

Final Design Checklist

Criteria		Requirements	Confirm Planned Compliance	Required Documentation
Building Envelope				
A1	Wall Insulation	Above Ground: Min. ETR = R30 (5.28) Below Ground: Min. ETR = R20 (3.52)	<input type="checkbox"/>	Complete assembly drawings with effective R value calculations
A2	Roof Insulation	Flat Roof: ETR R40 (7.04) Peaked Roofs - Ceiling below Attic: ETR R66 (12)	<input type="checkbox"/>	Complete assembly drawings with effective R value calculations
A3	Floor Insulation	Over Heated Space: Min. ETR = R35 (6.17) Unheated Floors below and above frost line: Min. ETR = R11.1 (1.96) Heated Floors below grade and in contact with ground: Min. ETR = R21.1 (3.72)	<input type="checkbox"/>	Complete assembly drawings with effective R value calculations
A4	Airtightness	Buildings following ABC Part 9: 1.5 ACH @ 50Pa Buildings following NECB: 0.25L/s m ² @ 5Pa	<input type="checkbox"/>	Envelope air barrier details
A5	Window Thermal Transmittance	Max U2 = 1.6	<input type="checkbox"/>	Window schedule on drawings or from supplier
A6	Window to Wall Ratio	Max WWR = 60%	<input type="checkbox"/>	Calculation of window to wall ratio
Energy Systems				
B1	Heat Recovery Ventilator Effectiveness	HRV's with min effectiveness of 80% for all units.	<input type="checkbox"/>	HRV cutsheet or note on drawings for performance of HRV
B2	Heat Recovery Ventilator Preheat	No electric preheat, use HRV with built-in defrost for frost control.	<input type="checkbox"/>	HRV cutsheet or note on drawings for performance of HRV
B3	Sealed Ductwork	Seal ductwork thoroughly along all seams, joints, connections, penetrations, etc.	<input type="checkbox"/>	None
B4	Circulation Pumps (where hydraulic heating systems are provided)	Use variable speed circulation pumps. For Hydronic Loops serving HP, reduce pump speed when less than full flow is needed.	<input type="checkbox"/>	None
B5	Heating Controls	Provide smart room thermostats that are programmable, self-adjusting, have occupancy detection, etc.	<input type="checkbox"/>	None
Sustainable Building Features				
C1	Water Efficient Fixtures and Fixings	Maximum flow rates: • WCs: 4.2 litres per flush or 6/3 litre dual flush • Lavatory faucets: 5.7 litres per minute • Kitchen faucets: 6.8 litres per minute • Showerheads: 7.5 litres per minute	<input type="checkbox"/>	None
C2	Water Efficient Appliances	Water Efficiency standards: • Clothes washers to be Energy Star front-loading or condensing combination wash/dry units less than 25 litres/cycle/cubic foot. • Dishwashers to use less than 20 L of water per load.	<input type="checkbox"/>	None
C3	Energy Efficient Appliances	Major appliances shall be "Energy Star" rated, including: • Fridge • Dishwasher • Stove • Washing Machine/Dryer	<input type="checkbox"/>	None
C4	Air Filtration	Install minimum MERV 8 air filtration on all central air handling systems.	<input type="checkbox"/>	Drawings indicating requirements
C5	Solar-ready Trusses	Provide photovoltaic certified trusses for peaked roofs.	<input type="checkbox"/>	None
C6	Post-Construction Building Flush	After all construction and prior to occupancy perform a full building flush for at least 48 hours at maximum outdoor air setting. Provide new filters in the air handler after the flush is complete.	<input type="checkbox"/>	None
C7	Construction Waste Reduction	Include a comprehensive recycling program during construction including education, site signage and separate bins for at least cardboard, wood and drywall.	<input type="checkbox"/>	None

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Green Building Andrea Keenan, Danielle Georges, 2002 A guide to estimating designing and building sustainable construction

ICSBE 2022 Ranjith Dissanayake, Priyan Mendis, Kolita Weerasekera, Sudhira De Silva, Shiromal Fernando, Chaminda Konthesingha, Pradeep Gajanayake, 2023-08-09 This book highlights the latest knowledge and innovations in the fields of civil engineering and construction industry striving for a sustainable built environment It consists of high quality and innovative research findings selected from the proceedings of the 13th ICSBE 2022 under the themes of sustainable construction urban green infrastructure and planning rainwater harvesting and water conservation high performance concrete indoor environmental quality and indoor plants wind and hydro power energy waste and wastewater management for enhanced sustainability impacts of climate change carbon footprint global climate model and landscaping material flows and industrial ecology sustainable materials etc

California Green Building Standards Code California Building Standards Commission, 2010-05-15 The nation's first mandatory green building code is here stay ahead of the game by knowing it The California Green Building Standards Code CGBSC also referred to as CALGreen contains regulations for energy efficiency water efficiency and conservation material conservation and resource efficiency environmental quality and more It includes mandatory provisions for a variety of types of buildings from commercial and low rise residential to public schools And the code's valuable appendices include voluntary provisions for all of these occupancies and add hospitals Logically organized with residential and non residential provisions in separate chapters the 2010 CA GREEN BUILDING STANDARDS CODE TITLE 24 PART 11 is informative thorough and most of all easy to use Check out our app DEWALT Mobile Pro™ This free app is a construction calculator with integrated reference materials and access to hundreds of additional calculations as add-ons To learn more visit dewalt.com/mobilepro

