



METHOD STATEMENT & SCHEDULE OF WORKS
APPLICATION REF. 138196/LO/2023

UNIT 19, ROYAL EXCHANGE ARCADE, MANCHESTER, M2 7EA

NOVEMBER 2023

1. INTRODUCTION

- 1.1 APM Design Ltd have been commissioned on behalf of Luxe Fitness to prepare this Method Statement and Schedule of Works as part of the Listed Building Consent Application for proposed refurbishment works to the ground floor and basement of Unit 19, Royal Exchange Arcade, Manchester, M2 7EA.
- 1.2 This document is to be read in conjunction with the following drawings and documentation:
- APM-LUXMAN-1001 Existing Gymnasium – Basement – Rev B
 - APM-LUXMAN-1002 Existing Gym Entrance – Ground Floor – Rev B
 - APM-LUXMAN-1003 Gymnasium – Proposed Works – Basement – Rev C
 - APM-LUXMAN-1004 Gym Entrance – Proposed Works – Ground Floor – Rev C
 - APM-LUXMAN-1005 Proposed Gym Entrance GA Plan – Ground Floor – Rev C
 - APM-LUXMAN-1006 Proposed Main Gym, Changing and Studios GA Plan – Basement – Rev C
 - APM-LUXMAN-1007 Proposed Main Refuse Collection Area – Sub-Basement – Rev B
 - APM-LUXMAN-1008 Proposed Landlords Refuse Collection Area – Basement – Rev B
 - APM-LUXMAN-2001 Proposed Gym Entrance Flooring Layout – Ground Floor
 - APM-LUXMAN-2002 Proposed Main Gym Flooring – Basement
 - APM-LUXMAN-3001 Proposed Gym Entrance – Ground Floor Ceiling Plan
 - APM-LUXMAN-3002 Proposed Main Entrance – Basement Ceiling Plan
 - APM-LUXMAN-7001 Existing and Proposed Gymnasium Elevations – Basement
 - APM-LUXMAN-7002 Existing and Proposed Gym Entrance Elevations – Ground Floor
 - APM-LUXMAN-7003 Existing and Proposed Main Entrance Facade – Ground Floor
 - APM-LUXMAN-9001 Proposed Gym Entrance – New Wall Plan – Ground Floor
 - APM-LUXMAN-9002 Proposed Main Gym – New Wall Plan – Basement
 - APM Luxe Fitness Digital Sample Board
- 1.3 Please note that all works are to be carried out by competent specialist trade Contractors. The Main Contractor is to be appointed following a single stage competitive tender process whereby a submission requirement will be for Contractors to demonstrate experience working within listed buildings. Contractor and task specific RAMS will be requested in advance of any works commencing to ensure that they are both safe and considerate to the historic features of the site.
- 1.4 The contents of this document shall include the following:
- 1. Introduction
 - 2. Shopfront / Royal Arcade Works
 - 3. Ground Floor Works
 - 4. Basement Works

2. SHOPFRONT / ROYAL ARCADE WORKS

2.1 Shopfront Works - Flooring

Existing:

Mosaic tile to shopfront entrance.



Historic Features:

'Philip Morris & Co Ltd' mosaics; these are the only remaining shopfront entrance mosaics remaining in the Royal Arcade.

Proposed:

Retain and protect.

Methodology of Proposed Works:

Existing to be retained, protected and celebrated as part of the new scheme.

2.2 Shopfront Works - Wall Cladding

Existing:

Timber framed windows, including timber stall upstand and adjacent column cladding to previous café entrance. Gym entrance has dark tiled wall cladding.



Historic Features:

Whilst not original there is some historic merit in the timber framed windows, including timber stall upstand and adjacent column cladding.

Proposed:

Retain and protect timber framed windows, redecorate as per existing colour scheme. Retain dark tiles to existing gym entrance. Please refer to dwg 7003.

Methodology of Proposed Works:

Existing to be retained, protected and celebrated as part of the new scheme. Redecoration of timber where required with suitable paint as per finishes specification.

2.3 Shopfront Works – Signage

Existing:

Painted fascia signage at high level as well as projecting blade sign.



Historic Features:

Not applicable.

Proposed:

New Foamex non-illuminated high level signage. Halo illuminated gold aluminium signage. Vinyl film infill to existing blade sign. Client branded window manifestations to be applied as required for Building Control. Please refer to dwg 7003.

