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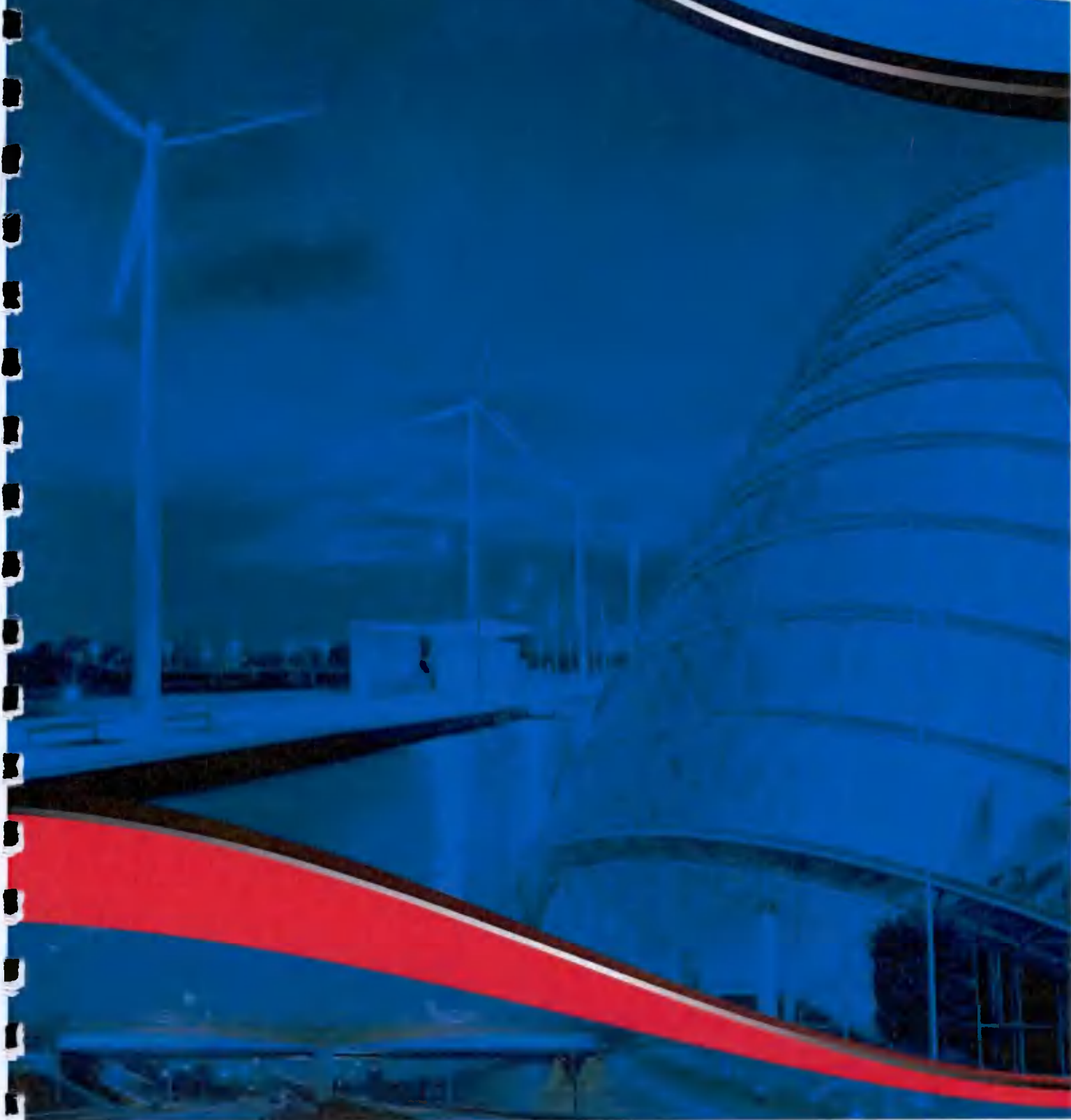
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Multidisciplinary
Consulting Engineers

Energy & Sustainability Report

Adamstown Station District Centre
Masterplan – Phase II – Block G

Project No. Q066
13th October 2021



- e) ensuring that the building is appropriately designed to limit need for cooling and, where air-conditioning or mechanical ventilation is installed, that installed systems are energy efficient, appropriately sized and adequately controlled;
- f) limiting the heat loss from pipes, ducts and vessels used for the transport or storage of heated water or air;
- g) limiting the heat gains by chilled water and refrigerant vessels, and by pipes and ducts that serve air conditioning systems;
- h) providing energy efficient artificial lighting systems and adequate control of these systems;
- i) providing to the building owner or occupants sufficient information about the building, the fixed building services, controls and their maintenance requirements so that the building can be operated in such a manner as to use no more fuel and energy than is reasonable.

