

FORSYTH COUNTY

BOARD OF COMMISSIONERS

MEETING DATE: DECEMBER 15, 2014 AGENDA ITEM NUMBER: 9

**SUBJECT: RESOLUTION AWARDING CONTRACT FOR THE PURCHASE OF
LAW ENFORCEMENT UNIFORMS
(FORSYTH COUNTY SHERIFF'S OFFICE)**

COUNTY MANAGER'S RECOMMENDATION OR COMMENTS: Recommend Approval

SUMMARY OF INFORMATION:

The current contract for purchase of law enforcement uniforms for the Sheriff's Office expires on December 31, 2014.

This Resolution awards a contract to American Uniform Sales, Inc. for the purchase of law enforcement uniforms for the period January 1, 2015 through December 31, 2016 in the amount of \$67,625.90. The County will be able to make additional purchases of uniform garments during 2015 at bid prices and during 2016 at an increased amount not to exceed 3%. The contract includes, in addition to the uniforms, on-going measurement for sizes, sewing and hemming.

ATTACHMENTS: YES NO

SIGNATURE: *J. Dudley Watts, Jr.* DATE: December 10, 2014
COUNTY MANAGER

**RESOLUTION AWARDING CONTRACT FOR
THE PURCHASE OF LAW ENFORCEMENT UNIFORMS
(FORSYTH COUNTY SHERIFF'S OFFICE)**

WHEREAS, after due advertisement, bids were received and publicly opened by the City/County Purchasing Department at 10:00 A.M., Monday, October 27, 2014 for the purchase of law enforcement uniform garments as outlined in Attachment A, which is attached hereto and incorporated herein by reference, for the Forsyth County Sheriff's Office, and the following bid was received:

American Uniform Sales, Inc. \$67,625.90

; and

WHEREAS, it is the recommendation of the County Manager, the Sheriff, and the Purchasing Director that a contract for the purchase of law enforcement uniform garments as outlined in Attachment A be awarded to American Uniform Sales, Inc. in the amount of \$67,625.90; and

WHEREAS, the terms of the bid reserve for the County the right to purchase additional uniform garments at bid prices from January 1, 2015 through December 31, 2015, and at an increased amount not to exceed 3% from January 1, 2016 through December 31, 2016; and

WHEREAS, the Chief Financial Officer has determined that sufficient funds are available to cover the cost of this contract;

NOW, THEREFORE, BE IT RESOLVED, by the Forsyth County Board of Commissioners, that a contract for the purchase of law enforcement uniform garments as outlined in Attachment A for the Forsyth County Sheriff's Office, is hereby awarded to American Uniform Sales, Inc. in the amount of \$67,625.90.

BE IT FURTHER RESOLVED that the County Manager and Clerk to the Board are hereby authorized to execute, on behalf of Forsyth County, a contract with American Uniform Sales, Inc. and any other necessary documents for the purchase of law enforcement uniform garments as outlined in Attachment A for the Forsyth County Sheriff's Office, pursuant to the terms of the bid, subject to a pre-audit certificate thereon by the Chief Financial Officer, where applicable, and approval as to form and legality by the County Attorney.

Adopted this 15th day of December 2014.

ATTACHMENT A

<u>Item 1</u>	200 ea. Male short sleeve shirt, black, Blauer 8460, size up to 20. Unit price: \$56.38 Total for 200: \$11,276.00
<u>Item 2</u>	40 ea. Male short sleeve shirt, black, Blauer 8460, size 20 and up. Unit price: \$56.38 Total for 40: \$2,255.20
<u>Item 3</u>	30 ea. Female short sleeve shirt, black, Blauer 8460W, size up to 48. Unit price: \$56.38 Total for 30: \$1,691.40
<u>Item 4</u>	30 ea. Female short sleeve shirt, black, Blauer 8460W, size 48 and up. Unit price: \$56.38 Total for 30: \$1,691.40
<u>Item 5</u>	200 ea. Male long sleeve shirt, black, Blauer 8450, size up to 20 Unit price: \$63.30 Total for 200 \$12,660.00
<u>Item 6</u>	40 ea. Male long sleeve shirt, black, Blauer 8450, size 20 and up. Unit price: \$63.30 Total for 40: \$2,532.00
<u>Item 7</u>	30 ea. Female long sleeve shirt, black, Blauer 8450W, up to size 46 Unit price: \$63.30 Total for 30: \$1,899.00
<u>Item 8</u>	30 ea. Female long sleeve shirt, black, Blauer 8450W, size 46 and up. Unit price: \$63.30 Total for 30: \$1,899.00
<u>Item 9</u>	220 ea. Male Side Pocket Trouser-Black, Blauer 8565, Size: Up to 56 inch waistband. Unit price: \$66.50 Total for 220: \$14,630.00
<u>Item 10</u>	15 ea. Male Side Pocket Trouser-Black, Blauer 8565, Size: 56 "waistband and up. Unit price: \$70.74 Total for 15: \$1,061.10
<u>Item 11</u>	50 ea. Female Side Pocket Trouser-Black, Blauer 8565W, Size: Up to 24 Unit price: \$70.74 Total for 50: \$3,537.00
<u>Item 12</u>	15 ea. Female Side Pocket Trouser-Black, Blauer 8565W, Size: 24 and above Unit price: \$70.74 Total for 15: \$1,061.10
<u>Item 13</u>	20 ea. Blauer Cruiser Jacket-Black, Blauer 9910Z, Size: ALL SIZES Unit price: \$238.30 Total for 20: \$4,766.00

ATTACHMENT A (Continued)

<u>Item 14</u>	75 ea. Taclite Pants-All Colors, All Sizes, 5.11 74273 Unit price: \$38.00 Total for 75: \$2,850.00
<u>Item 15</u>	15 ea. Short Sleeve Shirt-Black, Blauer 8910, Size Up to 20 Unit price: \$39.00 Total for 15: \$585.00
<u>Item 16</u>	10ea. Short Sleeve Shirt-Black, Blauer 8910, Size 20 and above Unit price: \$41.49 Total for 10: \$414.90
<u>Item 17</u>	16 ea. Long Sleeve Shirt-Black, Blauer 8900, Size: Up to 20 Unit price: \$46.80 Total for 16: \$748.80
<u>Item 18</u>	10 ea. Long Sleeve Shirt-Black, Blauer 8900, Size: 20 and above Unit price: \$46.80 Total for 10: \$468.00
<u>Item 19</u>	15 ea. Trousers-Black, Blauer 8980, Size: Up to 54 inch waist Unit price: \$64.00 Total for 15: \$960.00
<u>Item 20</u>	10 ea. Trousers-Black, Blauer 8980 Size: 54 inches and above waist Unit price: \$64.00 Total for 10: \$640.00

TOTAL PRICE ITEMS 1 - 20: \$67,625.90

NORTH CAROLINA)

CONTRACT

FORSYTH COUNTY)

THIS CONTRACT, made and entered into effective the 1st day of January 2015, by and between Forsyth County, North Carolina (the "County") on behalf of the Forsyth County Sheriff's Office (the "Sheriff's Office"), and American Uniform Sales, Inc. (the "Provider");

WITNESSETH

WHEREAS, the County duly advertised for bids to purchase uniforms and bids were received and duly opened on October 27, 2014, and;

WHEREAS, after careful consideration of the bid submitted by the Provider, it is the recommendation of the County Manager, the Sheriff and the Purchasing Director that a contract for the purchase of uniforms be awarded to the Provider in the amount of \$67,625.90.