Methodology of Proposed Works:

New fascia signage bonded to existing shopfront surfaces so as to not damage the existing timber or tiles.

3. GROUND FLOOR WORKS

3.1 Ground Floor Works – Flooring

Existing:

Combination of existing safety vinyl flooring and timber effect LVT.



Historic Features:

None.

Proposed:

Combination of engineered timber flooring and poured resin. Please refer to dwg 2001 and finishes specification.

Methodology of Proposed Works:

Existing floor finishes to be carefully lifted and suitably disposed of. New floor finishes to be installed as per manufacturers details on existing sub-base floor build up.

3.2 Ground Floor Works – Partitions

Existing:

Plastered demise walls and internal structural column.



Historic Features:

None.

Proposed:

Retain existing demise wall lining, make good to redecorate. New partition walls to; proposed staircase, adjacent proposed lift and existing gym basement staircase. Please refer to dwg 9001.

Methodology of Proposed Works:

All new partitions to be suitably fire rated, formed from metal studs and plasterboard. Where existing internal partitions and column cladding are to be removed these are to be undertaken with care to ensure no unnecessary damage to adjacent fabric. Carry out opening up works to sections of the partitions adjacent to junctions with floor, wall and ceilings to establish the connection to the adjacent materials and overall partition construction. If lath and plaster is discovered, these partitions are to be kept intact. Fabric for removal which is located adjacent to historic features should be done so with extra care and attention, loosening the existing fixings for removal rather than forcing demolition which may cause unwanted excess damage. Ensure that adequate temporary supports are in place to mitigate the risk of materials fallings which could cause unwanted damage to historic features in the vicinity.

3.3 Ground Floor Works – Wall Decoration

Existing:

Combination of emulsion paint decoration, brick slip column cladding and isolated tiling.



Historic Features:

None.

Proposed:

Brushed brass panels to feature accent walls, main wall finish to be emulsion decoration. Column to be reclad in terrazzo tiles. Please refer to dwg 7002.

Methodology of Proposed Works:

New emulsion paint finish to main walls. Feature wall cladding to be applied to timber battens as per manufacturers details.

3.4 Ground Floor Works – Ceiling Works

Existing:

High level timber coving and picture rail, painted plastered ceilings with access hatches.



Historic Features:

High level timber coving and picture rail, whilst not original do have some merit.

Proposed:

Retain, protect and redecorate existing coving and picture rail. Ceiling heights to remain as existing throughout. Please refer to dwgs 3001 and 7002.

Methodology of Proposed Works:

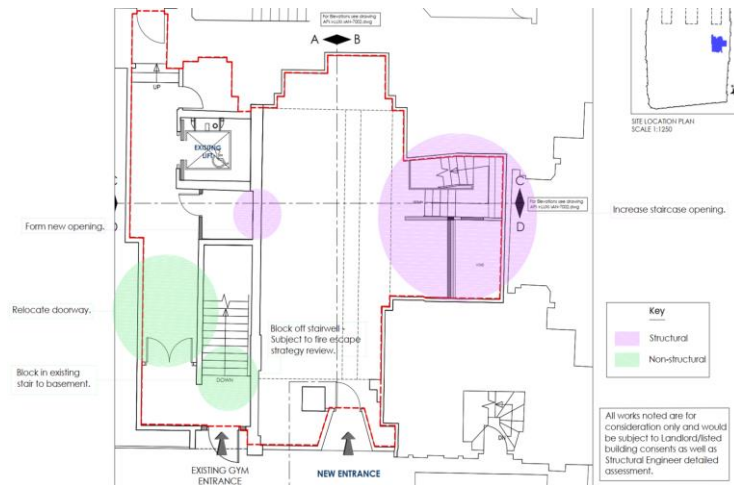
New ceiling decoration to be in keeping with existing finishes.

3.5 Ground Floor Works – Structural Works

Existing:

Concrete floor build up and blockwork walls.





Historic Features:

Proposed structural alterations have no impact on the original historic features of the building.

Proposed:

Remove section of concrete floor to widen staircase opening down to the basement. Remove section of blockwork wall to create DDA access through to the proposed lift and alternative means of ingress / egress. Please refer to dwg 1004.