However, Part L (2021) – Buildings Other Than Dwellings now has additional requirements relating to self-regulating devices and electric vehicle charging.

For both new and existing buildings other than dwellings, the Part L 2021 (Buildings Other Than Dwellings) 'Regulation 5' requirements shall be met by:

- a) a new building shall, where technically and economically feasible, be equipped with self-regulating devices for the separate regulation of the temperature in each room or, where justified, in a designated heated zone of the building unit;
- b) Where a heat generator is being replaced in an existing building, where technically and economically feasible, self-regulating devices shall also be installed;
- e) A building which has more than 10 car parking spaces, that is:
 - i. New, or
 - ii. Subject to subparagraph (g), undergoing major renovation,shall have installed at least one recharging point and ducting infrastructure (consisting of conduits for electric cables) for at least one in every 5 car parking spaces to enable the subsequent installation of recharging points for electric vehicles.
- g) The requirements of subparagraph (e) shall apply to a building undergoing major renovation where:
 - i. In a case where the car park is located inside the building, the renovation concerned include the car park or the electrical infrastructure of the building; or
 - ii. In a case where the car park is physically adjacent to the building, the renovations concerned include the car park or the electrical infrastructure of the car park.

Renewable Energy Ratio (RER):

This is the most significant change introduced as part of the Part L 2021 (Buildings Other Than Dwellings) regulations for non-residential buildings. Some of the main performance requirements are as follows:

- The new regulations will require a significant level of energy provision be provided onsite or nearby by renewable energy technologies, e.g. solar energy (thermal and photovoltaic), air and exhaust air source heat pumps, combined heat and power, biomass boiler, etc.;
- The current NZEB definition does not allow the renewable requirement to be met through the purchase of off-site green electricity;
- There are two routes in achieving compliance with the renewable target:
 - Route 1 = If the Part L compliance is achieved with no tolerance (0% margin), 20% of the building's energy use must be provided by onsite / near site renewable technologies;
 - Route 2 = If the Part L compliance is achieved with a minimum of 10% margin, then 10% of the building's energy use must be provided by onsite / near site renewable technologies. To achieve the 10% margin, the building envelope, lighting and M&E specification will likely have to be improved above minimum requirements.

5. PART F VENTILATION

This report is primarily focused around achieving compliance with Part L of the building regulations, but in doing so, the ventilation systems proposed must also comply with Part F (Ventilation) of the Technical Guidance Documents (TGD).

The TGD Part F 2019 document revolves around two requirements as outlined below:

Means of ventilation.

- *F1 – Adequate and effective means of ventilation shall be provided for people in buildings. This shall be achieved by:*
 - a) *Limiting the moisture content of the air within the building so that it does not contribute to condensation and mould growth, and*
 - b) *Limiting the concentration of harmful pollutants in the air within the building.*

Condensation in roofs.

- *F2 - Adequate provision shall be made to prevent excessive condensation in the floor or in a roof void above an insulated ceiling.*

The proposed development will be designed to achieve compliance with Part F of the building regulations.

6. BUILDING ENERGY RATING (BER)

As of 1st July 2009, all newly built domestic and non-domestic buildings and existing buildings that are for sale or rent require a BER (Building Energy Rating) certificate.

The actual building energy rating is based on the primary energy used for one year and is classified on a scale of A1 to G with A1 being the most energy efficient. It also provides the anticipated carbon emissions for a year of occupation based on the type of fuel that the building systems use. The following determines the extent of primary energy consumption within the building:

- Building type (residential, office, retail, etc.);
- Building orientation;
- Thermal envelope (insulation levels of the façade, roofs, ground floor etc);
- Air permeability (how much air infiltrates into the building through the façade);
- Heating systems (what type of plant is used and how efficient it is);
- Cooling systems (what type of plant is used and how efficient it is);
- Ventilation (what form of ventilation is used - natural ventilation, mixed mode mechanical ventilation);
- Fan and pump efficiency (how efficient are the pumps and fans);
- Domestic hot water generation (what type of plant is used and how efficient it is); and
- Lighting systems (how efficient is the lighting).

