Tub support Sufficient layers of type X water-resistant gypsum board to achieve fire or sound rating 1/4" space

Figure 1 Section Through Typical One-Hour System



- 18. Systems tested with metal furring channels attached directly to the bottom chords of steel beams, bar joists, or wood trusses or framing shall be permitted to be suspended. Generally, furring channels are attached to 11/2 inch cold rolled carrying channels 48 inches o.c. suspended from joists by 8 gage wire hangers spaced not greater than 48 inches o.c.
- 19. Floor-ceiling and roof-ceiling systems were fire tested at less than 36 inches total depth. However, the total depth of the systems, with either directly attached or suspended ceiling membranes, shall be permitted to extend greater than 36 inches.
- 20. Where laminating compound is specified, taping, all-purpose, and setting type joint compounds shall be permitted.
- 21. Additional layers of type X or regular gypsum board shall be permitted to be added to any system.
- 22. When not specified as a component of a fire-resistance rated wall or partition system, wood structural panels shall be permitted to be added to one or both sides. Such panels shall be permitted to be applied either as a base layer directly to the framing (under the gypsum board), as a face layer (over the face layer of gypsum board), or between lavers of gypsum board in multi-layer systems. When such panels are applied under the gypsum board or between layers of gypsum board the length of the fasteners specified for the attachment of the gypsum board applied over the wood structural panels shall be increased by not less than the thickness of the wood structural panels. Fastener spacing for the gypsum board and the number of layers of gypsum board shall be as specified in the system description.