Journal of the House of Representatives of the United States United States. Congress. House, 2009 Some vols include supplemental journals of such proceedings of the sessions as during the time they were depending were ordered to be kept secret and respecting which the injunction of secrecy was afterwards taken off by the order of the House

Green Buildings Checklist British Columbia. Ministry of Finance and Corporate Relations, 2000

Congressional Record United States. Congress, 2008 The Congressional Record is the official record of the proceedings and debates of the United States Congress It is published daily when Congress is in session The Congressional Record began publication in 1873 Debates for sessions prior to 1873 are recorded in The Debates and Proceedings in the Congress of the United States 1789 1824 the Register of Debates in Congress 1824 1837 and the Congressional Globe 1833 1873

Land Use Institute, Planning, Regulation, Litigation, Eminent Domain, and Compensation, 2010

"Code of Massachusetts regulations, 2016", 2016 Archival snapshot of entire looseleaf Code of Massachusetts Regulations held by the Social Law Library of Massachusetts as of January 2020

"Code of Massachusetts regulations, 2015", 2015 Archival snapshot of entire looseleaf Code of Massachusetts Regulations held by

the Social Law Library of Massachusetts as of January 2020 **"Code of Massachusetts regulations, 2014"** ,2014 Archival snapshot of entire looseleaf Code of Massachusetts Regulations held by the Social Law Library of Massachusetts as of January 2020 **"Code of Massachusetts regulations, 2013"** ,2013 Archival snapshot of entire looseleaf Code of Massachusetts Regulations held by the Social Law Library of Massachusetts as of January 2020 **"Code of Massachusetts regulations, 2012"** ,2012 Archival snapshot of entire looseleaf Code of Massachusetts Regulations held by the Social Law Library of Massachusetts as of January 2020 "Code of Massachusetts regulations, 2009" ,2009 Archival snapshot of entire looseleaf Code of Massachusetts Regulations held by the Social Law Library of Massachusetts as of January 2020 *The Engineering Guide to LEED-New Construction: Sustainable Construction for Engineers (GreenSource)* Liv Haselbach,2010-08-09 An Up to Date Guide to the Latest LEED New Construction Guidelines Fully revised for version 3 0 of the LEED New Construction rating system LEED 2009 this GreenSource book helps you acquire the skills needed to apply LEED NC to sustainable construction projects The Engineering Guide to LEED New Construction second edition offers comprehensive coverage of the environmental systems and impacts on which many of the LEED NC subcategories are based Detailed equations and exercises in the book can be used to perform the calculations outlined in LEED NC Valuable information on real world applications of LEED NC in military low impact development LID and other sectors is included in this practical resource THE ENGINEERING GUIDE TO LEED NEW CONSTRUCTION COVERS Introduction to the U S Green Building Council s LEED NC rating system Sustainable sites Water efficiency Energy and atmosphere Materials and resources Indoor environmental quality Innovation in design and regional priorities A systematic view of green and minimum program requirements Department of Defense sustainable construction and indoor air quality IAQ Low impact development *"Code of Massachusetts regulations, 2008"* ,2008 Archival snapshot of entire looseleaf Code of Massachusetts Regulations held by the Social Law Library of Massachusetts as of January 2020 *"Code of Massachusetts regulations, 2007"* ,2007 Archival snapshot of entire looseleaf Code of Massachusetts Regulations held by the Social Law Library of Massachusetts as of January 2020 **"Code of Massachusetts regulations, 2006"** ,2006 Archival snapshot of entire looseleaf Code of Massachusetts Regulations held by the Social Law Library of Massachusetts as of January 2020 *"Code of Massachusetts regulations, 2004"* ,2004 Archival snapshot of entire looseleaf Code of Massachusetts Regulations held by the Social Law Library of Massachusetts as of January 2020 **"Code of Massachusetts regulations, 2005"** ,2005 Archival snapshot of entire looseleaf Code of Massachusetts Regulations held by the Social Law Library of Massachusetts as of January 2020 *The Massachusetts register* ,2003

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web the term is commonly used in mixed martial arts and other combat sports as well as various forms of martial arts to designate the set of grappling techniques employed by a combatant that is on the ground it is the main focus of brazilian jiu jitsu and is featured in varying amounts in catch wrestling judo jujutsu sambo shoot wrestling

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web brazilian martial arts may refer to brazilian jiu jitsu a martial art combat sport and a self defense system that focuses on grappling and especially ground fighting capoeira an angolan and brazilian martial art that combines elements of dance acrobatics and music

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web brazilian jiu jitsu how to fight first of all the necessary arrangements are to be made and a proper playing environment has to be set up before the start of the play generally the participants start jiu jitsu with the basic positions like guard full mount and side control half guard is a ground position where you are lying to your

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web combat jiu jitsu cjj is a brazilian jiu jitsu no gi mma hybrid invented by american bjj black belt eddie bravo in 2013 following the success of his eddie bravo invitational ebi events bravo decided to create a martial art aimed for self defense that could also be used in competition

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