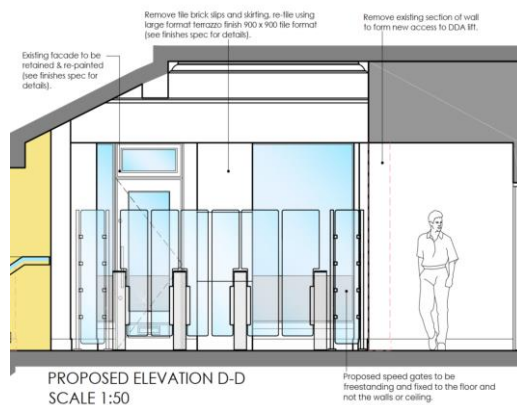
Methodology of Proposed Works:

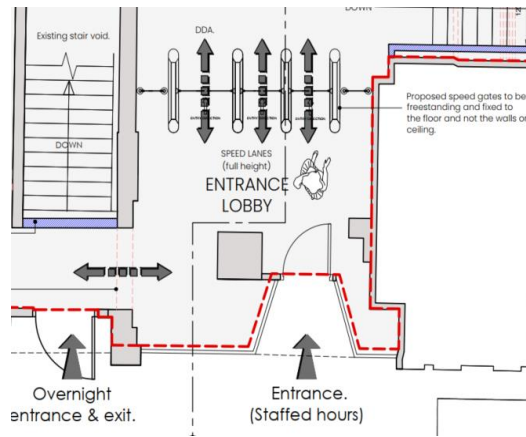
All structural works subject to detailed Structural Engineer calculations and drawings. Where existing internal structure is to be removed these are to be undertaken with care to ensure no unnecessary damage to adjacent fabric. Carry out opening up works to sections of the partitions adjacent to junctions with floor, wall and ceilings to establish the connection to the adjacent materials and overall partition construction. If lath and plaster is discovered, these partitions are to be kept intact. Fabric for removal which is located adjacent to historic features should be done so with extra care and attention, loosening the existing fixings for removal rather than forcing demolition which may cause unwanted excess damage. Ensure that adequate temporary supports are in place to mitigate the risk of materials fallings which could cause unwanted damage to historic features in the vicinity.

3.6 Ground Floor Works – Access Control Screens

Existing:

No access control points.





Historic Features:

None.

Proposed:

Freestanding speed gates.

Methodology of Proposed Works:

Freestanding gates fixed to the floor finish (no wall or ceiling fixings required). To be installed as per manufacturers fixing details and installation requirements.

4. BASEMENT WORKS

4.1 Basement Works – Flooring

Existing:

Combination of rubber, LVT, tiled and vinyl safety flooring.



Historic Features:

None.

Proposed:

Combination of new engineered timber, carpet tile, poured resin, tiled, woven bolon and rubber. Wet and changing area floor tiles to be protected and retained where possible. Please refer to dwg 2002 and finishes specification.

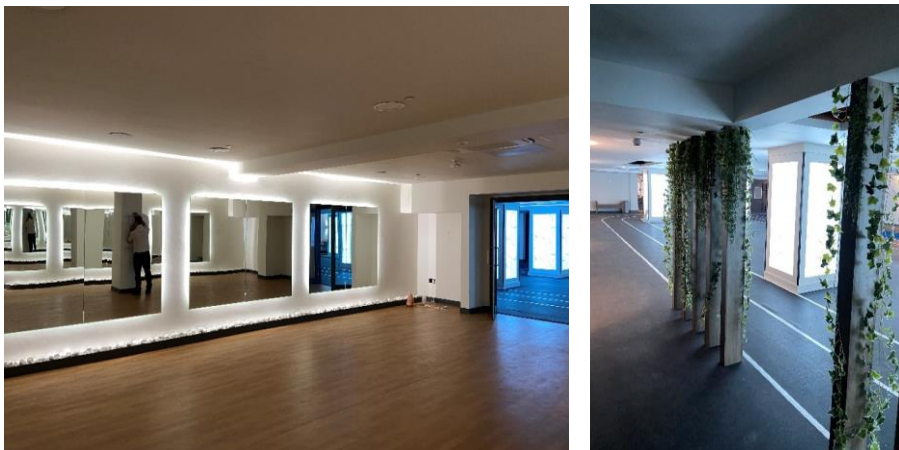
Methodology of Proposed Works:

Existing floor finishes to be carefully lifted and suitably disposed of. New floor finishes to be installed as per manufacturers details on existing sub-base floor build up.

4.2 Basement Works – Partitions

Existing:

Metal stud column cladding which have been made into lighting features. Mock timber slatted screens with plastic vegetation. Masonry internal load bearing partitions, plasterboarded stud partitions for non-load bearing walls.