The areas identified above will be described within this report and categorised under three main headings through "The Energy Hierarchy Plan". i.e. Be Mean, Be Lean, Be Green.

7. THE ENERGY HIERARCHY PLAN

Through the specification of an energy efficient façade and HVAC systems, the energy consumption of a building will be reduced compared to a set baseline. This ensures the environmental and economic impact of the operation of the building is reduced.

The key steps in the Energy Hierarchy Plan are outlined as follows:

1. The key philosophy of this plan is to first reduce energy demand by improving the building's thermal envelope, increasing air tightness, improving thermal transmittance and applying passive design techniques.
2. The second step is to utilise energy in the most efficient way through the selection and installation of energy efficient plant and equipment.
3. The final step is to introduce energy from renewable sources to reduce the burden on fossil fuels.

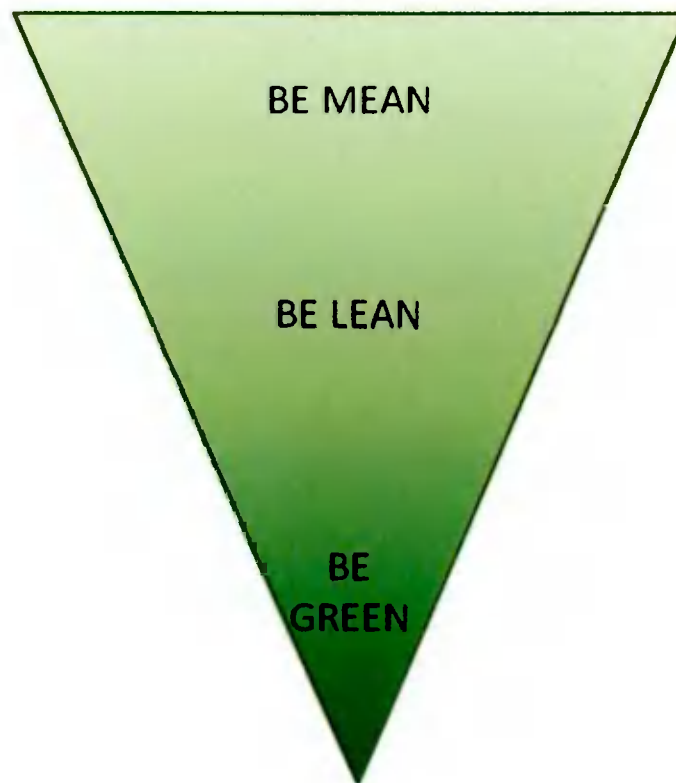


Figure 2: Energy Hierarchy Plan

7.1. STEP 1 (BE MEAN) – USE LESS RESOURCES

The following measures will be implemented to reduce the energy consumption of the proposed development:

- High performance U-values;
- Improved air tightness; and
- Improved thermal transmittance and thermal bridging design.

7.1.1. HIGH PERFORMANCE U-VALUES

To limit the heat loss through the façade, careful consideration must be shown when designing the external façade. The specification of the insulation utilised, and the continuity of insulation are crucial. Insulation slows the rate at which heat is lost to the outdoors. Heat flows in three ways: by conduction, convection and radiation.

The targeted maximum average elemental U-Values for both the residential and non-residential aspects of the proposed development are outlined in Table 2 and Table 3 below.

Fabric Element	Adamstown Block G Maximum Average Elemental U-value (W/m ² .K)
External Walls	0.18
Flat Roof	0.18
Ground Contact & Exposed Floor	0.18 (0.15 if underfloor heating installed)
External Windows, Roof-lights & Doors	1.40

Table 2: Residential Building Envelope Thermal Performance Targets

Fabric Element	Adamstown Block G Maximum Average Elemental U-value (W/m ² .K)
External Walls	0.20
Flat Roof	0.18
Ground Contact & Exposed Floor	0.20 (0.15 if underfloor heating installed)
External Windows, Roof-lights & Doors	1.40

Table 3: Non-Residential Building Envelope Thermal Performance Targets

7.1.5. PASSIVE DESIGN

The proposed Adamstown Station District Centre Block G development will be evaluated and analysed with respect to daylight, sunlight and overshadowing, in order to determine the following:

- The daylight levels within the living and bedroom areas, to give an indication of the expected daylight levels throughout the proposed development;
- The expected sunlight levels within the living areas and bedrooms within the proposed development;
- The quality of amenity space, being provided as part of the development, in relation to sunlight;
- Any potential daylight or sunlight impact the proposed development may have on properties adjacent to the site.

