

Prepared For:



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Revision	Suitability	Date Issued	Purpose of Issue	Prepared	Checked
P01	S3	30/09/2025	For review and comment	ZW	CP
P02	S4	11/12/2025	For Tender Issue	KW	ZW

Sport Wales Specification – Changing Rooms

Scope

Full remodelling / refurbishment to localised areas within the Sport Wales National Centre. Areas of works include:

- Male Changing Room 1
- Female Changing Room 1
- Female Changing Room 2
- Female WC
- Changing Room 6

Strip Out Works

All existing internal finishes are to be fully removed. This includes (but is not limited to):

- Doors
- Floor finishes
- Wall finishes
- Sanitaryware
- Pipework
- Electrical wiring
- Mechanical ventilation
- Fixtures and fittings (including all lockers)
- Above ground drainage and pipework
- Lighting
- Ceiling tiles and grid

Demolition Works

Demolition of existing non-loadbearing walls (TBC by Structural Engineer) are hatched in red on drawings. Please refer to the demolition drawings for locations of works.

Demolition works will be localised to a small number of existing blockwork walls to open up the layout and widen existing doorways.

New Internal Finishes

Wall Partitions

Wall Type 1

- Concrete Blocks 115mm depth
- British Gypsum Glasroc H Tilebacker 12.5mm (Wall area to be tiled)
- British Gypsum Gyproc Moisture Resistant 12.5mm (Wall area **not** tiled)

Wall Finish

Tiles

Primary Option

- Seven **Blue** Matt Ceramic Wall Tile 1194x596x7mm SKU: **463685**
 - Placement: **TBC** Up to 1.4m on all plastered walls*, between WHB and Mirror boxes.
 - Ardex-Flex FS Grout (or equivalent): Brilliant White - up to 4mm width (evenly spaced between tiles).
 - Above the tiles, the walls will be finished in Dulux Trade Mouldshield Fungicidal Matt - Brilliant White

Secondary Option

- Seven **Green** Matt Ceramic Wall Tile 1194x596x7mm SKU: **463675**
 - Placement: **TBC** Up to 1.4m on all plastered walls*, between WHB and Mirror boxes.
 - Ardex-Flex FS Grout (or equivalent): Brilliant White - up to 4mm width (evenly spaced between tiles).
 - Above the tiles, the walls will be finished in Dulux Trade Mouldshield Fungicidal Matt - Brilliant White

* Client to confirm, full height tiles in shower areas.

Paint

- Dulux Trade Mouldshield Fungicidal Matt – Brilliant White

Floor Finish

Floor Vinyl

- Primary option: Altro Aquaries Vole
- OR
- Secondary option: Altro Pisces Cuttlefish

*Client to confirm vinyl choice

Skirting

- Coved skirting in all areas with appropriate capping/joint to underside of tiling.

Suspended Ceilings

- New ceilings set to 2400mm from finish floor level.
- Ceiling Tile Products – **Ceiling Type C01:**
 - British Gypsum Gyrex Bio 600 Ceiling Tile 600x600mm – White (24mm standard grid)
 - Alternative: Rockfon Koral 600x600mm (Acoustic Performance)
- Plasterboard Product – **Ceiling Type C02:**
 - British Gypsum Moisture Resistant 12.5mm

Doors

Ply-faced Door Paint Grade

- Kickplates to match existing.
- Push plates to increase in length to protect the painted finish.
- New door handles
- New deadlock and escutcheons and reuse the existing master series cylinder
- Existing metal-louvred panels approx.340mm x 340mm square, to be fitted to new doors
- Architraves to be replaced like for like – softwood suitable for prime and painting.
 - Appropriate joint finishes to colour match tiling grouting or IPS colour finish.
 - Water and dirt repellent caulking.

All doors to be solid non-glazed suitable for internal use only.

Integrated Plumbing Systems (IPS)

Willis System

- IPS Frame colour: Polyrey Gris Orage G059 (RAL 7024 – LRV 0.09)
- IPS Panel colour: Polyrey Mousse M047 (PANTONE 624C – LRV 0.35)
- Cubicle Door colour: Polyrey Mousse M047 (PANTONE 624C – LRV 0.35)
- Cubicle Divider colour: Polyrey Gris Orage G059 (RAL 7024 – LRV 0.09)
- Voids: Where IPS are to be replaced, voids to match existing unless specified by Willis System guidance.

