La Capitale Building

PRESTIGE CATEGORY OFFICES, Aiming for LEED®-NC Gold Certification

Total area: 330,000 square feet
- Floor area for office space: 310,000 square feet
- Floor area for commercial use: 10,000 square feet

Building exterior: curtain wall, natural stone and glass

Construction: concrete

Underground parking: 258 spaces

Number of floors: 10 floors of living space and a 5-level underground parking garage

Number of elevators: 6

Square footage per floor: Varies by floor, between 20,000 and 35,000

Services: dining (cafeteria), shower/locker room (gymnasium), outdoor patios (3)

PROJECT TEAM

Prime contractor: La Capitale MFQ Real Estate Management

Construction and renovation:
- Architects and LEED® certification: Consortium of the Lemay and CoArchitecture architectural firms, which partnered to construct the building designed by Dan Hanganu, Architect
- Engineers: LGT, Genivar and BPR
- Contractor/project manager: Verreault
- Enhanced commissioning: Therméca

Interior design:
- Architects: Régis Côté et associés
- Engineers: LGT
- Contractor/project manager: Verreault
- Office furniture and design: MBH
- Acoustics: Soft dB
- Moving and transportation: Dolbec Transport

LEEDED® CERTIFICATION (Leadership in Energy and Environmental Design)

Target certification: LEED®-NC Gold

LEED® standards targeted during design, construction and occupation:
- Integrated design program
- Over 55% reduction in energy use in comparison to industry benchmark standards, thanks to mechanical design and more energy-efficient equipment
- 40% reduction in potable water use, associated with the design and installation of high-efficiency, motion sensor sanitary equipment
- Abundant natural light, with outside views for all occupiable spaces
- Over 75% of building construction and demolition waste diverted from landfill
- At least 20% use of regionally sourced and manufactured materials
- At least 15% use of recycled materials during construction
- Use of FSC (Forest Stewardship Council)-certified wood, meaning that the forests from which the wood products are sourced are managed in an ecological and sustainable manner
- Temporary holding basins and sediment traps to filter muddy construction water
- Spraying for demolition and construction dust control
- 55% reduction of construction heat islands thanks to green roofing and construction of the underground parking garage
- Quality that goes beyond the ASHRAE (American Society of Heating, Refrigerating and Air Conditioning Engineers) standard for indoor air quality and building mechanics
- Reduction of indoor air contaminants through the use of paints, adhesives, carpets and composites containing no VOCs (volatile organic compounds)
- Reduction of ozone layer depletion through refrigerant selection and management (no CFCs or halon refrigerants)
- Installation of interior bicycle racks and construction of showers and locker rooms to promote alternative modes of transportation and physical fitness
- Proximity to public transport
- Smoke-free building, including exterior spaces
- Program for management of residual materials (recycling and composting)
- Preparation of an educational guide and training and sustainable development programs for the building’s occupants and visitors
- Implementation of an environmentally friendly cleaning policy