Calculations and methodology used are in accordance with BRE Guidelines for daylight and sunlight and based on the British Research Establishments "Site Layout Planning for Daylight and Sunlight: A Good Practice Guide" by PJ Littlefair, 2011 Second Edition.

Lighting accounts for typically 12% of the overall primary energy. Typically, this is even higher for non-residential spaces. Maximising natural daylighting in the main non-residential areas reduces this demand during daylight hours.

7.2. STEP 2 (BE LEAN) – USE RESOURCES EFFICIENTLY

To maximise the effectiveness of changes to the construction, it is important to use the energy sources within the development as efficiently as possible.

7.2.1. LOW ENERGY PLANT - RESIDENTIAL

To improve the overall energy efficiency of the residential aspect of the development, plant is to be selected based on performance and energy efficiency.

Space Heating: The plant options for space heating are:

- Electric Panel Heaters, or
- Exhaust Air Heat Pumps (EAHP).

Domestic Hot Water: The plant options for domestic hot water are:

- Air Source Heat Pumps (ASHP), or
- Exhaust Air Heat Pumps (EAHP).

Ventilation: The plant options for ventilation are:

- Mechanical Ventilation with Heat Recovery (MVHR), or
- Mechanical Extract Ventilation via the EAHP.

Variable Speed Drives (VSDs): Variable speed drive motors are to be fitted to all fans and pumps servicing all HVAC systems. Standard fans and pumps operate at a constant speed to meet maximum demand even though only half the building may be occupied. VSDs have the ability to ramp up or down depending on the load requirements, making this the most efficient auxiliary system to install.

7.2.2. LOW ENERGY PLANT - NON-RESIDENTIAL

To improve the overall energy efficiency of the non-residential aspect of the development, plant is to be selected based on performance and energy efficiency.

Space Heating: The plant options for space heating are:

- Electric Panel Heaters, or
- Variable Refrigerant Flow (VRF) Heat Pumps.

Domestic Hot Water: The plant options for domestic hot water are:

- Electric water heaters, or
- Air Source Heat Pumps (ASHP).

Space Cooling: The plant options for space cooling are:

- Natural ventilation where possible, and/or
- Variable Refrigerant Flow (VRF) Heat Pumps.

Ventilation: The proposed ventilation strategy for the non-residential areas will be natural ventilation where possible and/or mechanical ventilation. The mechanical ventilation system will be a high efficiency, variable speed drive system that also incorporates heat recovery and CO₂ control.

Variable Speed Drives (VSDs): Variable speed drive motors are to be fitted to all fans and pumps servicing all HVAC systems. Standard fans and pumps operate at a constant speed to meet maximum demand even though only half the building may be occupied. VSDs have the ability to ramp up or down depending on the load requirements, making this the most efficient auxiliary system to install.

7.2.3. LIGHTING

The design intent for internal lighting design is to introduce artificial lighting in all applicable areas. Energy efficient light fittings will be installed throughout. The design of the developments façades also allows high levels of natural daylight to enter into occupied zones.

7.2.4. ONGOING MONITORING

A BEMS (Building Energy Management System) system is to be installed to monitor the use of all major systems in the building. The BEMS system is a graphical interface that allows the facilities/building manager to monitor and control all systems throughout the building.

7.3. STEP 3 (BE GREEN) – USE OF RENEWABLE TECHNOLOGIES

The following renewable technologies are being considered for implementation in the Adamstown Station District Centre Block G development.

7.3.1. AIR SOURCE HEAT PUMP - RESIDENTIAL

Air source heat pumps convert energy from the air to provide heat and hot water for buildings. They are powered by electricity and are highly efficient. The air source heat pump is located outside in the open air and it uses a fan to draw air across it. This air then flows over a heat exchanger, which contains a refrigerant liquid. An evaporator uses the latent heat from the air to heat the refrigerant sufficiently until it boils and turns to a gas. This gas is then compressed which causes a significant rise in temperature. An additional heat exchanger removes the heat from the refrigerant which can then be used as useful heat within a building.