NOW, THEREFORE, in consideration of the premises and in further consideration of the mutual agreement contained herein, as well as the financial consideration hereinafter referred to, the parties hereto do contract and agree as follows:

- (1) For the purpose and subject to the terms and conditions hereinafter set forth, the County hereby contracts for services of the Provider, and, the Provider agrees to provide the services to the County in accordance with the terms of the Contract.
- (2) In accordance with the County's specifications (Attachment A), incorporated herein by reference, and the Provider's submitted proposal (Attachment B), also incorporated herein by reference, the Provider agrees to deliver to the County the equipment, materials, and/or services bid and described in the County specifications and in the Provider's submitted proposal.
- (3) The County's specifications outlined in the Invitation for Bid, and the proposal thereon by the Provider, all of which are on file in the office of the City/County Purchasing Department and further are incorporated into and made a part of this contract by reference, shall constitute the contract between the parties as though full written herein for the purchase of:

Uniforms for the Forsyth County Sheriff's Office in the amount of \$67,625.90

- (4) As full compensation to the Provider for materials, equipment and/or services, the County agrees to pay Provider the sum of Sixty-Seven Thousand Six Hundred and Twenty-Five Dollars and Ninety Cents (\$67,625.90) upon delivery and final acceptance.
- (5) The Provider shall bill the County for the services upon contract execution. The County shall pay all such bills within the following thirty (30) days provided all elements of the Contract are satisfactorily met.
- (6) Provider and its subcontractors shall comply with Article 2 of Chapter 64 of the North Carolina General Statutes relating to the required use of the federal E-Verify program to verify the work authorization of newly hired employees. Failure of the Provider to comply with this provision or failure of its subcontractors to comply could render this contract void under North Carolina law.

IN WITNESS WHEREOF, the County and the Provider have set their hands and seals as of the day and year first above written.

FORSYTH COUNTY, NORTH CAROLINA:

By: _____ Date _____
 J. Dudley Watts, Jr.
 Title COUNTY MANAGER

ATTEST: _____ Date _____
 (SEAL) Clerk of the Board

FORSYTH COUNTY SHERIFF'S OFFICE:

By: William T. Schatzman Date 11/5/14
 William T. Schatzman
 Title SHERIFF, FORSYTH COUNTY

PROVIDER: American Uniform Sales, Inc.

By: [Signature] Date 11/5/14
 Title SALES MANAGER

INVITATION FOR BID

UNIFORMS

**FORSYTH COUNTY
SHERIFF'S OFFICE**

**Bids Will Be Opened
10:00 A.M., Monday, October 27, 2014**

**IN
SUITE 324, CITY HALL BUILDING
101 NORTH MAIN STREET
WINSTON-SALEM, NORTH CAROLINA**

**BY THE
CITY/COUNTY PURCHASING DEPARTMENT
324 City Hall Building
Winston-Salem, NC 27101**

Notice to Bidders

UNIFORMS

It is the policy of the City of Winston-Salem & Forsyth Co. that an employee, officer, or agent of the City/County may not participate in any manner in the bidding, awarding, or administering of contracts in which they, or a member of their immediate family, their business partner, or any organization in which they serve as an officer, director, trustee, or employee, have a financial interest.

The successful bidder must comply with all provisions of the Americans with Disabilities Act (ADA) and all rules and regulations promulgated thereunder. By submitting a proposal, the successful bidder agrees to indemnify the City/County from and against all claims, suits, damages, costs, losses, and expenses in any manner arising out of, or connected with, the failure of the Company, its subcontractors, agents, successors, assigns, officers, or employees to comply with the provisions of the ADA or the rules and regulations promulgated thereunder.

All bids must be firm and not subject to increase, unless specified within the provisions of this Invitation for Bid (IFB) and mutually agreed upon by the City/County and the bidder.

No special inducements will be considered that are not a part of the original bidding document.

City Rights and Options

The City/County, at its sole discretion, reserves the following rights:

- To supplement, amend, substitute or otherwise modify this bid at any time
- To cancel this bid with or without the substitution of another bid
- To take any action affecting this bid, this bid process, or the Services subject to this bid that would be in the best interests of the City/County
- To issue additional requests for information
- To require one or more Service Providers to supplement, clarify or provide additional information in order for the City/County to evaluate the responses submitted

Public Records

Any material submitted in response to this IFB will become a "public record" once the bidder's document(s) is opened and the bidder is determined to be a participant in the solicitation process and shall be subject to public disclosure consistent with Chapter 132, North Carolina Statutes. Bidders must claim any applicable exemptions to disclosure provided by law in their response to this IFB. Bidders must identify materials to be protected, and must state the reasons why such exclusion from public disclosure is necessary and legal. The City/County reserves the right to make all final determination(s) of the applicability of North Carolina General Statutes § 132-1.2, Confidential Information.

Familiarity with Laws and Ordinances

The submission of a bid on the services requested herein shall be considered as a representation that the bidder is familiar with all federal, state, and local laws, ordinances, rules and regulations which affect those engaged or employed in the provision of such services, or equipment used in the provision of such services, or which in any way affects the conduct of the provision of such services; and no plea of misunderstanding will be considered on account of ignorance thereof. If the bidder discovers any provisions in the IFB documents that are contrary to or inconsistent with any law, ordinance, or regulation, it shall be reported to the City/County in writing without delay

Notice to Bidders UNIFORMS

Ethics Policy / Code of Conduct

The City of Winston-Salem & Forsyth County has established guidelines for ethical standards of conduct for City/County representatives and to provide guidance in determining what conduct is appropriate in particular cases. City/County representatives should maintain high standards of personal integrity, truthfulness, honesty, and fairness in carrying out public duties; avoid any improprieties in their roles as public servants including the appearance of impropriety; and never use their position or power for improper personal gain. In establishing an ethics policy, the City of Winston-Salem & Forsyth County desires to protect the public against decisions that are affected by undue influence, conflicts of interest, or any other violation of these policies as well as promote and strengthen the confidence of the public in their governing body. For a complete review of the City/County Policy click the following link.

<http://www.cityofws.org/Home/Departments/Purchasing/Articles/Bids>

INSTRUCTIONS FOR BIDDERS

Bidders **MUST** have their bid delivered by the specified time and date. This IFB sets forth the minimum requirements that all submissions shall meet. Failure to submit proposals in accordance with this request may render the proposal unacceptable. Costs incurred by any Bidder in the preparation of his/her response to the IFB are the responsibility of the Bidder and will not be reimbursed by the City of Winston-Salem & Forsyth County. Bidders shall not include any such expenses as part of their proposals.

PREPARATION OF BID

It is certified that this proposal is made in good faith and without collusion with any person submitting a proposal for this service or with any officer or employee of the City of Winston-Salem & Forsyth County. The undersigned further agrees that in connection with the performance of specified services, not to discriminate against any employee or applicant for employment because of race, religion, color, sex, age, handicap, political affiliation, or national origin.

Bids **MUST** be on the standard forms as furnished in this bidding document by the City/County Purchasing Department.