Pre-Built Cabinetry/Cupboards/Lockers

Five-At-Heart

- Towelstation
- Pandora Lockers – 2-tier & Maximus Bench Lockers
- Accessible Lockers
- Locker Security Method – Client team to confirm.

*Finishes to match Polyrey colours, refer to Willis System section.

*Refer to manufacturer specification on setting out.

*Note: Contractor team to determine infill sections alongside manufacturer recommendation.

Bespoke Joinery

- Suitable framing to fixed seating, Baby Changing station and wash-hand basins
- Colour finishes to match IPS colours, refer to Willis System section.
- Caulking to joints where appropriate – colour to compliment joinery finishes.
- IPS to underside of wash-hand basins.

Privacy Screens

- Client to confirm. Contractor to appoint manufacturer.
- Sizing subject to Client requirements.
- HLN recommendation:
 - Black frame
 - Panels to match tiling colour
 - Fixtures and fittings to be appropriately sourced and installed to provide water resistance and anti-corrosion. Chrome finish or powder coated (Black) to match frame.

Privacy Cubicles

- Client to confirm. Contractor to appoint manufacturer
- Sizing to Manufacturers sizes.
- HLN recommendations:
 - Full Height
 - Built in benching
 - Built in Dividing Partition
 - Colour finishes to match IPS colours
 - Fixtures and fittings to be appropriately sourced and installed to provide water resistance and anti-corrosion. Chrome finish or powder coated (Black) to match frame.

Sanitaryware

Shower – General

- Delabie Sporting 2 – Manual Push Button - Time Flow Shower Panel – 714700
 - Refer to manufacturer's specification.

Shower - Accessible

- HEWI Accessibility Products (Colour TBC)
 - Backrest
 - Hinged Seat
 - Hinged Support Rails
 - Rail with Shower Head Holder
 - Shower Grab Rail
 - Shower Curtain Rail
- Shower System
 - Ideal Standard AS – Thermostatic Exposed Shower With Thermal Cleanse (to match HEWI pack)

Shower - Drainage

- Floor traps to Contractor choice
- Suggestion – Showers/Wet Rooms
 - Delabie adjustable height floor trap – 682001UK

Pipework

- Client to confirm. MEP appointed Internally.
- Pipe sizing shall comply with the parametric requirements of the specified sanitaryware.

Part M – WC

- Ideal Standard AS – Silk Black Doc M
 - WC Pan Assembly (inc. Dual-Flushplate Button)
 - Wash-Hand Basin Assembly
 - Handrails
 - Backrest
 - Toilet Roll Holder
 - Contractor to refer to manufacturer's specification on MEP equipment.

Wash-Hand Basins and Taps

- Roca FINECERAMIC Countertop Ø425mm
 - Female and Gender-Neutral Changing Rooms
 - Paired with Non-Concussive Roca L20 XL Handle Basin Mixer - Black
- Roca FINECERAMIC In Countertop 400x650x80mm
 - Male Changing Room, Family Changing Rooms 1 and 2
 - Paired with Delabie Black Binoptic Electronic Tap – 379DERB

Lighting Fixtures

- To be specified and fitted by client team.

Outlet Switches

- Work shall comply with the requirements of specified products.
- To be specified and fitted by client team.

Accessories

Towel/Coat Hooks

- Gedy Vermont Pro Double Hook Chromed (Wall-Mounted/Panel-Mounted) or equivalent.
 - Colour to be chrome finish or black (where substituted).

Waste Cabinet

- Joinery to follow Polyrey finishes, refer to Willis System section.
- Contractor/Client-supplied waste containers to suit size parameters.

Mirror

- New 400mm x 1200mm mirror to be mechanically fixed on all four corners, back to existing blockwork wall or new tiling.

Towel Bin storage

- Contractor/Client-supplied – to suit specified Five-at-Heart Towelstation unit.

Client-Supplied/Contractor Installed

- Sanitary Bin
- Soap Dispenser
- Towel Dispenser
- Waste Bin (Free Standing)