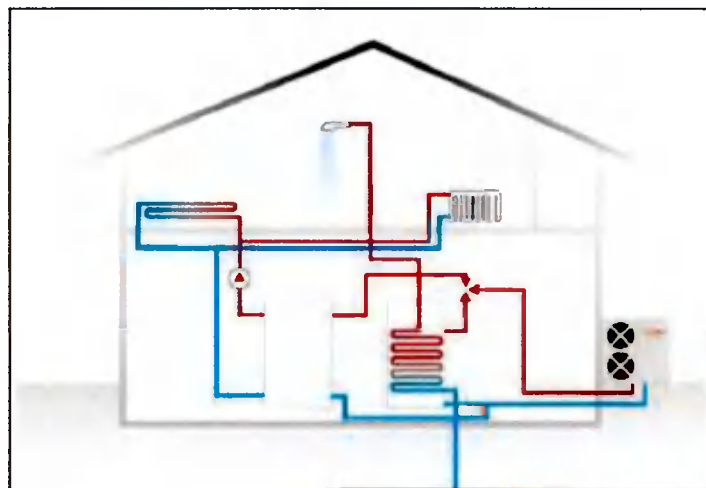


Figure 5: Air-Source Heat Pump Diagram

7.3.2. EXHAUST AIR HEAT PUMP

Exhaust air heat pumps collect warm air as it leaves a building via the ventilation system and then reuse the heat that would otherwise be lost to the outside to heat fresh air coming into the building or to heat water. Exhaust air heat pumps operate on a similar basis to other heat pumps such as air source heat pumps and ground source heat pumps and are suitable for providing hot water and heating for buildings such as houses, apartments or flats.