All bids must be received not later than October 27, 2014 at 10:00 AM

**Proposal Form
Uniforms- Fo. Co. Sheriff's Office**

Submit proposals to the following location:

US Postal Service address:
City/County Purchasing Department
Post Office Box 2511
Winston-Salem, North Carolina 27102

or

Hand-delivery or FedEx address:
City/County Purchasing Department
101 N. Main Street, 324 City Hall
Winston-Salem, North Carolina 27101

*****Bids may be submitted per email to tawannag@cityofws.org**

BIDDERS:

The City of Winston-Salem and Forsyth County Purchasing Department is seeking bids for a **Uniforms** per detailed specifications included in this document.

For any questions or comments regarding this bid please contact Randy Hunsucker hunsuerc@fcsso.us - 336-917-7324, Steve Ragan ragansw@fcsso.us - 336-917-7323 or TaWanna A. Gates tawannag@cityofw.org - 336-747-6938

The undersigned bidder hereby declares that they have carefully examined the specifications contained herein and will provide all labor, materials, equipment, supervision, and insurance applicable to perform the service in accordance with the specifications and the requirements under the following sum to wit:

The contract will cover a two year period from January 1, 2015 through December 31, 2016, with the option to extend the contract for an additional year upon mutual agreement of cost increase and terms between the vendor and the County.

ATTACHMENT A

Item 1 200 ea. Male short sleeve shirt, black, Blauer 8460, size up to 20.

Unit price: \$ _____ Total for 200: \$ _____

Item 2 40 ea. Male short sleeve shirt, black, Blauer 8460, size 20 and up.

Unit price: \$ _____ Total for 40: \$ _____

Item 3 30 ea. Female short sleeve shirt, black, Blauer 8460W, size up to 48.

Unit price: \$ _____ Total for 30: \$ _____

Item 4 30 ea. Female short sleeve shirt, black, Blauer 8460W, size 48 and up.

Unit price: \$ _____ Total for 30 : \$ _____

Item 5 200 ea. Male long sleeve shirt, black, Blauer 8450, size up to 20

Unit price: \$ _____ Total for 200: \$ _____

Item 6 40 ea. Male long sleeve shirt, black, Blauer 8450, size 20 and up.

Unit price: \$ _____ Total for 40: \$ _____

ATTACHMENT A

Item 7 30 ea. Female long sleeve shirt, black, Blauer 8450W, up to size 46

Unit price: \$ _____ Total for 30: \$ _____

Item 8 30 ea. Female long sleeve shirt, black, Blauer 8450W, size 46 and up.

Unit price: \$ _____ Total for 30: \$ _____

Item 9 220 ea. Male Side Pocket Trouser-Black, Blauer 8565, Size: Up to 56 inch waistband.

Unit price: \$ _____ Total for 220: \$ _____

Item 10 15 ea. Male Side Pocket Trouser-Black, Blauer 8565, Size:56 " waistband and up.

Unit price: \$ _____ Total for 15: \$ _____

Item 11 50 ea. Female Side Pocket Trouser-Black, Blauer 8565W, Size: Up to 24

Unit price: \$ _____ Total for 50: \$ _____

Item 12 15 ea. Female Side Pocket Trouser-Black, Blauer 8565W, Size: 24 and above

Unit price: \$ _____ Total for 15: \$ _____

ATTACHMENT A

Item 13 20 ea. Blauer Cruiser Jacket-Black, Blauer 9910Z, Size: ALL SIZES

Unit price: \$ _____ Total for 20: \$ _____

Item 14 75 ea. Taclite Pants-All Colors, All Sizes, 5.11 74273

Unit price: \$ _____ Total for 75: \$ _____

Item 15 15 ea. Short Sleeve Shirt-Black, Blauer 8910, Size Up to 20

Unit price: \$ _____ Total for 15: \$ _____

Item 16 10ea. Short Sleeve Shirt-Black, Blauer 8910, Size 20 and above

Unit price: \$ _____ Total for 10: \$ _____

Item 17 16 ea. Long Sleeve Shirt-Black, Blauer 8900, Size: Up to 20

Unit price: \$ _____ Total for 16: \$ _____

ATTACHMENT A

Item 18 10 ea. Long Sleeve Shirt-Black, Blauer 8900, Size: 20 and above

Unit price: \$ _____ Total for 10: \$ _____

Item 19 15 ea. Trousers-Black, Blauer 8980, Size: Up to 54 inch waist

Unit price: \$ _____ Total for 15: \$ _____

Item 20 10 ea. Trousers-Black, Blauer 8980 Size: 54 inch and above waist

Unit price: \$ _____ Total for 10: \$ _____

TOTAL PRICE ITEMS 1 - 20: \$ _____

BID SPECIFICATIONS

#	ITEM TITLE	ITEM DESCRIPTION	MANUFACTURER #	COLOR	# UNITS
1	SHORT SLEEVE SHIRT	<p>BLAUER 8460 MALE SHORT SLEEVE - BLACK SHIRT SIZES UP TO 20</p> <p>Fabric will be 10.25-10.75 per linear yard plain weave, 2-ply warp, single-ply filling, 75% Dacron polyester/25% worsted wool with 10-12% mechanical filling stretch. Fabric must be machine washable and dry cleanable. 5 crease military style with permanent silicone adhesive creases. Collar shall be top fused, convertible sport type. Epaulets shall be sewn onto shoulder seam. There shall be two mitered, pleated pockets with scalloped flaps, pencil opening in left pocket, hook and loop closure. Badge eyelets with internal support strap. Back collar and yoke lined with polyester taffeta or satin. Shirts tails will be extra long.</p>	Blauer 8460	BLACK	200
2	SHORT SLEEVE SHIRT	<p>BLAUER 8460 MALE SHORT SLEEVE - BLACK SHIRT SIZES 20 AND ABOVE</p> <p>Fabric will be 10.25-10.75 per linear yard plain weave, 2-ply warp, single-ply filling, 75% Dacron polyester/25% worsted wool with 10-12% mechanical filling stretch. Fabric must be machine washable and dry cleanable. 5 crease military style with permanent silicone adhesive creases. Collar shall be top fused, convertible sport type. Epaulets shall be sewn onto shoulder seam. There shall be two mitered, pleated pockets with scalloped flaps, pencil opening in left pocket, hook and loop closure. Badge eyelets with internal support strap. Back collar and yoke lined with polyester taffeta or satin. Shirts tails will be extra long.</p>	Blauer 8460	BLACK	40
3	SHORT SLEEVE SHIRT	<p>BLAUER 8460W FEMALE SHORT SLEEVE - BLACK SHIRT SIZES UP TO 48</p> <p>Fabric will be 10.25-10.75 per linear yard plain weave, 2-ply warp, single-ply filling, 75% Dacron polyester/25% worsted wool with 10-12% mechanical filling stretch. Fabric must be machine washable and dry cleanable. 5 crease military style with permanent silicone adhesive creases. Collar shall be top fused, convertible sport type. Epaulets shall be sewn onto shoulder seam. There shall be two mitered, pleated pockets with scalloped flaps, pencil opening in left pocket, hook and loop closure. Badge eyelets with internal support strap. Back collar and yoke lined with polyester taffeta or satin. Shirts tails will be extra long.</p>	Blauer 8460W	BLACK	30