Historic Features:

None.

Proposed:

Remove current lighting feature column cladding and mock timber slats. Wall niches to be infilled using metal stud plasterboard with emulsion finish. New proposed toughened metal framed glazed wall complete with coloured glass / vinyl film. Retain existing demise wall lining, make good to redecorate. New partition walls to; proposed revised studio / gym layout as well as to subdivide the changing room areas.

Methodology of Proposed Works:

Carefully dismantle column cladding to expose structure, install new large format tile column cladding (as per manufacturers installation instructions). All new partitions to be suitably fire rated, formed from metal studs and plasterboard. Where existing internal partitions are to be removed these are to be undertaken with care to ensure no unnecessary damage to adjacent fabric. Carry out opening up works to sections of the partitions adjacent to junctions with floor, wall and ceilings to establish the connection to the adjacent materials and overall partition construction. If lath and plaster is discovered, these partitions are to be kept intact. Fabric for removal which is located adjacent to historic features should be done so with extra care and attention, loosening the existing fixings for removal rather than forcing demolition which may cause unwanted excess damage. Ensure that adequate temporary supports are in place to mitigate the risk of materials fallings which could cause unwanted damage to historic features in the vicinity.

4.3 Basement Works – Wall Decoration

Existing:

Combination of emulsion paint decoration, timber slip column cladding and wall tiling.



Historic Features:

None.

Proposed:

Brushed brass panels to feature accent staircase walls, main wall finish to be emulsion decoration. Columns to be reclad in large format tiles. Existing shower and changing area wall tiles to be retained where possible. Please refer to dwg 7001.

Methodology of Proposed Works:

New emulsion paint finish to main walls. Feature wall cladding to be applied to timber battens as per manufacturers details.

4.4 Basement Works – Ceiling Works

Existing:

Main gym space and changing areas have a metal framed plasterboard ceiling with sporadic sections of ceiling coffers. Areas of vaulted ceilings have been overclad with glossy black tiles.



Historic Features:

Isolated areas of brick vaulted ceilings currently assumed to be beneath black tiles.

Proposed:

Retain existing ceilings throughout where possible. Intention to identify and expose as many of the historic brick vaulted ceilings as possible. Ceilings to have emulsion decoration with the exception of vaulted ceilings which are to be cleaned up and have the historic brick left exposed. Please refer to dwg 3002.

Methodology of Proposed Works:

New ceiling decoration to be as per the existing. Vaulted ceilings which have been tiled are to have the modern tiles carefully removed to expose the historic brick. Bricks to be cleaned up and left exposed as a design feature.

4.5 Basement Works – Structural Works

Existing:

Concrete floor build up for increased width staircase between the existing ground floor café and basement gym. Solid masonry walls and timber internal staircase (between the two units).



Historic Features:

Proposed structural alterations have no impact on the original historic features of the building.

Proposed:

Increase staircase opening from the current ground floor café. Remove internal walls to facilitate feature central corridor adjacent DDA lift, to include removal of small internal staircase between the two units to form level basement space. Please refer to dwg 1003.

Methodology of Proposed Works:

All structural works subject to detailed Structural Engineer calculations and drawings. Where existing internal structure is to be removed these are to be undertaken with care to ensure no unnecessary damage to adjacent fabric. Carry out opening up works to sections of the partitions adjacent to junctions with floor, wall and ceilings to establish the connection to the adjacent materials and overall partition construction. If lath and plaster is discovered, these partitions are to be kept intact. Fabric for removal which is located adjacent to historic features should be done so with extra care and attention, loosening the existing fixings for removal rather than forcing demolition which may cause unwanted excess damage. Ensure that adequate temporary supports are in place to mitigate the risk of materials fallings which could cause unwanted damage to historic features in the vicinity.

4.6 Basement Works – M&E Services

Existing:

Modern Air Conditioning, lighting and heating installations.

Historic Features:

None.

Proposed:

Retain existing AC, plumbing and heating installations where possible. Minor adaptations may be required due to layout revisions between the existing and proposed but the intention is to keep any new works to a minimum. Any supplementary installations are to be of like for like specification with the existing. Lighting layout to be revised to accommodate proposed revised general arrangement plan.

Methodology of Proposed Works:

Installation to be in accordance with manufacturers details and instructions. Contractor to ensure minimal remedial works to adjacent ceilings and walls are required as a consequence of the potential mechanical, plumbing and electrical works.