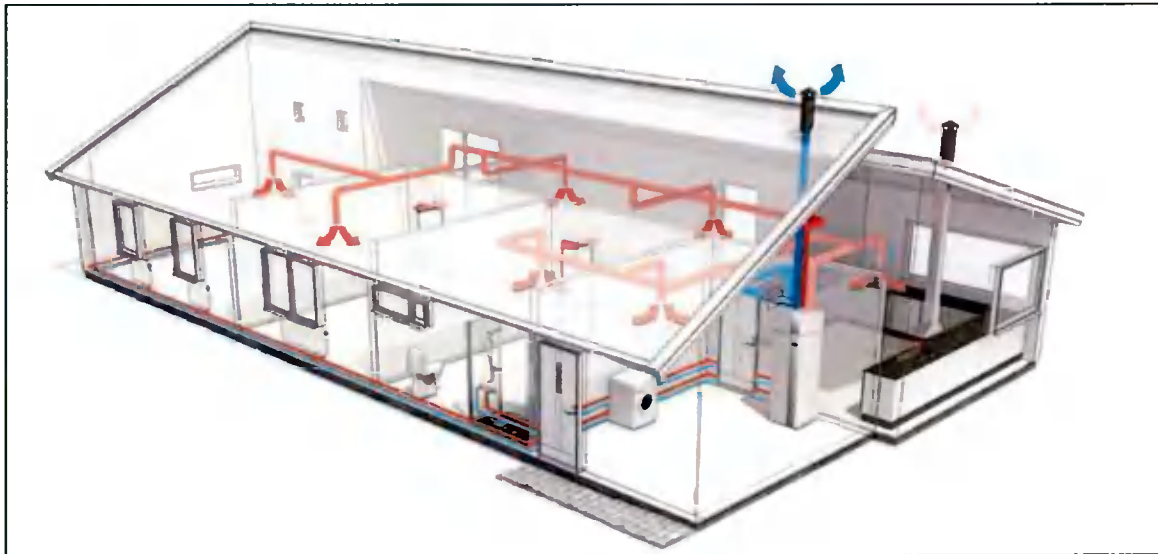


Figure 6: Example Diagram of Typical Exhaust Air Heat Pump Layout

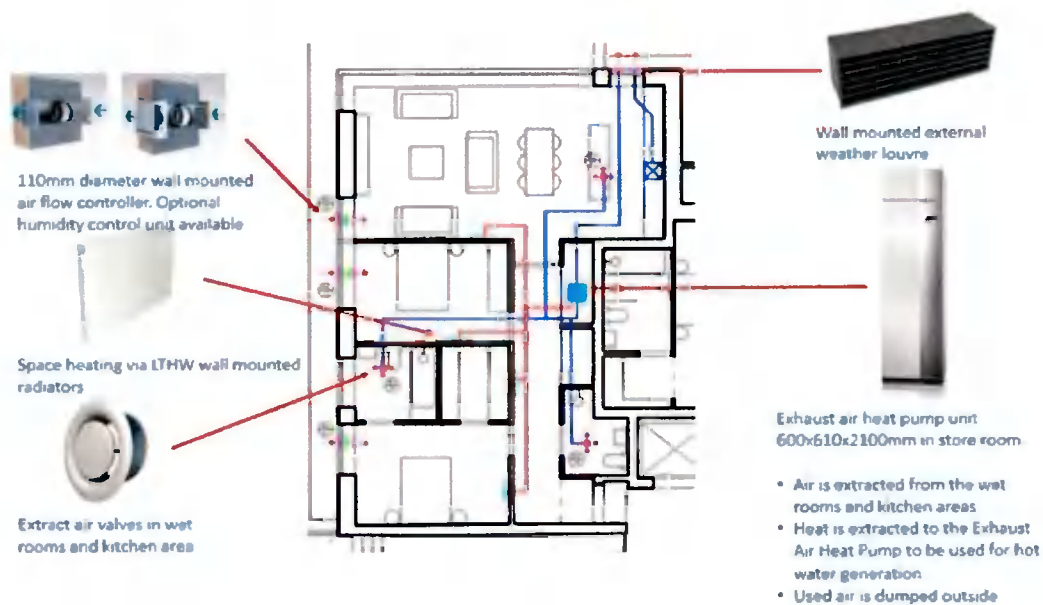


Figure 7: Example Diagram of Typical Exhaust Air Heat Pump Layout

7.3.3. SOLAR PHOTOVOLTAICS

Photovoltaic (PV) Panels convert the solar radiation into electricity, which can be connected to the mains supply of a dwelling. The panels are placed on the roof and are most efficient with an incline angle of 30°. Panels are typically arranged in arrays on building roofs, with the produced electricity fed either directly into the dwelling, office or into the landlord's supply.

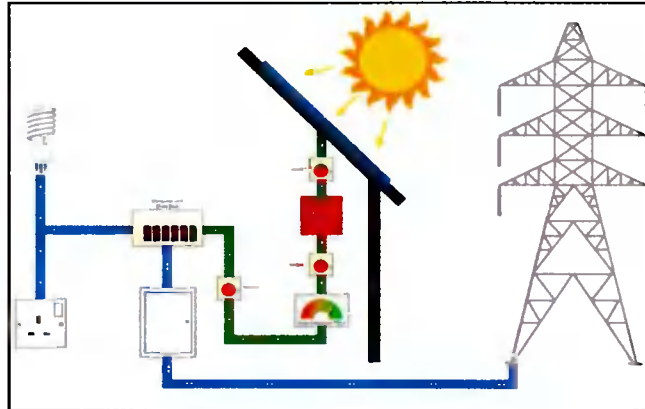


Figure 8: Solar PV Diagram

7.3.4. AIR SOURCE HEAT PUMP – NON-RESIDENTIAL

Air-Source Heat Pumps (ASHP) are deemed a renewable energy technology under Part L 2021 (Buildings Other Than dwellings). In heating mode, ASHPs are designed to extract heat from the ambient outside air and release it inside the building via heat emitters. In cooling mode, the cycle is reversed with heat being extracted from inside the building to the outside.



Figure 9: Air-Source Heat Pump

7.3.5. VRF HEAT PUMPS

Variable Refrigerant Flow systems utilise heat pumps in order to provide space heating as well as space cooling. These systems are capable of serving multiple zones with different heating and cooling requirements and they can modulate their output according to zone requirements, increasing system efficiencies and reducing the energy demand of these systems.

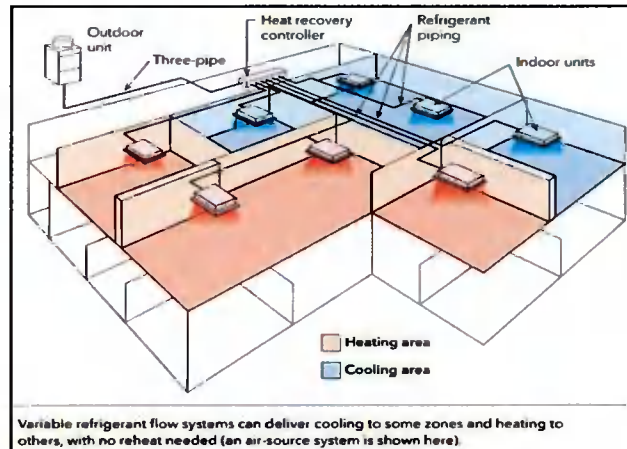


Figure 10: Typical VRF Schematic Diagram

8. KEY SUSTAINABLE FEATURES

The location of the Adamstown Station District Centre Block G development provides availability to alternative modes of transportation, use of water efficient fixtures, consideration for materials and resources and indoor environmental quality for the building occupants.