ATTACHMENT A

#	ITEM TITLE	ITEM DESCRIPTION	MANUFACTURER #	COLOR	# UNITS
4	SHORT SLEEVE SHIRT	<p>BLAUER 8460W FEMALE SHORT SLEEVE - BLACK SHIRT SIZES 48 AND ABOVE</p> <p>Fabric will be 10.25-10.75 per linear yard plain weave, 2-ply warp, single-ply filling, 75% Dacron polyester/25% worsted wool with 10-12% mechanical filling stretch. Fabric must be machine washable and dry cleanable. 5 crease military style with permanent silicone adhesive creases. Collar shall be top fused, convertible sport type. Epaulets shall be sewn onto shoulder seam. There shall be two mitered, pleated pockets with scalloped flaps, pencil opening in left pocket, hook and loop closure. Badge eyelets with internal support strap. Back collar and yoke lined with polyester taffeta or satin. Shirts tails will be extra long.</p>	Blauer 8460W	BLACK	30
5	LONG SLEEVE SHIRT	<p>BLAUER 8450 MALE LONG SLEEVE - BLACK SHIRT SIZES UP TO 20</p> <p>Fabric will be 10.25-10.75 per linear yard plain weave, 2-ply warp, single-ply filling, 75% Dacron polyester/25% worsted wool with 10-12% mechanical filling stretch. Fabric must be machine washable and dry cleanable. 5 crease military style with permanent sewn creases. Collar shall be banded dress type with hidden button down. Long sleeves shall have a 2 button adjustable cuff. Epaulets shall be sewn onto shoulder seam. There shall be two mitered, pleated pockets with scalloped flaps, pencil opening in left pocket, hook and loop closure. Badge eyelets with internal support strap. Back collar and yoke lined with polyester taffeta or satin. Shirts tails will be extra long.</p>	Blauer 8450	BLACK	200
6	LONG SLEEVE SHIRT	<p>BLAUER 8450 MALE LONG SLEEVE - BLACK SHIRT SIZES 20 AND ABOVE</p> <p>Fabric will be 10.25-10.75 per linear yard plain weave, 2-ply warp, single-ply filling, 75% Dacron polyester/25% worsted wool with 10-12% mechanical filling stretch. Fabric must be machine washable and dry cleanable. 5 crease military style with permanent sewn creases. Collar shall be banded dress type with hidden button down. Long sleeves shall have a 2 button adjustable cuff. Epaulets shall be sewn onto shoulder seam. There shall be two mitered, pleated pockets with scalloped flaps, pencil opening in left pocket, hook and loop closure. Badge eyelets with internal support strap. Back collar and yoke lined with polyester taffeta or satin. Shirts tails will be extra long.</p>	Blauer 8450	BLACK	40

ATTACHMENT A

#	ITEM TITLE	ITEM DESCRIPTION	MANUFACTURER #	COLOR	# UNITS
7	LONG SLEEVE SHIRT	<p>BLAUER 8450W FEMALE LONG SLEEVE - BLACK SHIRT SIZES UP TO 46</p> <p>Fabric will be 10.25-10.75 per linear yard plain weave, 2-ply warp, single-ply filling, 75% Dacron polyester/25% worsted wool with 10-12% mechanical filling stretch. Fabric must be machine washable and dry cleanable. 5 crease military style with permanent sewn creases. Collar shall be banded dress type.</p> <p>Long sleeves shall have a 2 button adjustable cuff. Epaulets shall be sewn onto shoulder seam. There shall be two mitered, pleated pockets with scalloped flaps, pencil opening in left pocket, hook and loop closure. Badge eyelets with internal support strap. Back collar and yoke lined with polyester taffeta or satin. Shirts tails will be extra long.</p>	Blauer 8450W	BLACK	30
8	LONG SLEEVE SHIRT	<p>BLAUER 8450W FEMALE LONG SLEEVE - BLACK SHIRT SIZES 46 AND ABOVE</p> <p>Fabric will be 10.25-10.75 per linear yard plain weave, 2-ply warp, single-ply filling, 75% Dacron polyester/25% worsted wool with 10-12% mechanical filling stretch. Fabric must be machine washable and dry cleanable. 5 crease military style with permanent sewn creases. Collar shall be banded dress type.</p> <p>Long sleeves shall have a 2 button adjustable cuff. Epaulets shall be sewn onto shoulder seam. There shall be two mitered, pleated pockets with scalloped flaps, pencil opening in left pocket, hook and loop closure. Badge eyelets with internal support strap. Back collar and yoke lined with polyester taffeta or satin. Shirts tails will be extra long.</p>	Blauer 8450W	BLACK	30
9	TROUSERS	<p>BLAUER 8565 MALE SIDE POCKET BLACK TROUSER SIZES UP TO 56 INCH WAIST</p> <p>Fabric shall be 14.0-14.5 oz. per linear yard serge weave 75% Dacron polyester/ 25% worsted wool blend with 3XDRY comfort finish and 10% mechanical filling stretch. Fabric must be machine washable and dry cleanable. Pocketing will be 70/30 polyester/cotton twill, not less than 3.0 oz. sq. yd. Interlining will be polyester non-woven. Waistband will be polyester, spandex, nylon blend with double strip of silicone shirt grip. Fly zipper will be nylon coil, size #5, auto-lock slider. Side pocket Zipper will be nylon coil, Size #5. Double hook and eye closure will be nickel plated. Buttons will be melamine, 22 ligne, matching shell fabric.</p> <p>Front quarter pockets double section-side pockets with hidden cell phone pouch, a 1" Scotch lite strip under each pocket flap, and a hidden elasticized equipment band; and inverted double cord hip pockets with button tabs. Stretch waistband with fly tab. interlined wide belt loops inserted in bottom of waistband and tacked at top. Outlets in waistband (back) and thigh inseam. Tandem needle seat seam. 10-12 stitches per inch (all seams). Permanent silicone adhesive creases front and back. Must be hemmed to size staff is measured.</p>	Blauer 8565	BLACK	220

ATTACHMENT A

#	ITEM TITLE	ITEM DESCRIPTION	MANUFACTURER #	COLOR	# UNITS
10	TROUSERS	<p>BLAUER 8565 MALE SIDE POCKET BLACK TROUSER SIZES 56 INCH WAIST AND ABOVE Fabric shall be 14.0-14.5 oz. per linear yard serge weave 75% Dacron polyester/ 25% worsted wool blend with 3XDRY comfort finish and 10% mechanical filling stretch. Fabric must be machine washable and dry cleanable. Pocketing will be 70/30 polyester/cotton twill, not less than 3.0 oz. sq. yd. Interlining will be polyester non-woven. Waistband will be polyester, spandex, nylon blend with double strip of silicone shirt grip. Fly zipper will be nylon coil, size #5, auto-lock slider. Side pocket Zipper will be nylon coil, Size #5. Double hook and eye closure will be nickel plated. Buttons will be melamine, 22 ligne, matching shell fabric. Front quarter pockets double section-side pockets with hidden cell phone pouch, a 1" Scotch lite strip under each pocket flap, and a hidden elasticized equipment band; and inverted double cord hip pockets with button tabs. Stretch waistband with fly tab. interlined wide belt loops inserted in bottom of waistband and tacked at top. Outlets in waistband (back) and thigh inseam. Tandem needle seat seam. 10-12 stitches per inch (all seams). Permanent silicone adhesive creases front and back. Must be hemmed to size staff is measured.</p>	Blauer 8565	BLACK	15
11	TROUSERS	<p>BLAUER 8565W FEMALE SIDE POCKET BLACK TROUSER SIZES UP TO 24 Fabric shall be 14.0-14.5 oz. per linear yard serge weave 75% Dacron polyester/ 25% worsted wool blend with 3XDRY comfort finish and 10% mechanical filling stretch. Fabric must be machine washable and dry cleanable. Pocketing will be 70/30 polyester/cotton twill, not less than 3.0 oz. sq. yd. Interlining will be polyester non-woven. Waistband will be polyester, spandex, nylon blend with double strip of silicone shirt grip. Fly zipper will be nylon coil, size #5, auto-lock slider. Side pocket Zipper will be nylon coil, Size #5. Double hook and eye closure will be nickel plated. Buttons will be melamine, 22 ligne, matching shell fabric. Front quarter pockets double section-side pockets with hidden cell phone pouch, a 1" Scotch lite strip under each pocket flap, and a hidden elasticized equipment band; and inverted double cord hip pockets with button tabs. Stretch waistband with fly tab. interlined wide belt loops inserted in bottom of waistband and tacked at top. Outlets in waistband (back) and thigh inseam. Tandem needle seat seam. 10-12 stitches per inch (all seams). Permanent silicone adhesive creases front and back. Must be hemmed to size staff is measured.</p>	Blauer 8565W	BLACK	50

ATTACHMENT A

#	ITEM TITLE	ITEM DESCRIPTION	MANUFACTURER #	COLOR	# UNITS
12	TROUSERS	<p>BLAUER 8565W FEMALE SIDE POCKET BLACK TROUSER SIZES 24 AND ABOVE Fabric shall be 14.0-14.5 oz. per linear yard serge weave 75% Dacron polyester/ 25% worsted wool blend with 3XDRY comfort finish and 10% mechanical filling stretch. Fabric must be machine washable and dry cleanable. Pocketing will be 70/30 polyester/cotton twill, not less than 3.0 oz. sq. yd. Interlining will be polyester non-woven. Waistband will be polyester, spandex, nylon blend with double strip of silicone shirt grip. Fly zipper will be nylon coil, size #5, auto-lock slider. Side pocket Zipper will be nylon coil, Size #5. Double hook and eye closure will be nickel plated. Buttons will be melamine, 22 ligne, matching shell fabric. Front quarter pockets double section-side pockets with hidden cell phone pouch, a 1" Scotch lite strip under each pocket flap, and a hidden elasticized equipment band; and inverted double cord hip pockets with button tabs. Stretch waistband with fly tab. interlined wide belt loops inserted in bottom of waistband and tacked at top. Outlets in waistband (back) and thigh inseam. Tandem needle seat seam. 10-12 stitches per inch (all seams). Permanent silicone adhesive creases front and back. Must be hemmed to size staff is measured.</p>	Blauer 8565W	BLACK	15
13	JACKET	<p>BLAUER 9910Z B.DRY Color Black SIZE: ALL SIZES. Blauer Cruiser Jacket, Cross-Tech membrane, blood and body fluid common chemical resistance, NFPA 1999 2003 edition, zip out liner, Ike length 23" back measurement LR, Adjustable cuffs, Angled cargo/hand warmer pockets with zipper closure and pen slot, large inside security pocket, hood in collar, Scotch lite inside cuff and on back of collar, Badge tab, epaulets, kangaroo pocket, pit zippers for access to shell.</p>	Blauer 9910Z	BLACK	20
14	5.11 Taclite Pants	<p>5.11 74273 SIZES: ALL SIZES. Must be hemmed to size staff is measured.</p>	5.11 74273	All Available Colors	75

ATTACHMENT A

#	ITEM TITLE	ITEM DESCRIPTION	MANUFACTURER #	COLOR	# UNITS
15	Short Sleeve Shirt	<p>BLAUER 8910 BLACK IN COLOR SIZES UP TO 20 for Male and Female. Fabric will be 9.75-10.25 oz. per linear yard plain weave 80% polyester/ 20% Rayon with 10-12% filling stretch. Machine washable and dry cleanable rayon blend provides user comfort, uniform appearance, durability and easy care. 5 military creases stitched in. Top fused convertible collar. Mitered pleated pockets with scalloped flaps, pencil opening in left pocket, hook and loop closure, epaulets, badge eyelets with internal support extra long shirt tail.</p> <p>10.25 oz. per linear yard plain weave 80% polyester/ 20% Rayon with 10-12% filling stretch. Machine washable and dry cleanable rayon blend provides user comfort, uniform appearance, durability and easy care. 5 military creases stitched in. Top fused convertible collar. Mitered pleated pockets with scalloped flaps, pencil opening in left pocket, hook and loop closure, epaulets, badge eyelets with internal support extra long shirt tail.</p>	Blauer 8910	Black	15
16	Short Sleeve Shirt	<p>BLAUER 8910 BLACK IN COLOR SIZES 20 AND ABOVE for Male and Female. Fabric will be 9.75-10.25 oz. per linear yard plain weave 80% polyester/ 20% Rayon with 10-12% filling stretch. Machine washable and dry cleanable rayon blend provides user comfort, uniform appearance, durability and easy care. 5 military creases stitched in. Top fused convertible collar. Mitered pleated pockets with scalloped flaps, pencil opening in left pocket, hook and loop closure, epaulets, badge eyelets with internal support extra long shirt tail.</p>	Blauer 8910	Black	10
17	Long Sleeve Shirt	<p>BLAUER 8900 BLACK IN COLOR SIZES UP TO 20 For Male and Female. Fabric will be 9.75-10.25 oz. per linear yard plain weave 80% polyester/ 20% Rayon with 10-12% filling stretch. Machine washable and dry cleanable rayon blend provides user comfort, uniform appearance, durability and easy care. 5 military creases stitched in. Top fused convertible collar. Mitered pleated pockets with scalloped flaps, pencil opening in left pocket, hook and loop closure, epaulets, badge eyelets with internal support extra long shirt tail.</p>	Blauer 8900	Black	16
18	LONG SLEEVE SHIRT	<p>BLAUER 8900 BLACK IN COLOR SIZES 20 AND ABOVE for Male and Female. Fabric will be 9.75-10.25 oz. per linear yard plain weave 80% polyester/ 20% Rayon with 10-12% filling stretch. Machine washable and dry cleanable rayon blend provides user comfort, uniform appearance, durability and easy care. 5 military creases stitched in. Top fused convertible collar. Mitered pleated pockets with scalloped flaps, pencil opening in left pocket, hook and loop closure, epaulets, badge eyelets with internal support extra long shirt tail.</p>	Blauer 8900	Black	10