8.1. LOCATION AND TRANSPORTATION

The proposed development will offer occupants travelling to and from the development alternative modes of transport other than the need to rely on a car. Developing in an area that has strong public transport nodes offers users the opportunity to travel to and from the site using alternative modes of transport.

The following figures identify the local Train stations, Dublin bus stops and local car sharing locations and their proximity to the proposed development.

Bus/Train:

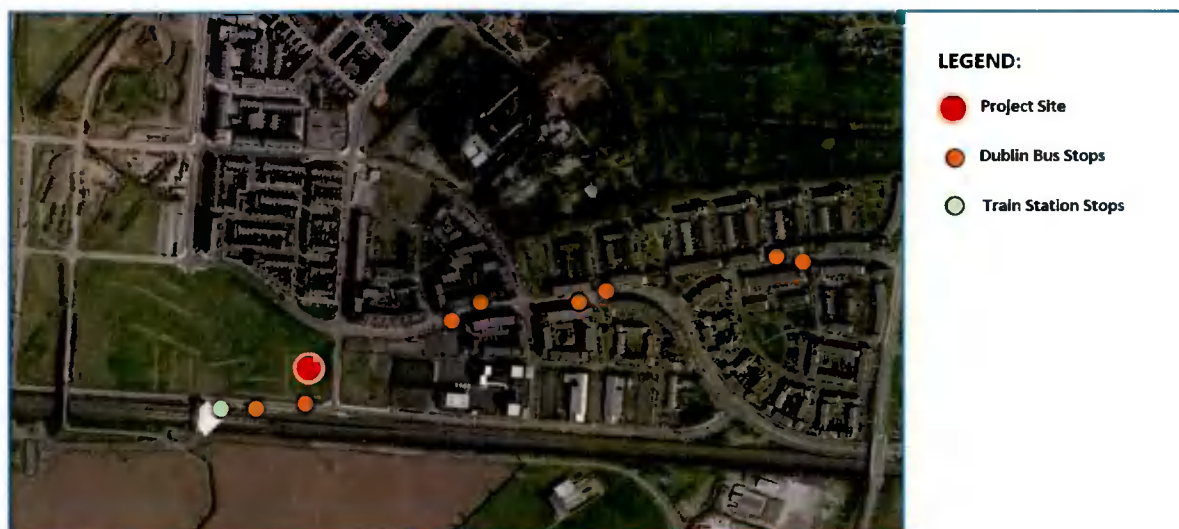


Figure 11: Local Train and Dublin Bus Stops

Go-Car:

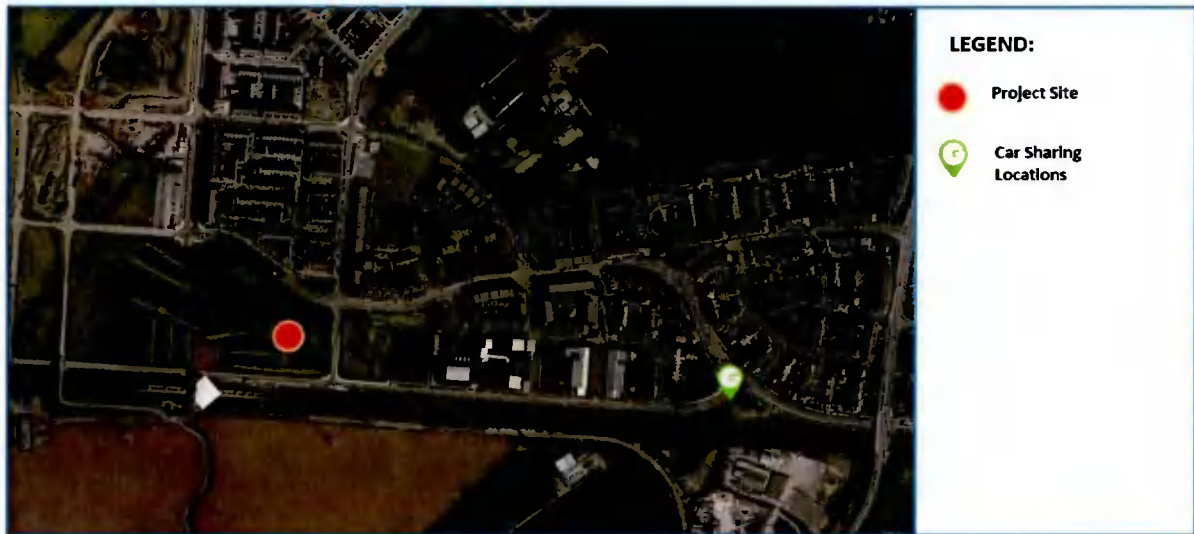


Figure 12: Local Car Sharing Locations

8.2. COMMISSIONING

To ensure efficient operation of the development, all systems will be commissioned. Commissioning of a development's systems ensures that the sustainable energy-design can be fully realised, with fewer operational issues during the building's lifetime. Building users' productivity improves and operational costs decrease also.

8.3. MATERIALS AND RESOURCES

The development will be designed and operated with the aim of a reduction in waste generation through construction and operation. Where possible waste streams will be separated on site and recycled or re-used. Where possible local materials will be specified, and in addition materials that contain recycled content will be considered as preferable.

8.4. WATER EFFICIENCY

With increasing costs associated with potable water use, the proposed development will incorporate measures to reduce water usage through the appropriate selection of low consumption sanitary fittings, leak detection systems and water monitoring facilities.

8.5. BICYCLE FACILITIES

Cycling offers a sustainable alternative to personal vehicle use, which reduces gas and particulate emissions, noise pollution and also congestion in busy urban areas. The proposed development will provide private bicycle spaces for tenants/occupants.

8.6. INDOOR ENVIRONMENTAL QUALITY

As part of the sustainable design strategy, consideration of occupants and staff will be an integral part of the design process. As the productivity and well-being of building users depends strongly on the quality of the indoor environment, the following aspects will be addressed:

- Adequate ventilation and filtration;
- Low-emitting materials; and
- Natural daylight and views to the external environment.

8.7. ELECTRIC VEHICLE CHARGING

As part of the sustainable design strategy, the development shall provide the following provisions relating to electric vehicle charging:

Residential Dwellings:

- Installation of 'infrastructure' for E.V charging for residential buildings with more than 10 car parking spaces, to allow for future installation of recharging points.

Non-residential Buildings:

- Where the development has more than 10 car parking spaces, to provide one car recharging point for E.V charging;
- Where the development has more than 10 car parking spaces, to provide at least one accessible recharging point (or 5% of total recharging points – whichever the greater), as also outlined within Part M;
- Where the development has more than 10 car parking spaces, to provide mandatory 'infrastructure' for E.V charging for at least one in every 5 parking bays to allow for future installation of recharging points.

9. CONCLUSION

A holistic sustainable approach been adopted by the design team for the proposed Adamstown Station District Centre Phase II Block G development located at Adamstown, Co. Dublin. Through detailed design, a number of sustainability and efficiency features have been considered throughout.

The proposed residential development will comply with residential Part L 2021 (Dwellings), as well as targeting an A2/A3 BER, while the proposed non-residential development will comply with non-residential Part L 2021 (Buildings other Than Dwellings), as well as targeting an A3 BER.

The optimised approach is based on the Energy Hierarchy Plan - Be Mean, Be Lean, Be Green.

Be Mean

- The façade performance specification has been optimised to limit heat loss, improve air tightness and thermal transmittance and to maximise natural daylight.

Be Lean

- High efficiency plant will be specified to take advantage of the optimised façade design measures that have been introduced;
- A low energy lighting design will be utilised to further reduce energy consumption and increase occupant thermal comfort.

Be Green

- Renewable energy technologies such as Air Source Heat Pumps (ASHP), Exhaust Air Heat Pumps (EAHP), Solar PV and VRF Heat Pumps will be considered for implementation.

A number of sustainable design features have been considered within the design to achieve the sustainability targets of the proposed development. These include:

- The proximity of the development to public transportation networks;
- Water efficiency measures such as low consumption sanitary fittings; and
- Improved indoor environmental quality.

This report confirms that if the energy and sustainability strategy is successfully implemented, the proposed Adamstown Station District Centre Phase II Block G development will satisfy all Part L and BER requirements.



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