ATTACHMENT A

#	ITEM TITLE	ITEM DESCRIPTION	MANUFACTURER #	COLOR	# UNITS
19	Trousers	<p>BLAUER 8980 BLACK IN COLOR MALE AND FEMALE SIDE POCKET TROUSER SIZES UP TO 54 INCH WAIST SIZE. Fabric shall be 14.5-15 oz. per linear yard 2 X 2 right hand twill, 65% polyester, 35% rayon blend with 5% filling stretch that is pre-cured for wrinkle resistance. Machine washable and dry cleanable rayon blend provides user comfort, uniform appearance, durability and easy care. Front quarter pockets, double section-side pockets with hidden cell phone pouch, a 1" Scotch lite strip under each pocket flap, hidden equipment tunnels and inverted double cord hip pockets with button tabs. All pockets secured with bartacks. Stretch waistband with fly tab and interlined wide belt loops inserted in bottom of waistband and tacked at top. Double hook and eye closure. Quarter linings in front quarters(men's only). Outlets in waistband (back) and thigh inseams. Tandem needle seat seam. Seat, inseam and out seams pressed on. 10-12 stitches per inch. Permanent silicone adhesive creases, front and back. Must be hemmed to size staff is measured.</p>	Blauer 8980	Black	15
20	Trousers	<p>BLAUER 8980 BLACK IN COLOR MALE AND FEMALE SIDE POCKET TROUSER SIZES 54 INCH AND ABOVE WAIST SIZE. Fabric shall be 14.5-15 oz. per linear yard 2 X 2 right hand twill, 65% polyester, 35% rayon blend with 5% filling stretch that is pre-cured for wrinkle resistance. Machine washable and dry cleanable rayon blend provides user comfort, uniform appearance, durability and easy care. Front quarter pockets, double section-side pockets with hidden cell phone pouch, a 1" Scotch lite strip under each pocket flap, hidden equipment tunnels and inverted double cord hip pockets with button tabs. All pockets secured with bartacks. Stretch waistband with fly tab and interlined wide belt loops inserted in bottom of waistband and tacked at top. Double hook and eye closure. Quarter linings in front quarters(men's only). Outlets in waistband (back) and thigh inseams. Tandem needle seat seam. Seat, inseam and out seams pressed on. 10-12 stitches per inch. Permanent silicone adhesive creases, front and back. Must be hemmed to size staff is measured.</p>	Blauer 8980	Black	10

CONDITIONS OF QUOTATION

1 NO SUBSTITUTIONS WILL BE ACCEPTED.

2 MEASUREMENT REQUIREMENTS

Vendor must make arrangements with the FCSO Fleet / Procurement Sergeant or designee to schedule the location for measurements to be taken in Forsyth County, NC at the Law Enforcement Detention Center located at 201 N Church St, Winston-Salem, NC 27101 or the Forsyth County Sheriff's Office located at 301 N. Church St. Winston-Salem, NC 27101 within 15 days of purchase order issuance.

Upon request, vendor must travel to Forsyth County to either the FCLEDC or the FCSO a minimum of one time every two weeks to measure for new and/or replacement uniforms. Dates and times to be selected by Sheriff's Office personnel who will provide a minimum of 3 days notification to vendor.

3 DELIVERY REQUIREMENTS

ORDERS EXCEEDING 100 PIECES - ONLY COMPLETE ORDERS FOR EACH EMPLOYEE WILL BE ACCEPTED AND MUST BE DELIVERED WITHIN 30 DAYS OF MEASUREMENT OR FROM THE DATE AN ORDER IS PLACED.

ORDERS 100 PIECES OR LESS - ONLY COMPLETE ORDERS FOR EACH EMPLOYEE WILL BE ACCEPTED AND MUST BE DELIVERED WITHIN 14 DAYS OF MEASUREMENT OR FROM THE DATE AN ORDER IS PLACED.

NO PARTIAL EMPLOYEE ORDERS WILL BE ACCEPTED, UNLESS APPROVED BY THE FLEET SERGEANT OR DESIGNEE.

VENDOR MUST PROVIDE THE FLEET SERGEANT OR DESIGNEE WITH AN ESTIMATED DELIVERY DATE FOR EACH ORDER THAT IS PLACED.

ALL ITEMS MUST BE DELIVERED FOB DESTINATION.

4 ALTERATIONS, HEMMING, SEWING, AND EMBROIDERY

Vendor quoted price per item includes sewing, hemming, and embroidery services as defined and needed for each garment.

Vendor must sew on one patch per sleeve of every shirt and jacket at no additional charge. Patches will be provided by the Forsyth County Sheriff's Office. Vendor must also hem pants to the size Sheriff's Office staff is measured for or to the size requested in an order.

ATTACHMENT A

Vendor must sew on chevrons and hash marks as requested during measuring process. Chevrons and hash marks will be provided by the Forsyth County Sheriff's Office. Specification for placement will be provided by the Forsyth County Sheriff's Office.

Vendor must complete embroidery, as needed, to include the Sheriff's Office Badge, Employee Name, and Rank.

5 PACKAGING

Orders must be packaged by Division and Employee Name (Last, First Middle) and clearly labeled. Each package must contain an inventory slip listing contents of package.
NO PARTIAL EMPLOYEE ORDERS WILL BE ACCEPTED, UNLESS APPROVED BY THE FLEET SERGEANT OR DESIGNEE.

6 QUANTITIES

Actual quantities and sizes ordered may vary due to Personnel changes, New Hires, and variations after measurement.

7 PRICING STRUCTURE

No deviations in pricing structure as displayed on this form will be considered (I.E. No % increases for sizes, flat price for sizing as listed only).

Vendor quoted price per item includes shipping (FOB Destination) and alteration, hemming, sewing, and embroidery.

8 ITEM PRICING

ALL PRICES MUST BE VALID THROUGH DECEMBER 31, 2016.

NO PRICE INCREASES ALLOWED PRIOR TO JANUARY 1, 2016.

THE TERMS OF THE BID RESERVE THE RIGHT FOR THE COUNTY TO PURCHASE ADDITIONAL UNIFORM GARMENTS AT BID PRICES THROUGH DECEMBER 31, 2016.

ANY PRICE INCREASE BETWEEN JANUARY 1, 2016 AND DECEMBER 31, 2016 CANNOT EXCEED 3%. THE VENDOR WILL NOTIFY THE FCSO OF THE 2016 PRICE INCREASE BY OCTOBER 1, 2015.

9 INVOICING

ALL INVOICES MUST BE GENERATED ELECTRONICALLY. All invoices must include the Deputy name for each line item invoiced.

10 OTHER

A) Consideration of Proposals

- i. Bids will be evaluated based on the quality of the bid proposal, cost, and vendor performance to questions during a pre-award teleconference (interview) between the Forsyth County Sheriff's Office and the vendor. The teleconference/interview will be conducted in November.

B) Bid award is subject to final contract terms and contract execution.

C) Late Delivery Penalties:

- i. Per the final contract terms, if the late delivery rate is greater than 20% for the first six months, it may result in the termination of the contract.
- ii. For the period of January 1, 2015 through June 30, 2015, deliveries that are late 20% of the time or greater will result in a 3% penalty (price reduction) for the remainder of the purchases.

ATTACHMENT A

Bids are to be signed by an officer of the company authorized to bind the submitter to its provisions. Failure to manually sign the appropriate proposal form will disqualify the bidder and the bid will not be considered.

Firm Name

Authorized Signature

Date

Street Address (P.O. Box)

City, State and Zip Code

Telephone Number

Fax Number

Email Address

Forsyth County Sheriff's Office



Waiver and Release Form

I, _____, a participant in the Cooper Physical Fitness Assessment offered by the Forsyth County Sheriff's Office, for and in consideration of the opportunity to participate in the program, do hereby agree as follows:

- (1) I hereby waive for myself, my heirs, executors, administrators or assigns, any and all claims, demands, actions or causes of action, against Forsyth County, its officers, agents and employees, of whatever kind or nature that may arise in any manner by reason of injury or damage to my person or property or both while participating in this program in any manner.
- (2) I hereby covenant and agree that I will never instigate any suit or action against Forsyth County, its officers, ~~agents or employees~~ for damages or loss or injury or both which may arise in any manner while I am participating in this program.
- (3) I hereby covenant and agree to hold harmless Forsyth County, its officers, agents and employees for any injury, including but not limited to claims for wrongful death, arising in any manner to me while participating in this program.
- (4) I understand that my participation in the program is completely voluntary.

I further declare and acknowledge, by my signature set out below, that I have read the description of the Cooper Physical Fitness Assessment in its entirety and fully understand that such test may require arduous physical exercise, and I further declare that I am physically capable of participating in said program of exercise and knowingly, intelligently and voluntarily waive any and all rights or claims against Forsyth County for injuries resulting therefrom.

I have read the foregoing waiver and covenant and understand that it constitutes a formal legally binding document.

Participant's Signature _____

Print Participant's Name _____

Date _____

An Equal Opportunity Employer



OFFICE OF THE SHERIFF
Wellness Program – Physical Fitness Test (PFT)



The Forsyth County Sheriff's Office requires that each applicant for a Sworn or Detention Officer position successfully complete a Physical Fitness Test (PFT) as a condition of employment.

General Guidelines for Test Day

- Show up on time with REQUIRED paperwork.
- Participants must have read all physical fitness requirements and submit the signed waiver.
- Testing will begin promptly at the designated time.
- Prepare to spend a minimum of three hours testing.
- Please come appropriately dressed (Sleeved shirts, jogging pants, workout shorts, running shoes, etc.). NO spandex, tights, tank-tops, tight fitting clothing or otherwise revealing clothing will be tolerated. Dress in layers for inclement weather. Participants should stay hydrated but refrain from eating 2-3 hours prior to testing. NO food, gum, supplements, soft drinks, caffeinated or energy-enhancing drinks, etc. are allowed during the testing period. Only water in safe, non-glass containers is allowed.
- Jewelry should not be worn.
- Cell phones are not allowed during testing. iPods, headphones and similar devices are also NOT allowed. Participants who must wear glasses are advised to have a retaining band.
- Family or friends are NOT allowed to attend the test with you. However, be advised that other participants being tested with your group will be able to observe your performance. Each participant is encouraged to respect his/her peers and not speak about anyone else's performance.
- Testing protocols will be strictly enforced by Physical Fitness Instructors (PFI) to ensure the validity and accurate documentation of test results. Specific instructions will be given for each test component with a PFI demonstrating proper technique for each exercise to ensure safety and answer participants' questions.
- A Physical Fitness Instructor has the authority, if necessary, to address any issue related to the behavior or attitude of any participant to ensure the safety of all participants and the integrity and fairness of the test.
- To ensure fair testing conditions for all participants, talking during testing will be minimal and limited to Physical Fitness Instructors giving directions. Participants are also not to physically or verbally assist one another with the exercises.
- Participants are expected to complete every portion of the test as instructed to the best of their ability.
- Failure to complete all components nullifies the test. A participant who must cease testing due to sickness, injury or other emergency may petition to retake the test. The participant is responsible for letting a Physical Fitness Instructor know if he/she is injured and cannot continue testing.



OFFICE OF THE SHERIFF
Wellness Program – Physical Fitness Test (PFT)



The Physical Fitness Test used by the FCSO is based on norms that have been scientifically validated by The Cooper Institute based on general law enforcement samples. The test gauges muscular strength, muscular endurance, and cardiovascular endurance.

What are the requirements to be eligible for fitness testing?

The participant must sign a Waiver Form. It is always recommended that you consult a physician prior to engaging in any physical test. Participants who fail to sign and return the required Waiver Form will be excluded from testing and will therefore be dropped from consideration. **Waivers will not be provided on the date of testing.** Participants are expected to read the physical fitness required components prior to signing the waiver.

Who will administer the Physical Fitness Test?

The PFT will always be administered by a minimum of two Physical Fitness Instructors (PFI) within the Sheriff's Office.

What does the Physical Fitness Test consist of?

The test battery includes the following five (5) physical fitness components which must be completed in the precise order listed below:

1. Vertical Jump Test
 2. Sit Up Test (one minute/maximum reps)
 3. 300 Meter Run (timed event)
 4. Push-up Test (one minute/maximum reps)
 5. 1.5 Mile Run (timed event)
- A. **Vertical Jump.** The vertical jump uses an apparatus to measure lower body strength using the large muscle groups in the lower body and consists of measuring in inches how high an individual can jump from a stationary position beyond their baseline normal reach. The participant's baseline reach is the maximum vertical reach standing flatfooted with a fully outstretched hand overhead. The vertical jump distance is the differential between the maximum reach and maximum vertical leap.
- B. **Sit-up Test.** The sit-up test is a test of dynamic strength (the strength to perform multiple repetitions) that specifically measures abdominal strength (also known as core strength) and muscular endurance using the abdominal and lower back muscles. The participant is allotted one (1) minute to do as many correct sit-ups as possible following techniques demonstrated by the Physical Fitness Instructor.
- C. **300-Meter Run.** The 300-Meter Run is a timed test event performed on a track. It measures anaerobic capacity or the kind of strength and power related to performing



OFFICE OF THE SHERIFF

Wellness Program – Physical Fitness Test (PFT)



short intense bursts of effort such as foot pursuits and use of force situations. The participant must sprint 300 meters (approximately $\frac{3}{4}$ of a lap around the track) for this event.

- D. **Push-up Test.** The push-up test is a test of dynamic strength (the strength to perform multiple repetitions) that specifically measures muscular strength and endurance using the primary muscle groups of the upper body and midsection. The participant is allotted one (1) minute to do as many correct push-ups as possible following techniques demonstrated by the Physical Fitness Instructor.
- E. **1.5 Mile Run.** The 1.5 Mile Run is a timed event performed on a track. It measures aerobic power or cardiovascular endurance for a sustained period. The participant must run/jog/walk to cover the 1.5 mile distance (the equivalent of six laps around a 440 meter standard track) in as short a time as possible.

What can I do now to prepare for the Physical Fitness Test?

All participants should be aware of the Physical Fitness norms that are posted on our Website and attached to this document and are encouraged to prepare for successful completion of the test. Participants should understand that the PFT will involve periods of physical exertion and that, as with any physical activity, certain risks are inherent. Your training routine should include exercises to train upper body strength and muscular endurance, abdominal muscular endurance, leg power, cardio-respiratory endurance and anaerobic capacity. Strength and cardio-respiratory endurance activities should be performed about every other day, or three days per week, to allow adequate recovery and positive adaptations to occur. For flexibility enhancement, good back health, and injury prevention, stretching exercises should be performed before and after training sessions, and can be done on off days as well.

A. Vertical Jump

The vertical jump is a test of explosive power and strength which are important in jumping or vaulting objects such as walls and ditches, and in moving heavy objects such as people. After warming up and stretching, the participant can practice this test by standing parallel to a wall and reaching up with the hand closest to the wall. Keeping the feet flat on the ground, the point of the fingertips at this maximum stretch is recorded. The participant then jumps vertically as high as possible using both arms and legs to propel the body upwards. Attempt to touch the wall at the highest point of the jump. You may use your arms to assist in the jump. You may step back with the other foot prior to jumping. However, one foot must remain in a stationary position until leaving the floor. The difference in distance between the reach height and the jump height is the score. The best of three attempts is recorded.



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Wellness Program – Physical Fitness Test (PFT)



B. The Sit-up Test

The sit-up test is a measurement of dynamic strength (the strength to perform multiple repetitions) and endurance of the participant's upper body, back, and core (abdominal) strength. This is important for performing tasks that involve the use of force, and it helps maintain good posture and minimize lower back problems. (Proper sit-ups will be demonstrated before you are tested.)

C. The 300 Meter Run

The 300-Meter Run is a timed test event that measures anaerobic capacity or the strength and power related to performing short intense bursts of effort such as foot pursuits and use of force situations. The distance of 300 meters is approximately the distance of 3 football fields or $\frac{3}{4}$ of a lap around a standard 440 meter track found at most schools.

D. Push-up Test

The push-up test measures dynamic strength (the strength to perform multiple repetitions) and endurance of the participant's upper body muscles in the shoulders, chest, and back of the upper arms as well as midsection. This is important for use of force involving any pushing motion. During the actual PFT, your chin must touch a Physical Fitness Instructor's fist (approximately four (4) inches) with each push-up repetition.

E. 1.5 Mile Run Test

The 1.5 Mile Run Test is a measure of cardiorespiratory endurance or aerobic capacity, which is determined by the body's ability to transport and utilize oxygen to produce energy. This is important for performing tasks involving stamina and endurance and for minimizing the risk of cardiovascular health problems. Your goal is to cover the distance as fast as possible at a pace you can sustain; jogging and walking are allowed.

Note: 1.5 miles equals six (6) complete laps around a standard 440 yard or $\frac{1}{4}$ mile track.

What are some other recommendations?

Some general guidelines for achieving the best results include the following:

1. It is strongly recommended that you consult your personal physician prior to beginning any physical fitness program.
2. Invest in the proper equipment. A quality pair of running shoes and appropriate clothing for weather conditions is important. **RUNNING** shoes are essential, **NOT** tennis, basketball, or other cross-training type shoes that might lead to injury.



OFFICE OF THE SHERIFF
Wellness Program – Physical Fitness Test (PFT)



3. Start Slowly. Too much too soon is the most common cause of injury.
4. Always warm up the muscle groups to be used during the specific exercise.
5. Have a planned progressive program. The intensity and duration of exercise may be increased as your body adapts and becomes more fit. For example, as your ability to perform push-ups and sit-ups increase, the number of repetitions should also increase.
6. A half-hour of "moderate intensity" exercise on most days of the week is recommended for individuals who are otherwise healthy. If participation in both a cardiovascular and a strength-training program is either necessary or desired, exercise activities can be alternated throughout the week (i.e. cardiovascular training on Monday, Wednesday, and Friday; Strength training on Tuesday, Thursday, and Saturday).
7. Use common sense to prevent unnecessary injury. If, for example, unusual soreness or pain results from exercise, rest until the soreness and/or the pain subsides.
8. Stay hydrated. Don't wait until you are thirsty to drink water. Dehydration can occur even in cold weather, causing fatigue and impairing your ability to exercise safely.
9. Be skeptical of the many untested claims and "miracle cures" related to diet, weight loss, and nutrition. These can be costly in terms of finances and your health.
10. Most importantly, remember that practicing wellness and becoming more physically fit involve developing and maintaining lifestyle changes such as a prudent diet, sufficient rest, proper stress management techniques, etc. in addition to regular exercise.

American Uniform

Item 1 200 ea. Male short sleeve shirt, black, Blauer 8460, size up to 20.

Unit price: \$ 56.38 Total for 200: \$ 11,276.⁰⁰

Item 2 40 ea. Male short sleeve shirt, black, Blauer 8460, size 20 and up.

Unit price: \$ 56.38 Total for 40: \$ 2,255.²⁰

Item 3 30 ea. Female short sleeve shirt, black, Blauer 8460W, size up to 48.

Unit price: \$ 56.38 Total for 30: \$ 1,691.⁴⁰

Item 4 30 ea. Female short sleeve shirt, black, Blauer 8460W, size 48 and up.

Unit price: \$ 56.38 Total for 30: \$ 1,691.⁴⁰

Item 5 200 ea. Male long sleeve shirt, black, Blauer 8450, size up to 20

Unit price: \$ 63.30 Total for 200: \$ 12,660.⁰⁰

Item 6 40 ea. Male long sleeve shirt, black, Blauer 8450, size 20 and up.

Unit price: \$ 63.30 Total for 40: \$ 2,532.⁰⁰

Item 7 30 ea. Female long sleeve shirt, black, Blauer 8450W, up to size 46

Unit price: \$ 63.30 Total for 30: \$ 1,899.00

Item 8 30 ea. Female long sleeve shirt, black, Blauer 8450W, size 46 and up.

Unit price: \$ 63.30 Total for 30: \$ 1,899.00

Item 9 220 ea. Male Side Pocket Trouser-Black, Blauer 8565, Size: Up to 56 inch waistband.

Unit price: \$ 66.50 Total for 220: \$ 14,630.00

Item 10 15 ea. Male Side Pocket Trouser-Black, Blauer 8565, Size: 56" waistband and up.

Unit price: \$ 70.74 Total for 15: \$ 1,061.10

Item 11 50 ea. Female Side Pocket Trouser-Black, Blauer 8565W, Size: Up to 24

Unit price: \$ 70.74 Total for 50: \$ 3,537.00

Item 12 15 ea. Female Side Pocket Trouser-Black, Blauer 8565W, Size: 24 and above

Unit price: \$ 70.74 Total for 15: \$ 1,061.10

Item 13 20 ea. Blauer Cruiser Jacket-Black. Blauer 9910Z, Size: ALL SIZES

Unit price: \$ 238.30 Total for 20: \$ 4,766.⁰⁰

Item 14 75 ea. Taclite Pants-All Colors. All Sizes, 5.11 74273

Unit price: \$ 38.00 Total for 75: \$ 2,850.⁰⁰

Item 15 15 ea. Short Sleeve Shirt-Black, Blauer 8910, Size Up to 20

Unit price: \$ 39.⁰⁰ Total for 15: \$ 585.⁰⁰

Item 16 10ea. Short Sleeve Shirt-Black, Blauer 8910, Size 20 and above

Unit price: \$ 41.49 Total for 10: \$ 414.90

Item 17 16 ea. Long Sleeve Shirt-Black, Blauer 8900, Size: Up to 20

Unit price: \$ 46.80 Total for 16: \$ 748.80

American

Item 18 10 ea. Long Sleeve Shirt-Black. Blauer 8900, Size: 20 and above

Unit price: \$ 46.80 Total for 10: \$ 468.00

Item 19 15 ea. Trousers-Black. Blauer 8980. Size: Up to 54 inch waist

Unit price: \$ 64.00 Total for 15: \$ 960.00

Item 20 10 ea. Trousers-Black, Blauer 8980 Size: 54 inch and above waist

Unit price: \$ 64.00 Total for 10: \$ 640.00

TOTAL PRICE ITEMS 1 - 20: \$ 67,625.90

ATTACHMENT B

Bids are to be signed by an officer of the company authorized to bind the submitter to its provisions. Failure to manually sign the appropriate proposal form will disqualify the bidder and the bid will not be considered.

American Uniform Sales inc.
Firm Name


Authorized Signature

10/21/14
Date

321 E. RUSSELL ST
Street Address (P.O. Box)

Fayetteville, NC 28301
City, State and Zip Code

910-323-1336
Telephone Number

910-323-0660
Fax Number


SMAY@AMERICANUNIFORM.COM
Email Address

Cell # - 336-669-6285

This instrument has been preaudited in the manner required by the Local Government Budget and Fiscal Control Act.

11/19/2014

Date


Director of Finance