



FEMA

NATIONAL FLOOD INSURANCE PROGRAM

ELEVATION CERTIFICATE

AND

INSTRUCTIONS

ELEVATION CERTIFICATE

OMB No. 1660-0008
Expires March 31, 2012

Important: Read the instructions on pages 1-9.

SECTION A - PROPERTY INFORMATION

A1. Building Owner's Name CHARLES BESS		For Insurance Company Use: Policy Number Company NAIC Number	
A2. Building Street Address (including Apt., Unit, Suite, and/or Bldg. No.) or P.O. Route and Box No. LOT 48 FRENCH'S NECK WEST			
City NEAR GREENSPRING	State WV	ZIP Code	
A3. Property Description (Lot and Block Numbers, Tax Parcel Number, Legal Description, etc.) DB 463, PAGE 307 & MAPS BOOK 5, PAGE 126			
A4. Building Use (e.g., Residential, Non-Residential, Addition, Accessory, etc.) RETREAT			
A5. Latitude/Longitude: Lat. _____ Long. _____		Horizontal Datum: <input type="checkbox"/> NAD 1927 <input checked="" type="checkbox"/> NAD 1983	
A6. Attach at least 2 photographs of the building if the Certificate is being used to obtain flood insurance.			
A7. Building Diagram Number 5			
A8. For a building with a crawlspace or enclosure(s): a) Square footage of crawlspace or enclosure(s) _____ sq ft b) No. of permanent flood openings in the crawlspace or enclosure(s) within 1.0 foot above adjacent grade _____ c) Total net area of flood openings in A8.b _____ sq in d) Engineered flood openings? <input type="checkbox"/> Yes <input type="checkbox"/> No		A9. For a building with an attached garage: a) Square footage of attached garage _____ sq ft b) No. of permanent flood openings in the attached garage within 1.0 foot above adjacent grade _____ c) Total net area of flood openings in A9.b _____ sq in d) Engineered flood openings? <input type="checkbox"/> Yes <input type="checkbox"/> No	

SECTION B - FLOOD INSURANCE RATE MAP (FIRM) INFORMATION

B1. NFIP Community Name & Community Number HAMPSHIRE COUNTY		B2. County Name HAMPSHIRE		B3. State WV	
B4. Map/Panel Number S40226 0039	B5. Suffix C	B6. FIRM Index Date NOV. 7, 2002	B7. FIRM Panel Effective/Revised Date -	B8. Flood Zone(s) AE	B9. Base Flood Elevation(s) (Zone AO, use base flood depth) 568.0
B10. Indicate the source of the Base Flood Elevation (BFE) data or base flood depth entered in Item B9. <input type="checkbox"/> FIS Profile <input checked="" type="checkbox"/> FIRM <input type="checkbox"/> Community Determined <input type="checkbox"/> Other (Describe) _____					
B11. Indicate elevation datum used for BFE in Item B9: <input checked="" type="checkbox"/> NGVD 1929 <input type="checkbox"/> NAVD 1988 <input type="checkbox"/> Other (Describe) _____					
B12. Is the building located in a Coastal Barrier Resources System (CBRS) area or Otherwise Protected Area (OPA)? <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No Designation Date _____ <input type="checkbox"/> CBRS <input type="checkbox"/> OPA					

SECTION C - BUILDING ELEVATION INFORMATION (SURVEY REQUIRED)

C1. Building elevations are based on: ☐ Construction Drawings* ☐ Building Under Construction* ☒ Finished Construction
*A new Elevation Certificate will be required when construction of the building is complete.

C2. Elevations - Zones A1-A30, AE, AH, A (with BFE), VE, V1-V30, V (with BFE), AR, AR/A, AR/AE, AR/A1-A30, AR/AH, AR/AO. Complete Items C2.a-h below according to the building diagram specified in Item A7. Use the same datum as the BFE.

Benchmark Utilized **FIRM** Vertical Datum **NGVD 1929**

Conversion/Comments _____

Check the measurement used.

- | | | | |
|--|----------------|--|--|
| a) Top of bottom floor (including basement, crawlspace, or enclosure floor) | <u>576.2</u> | <input checked="" type="checkbox"/> feet | <input type="checkbox"/> meters (Puerto Rico only) |
| b) Top of the next higher floor | _____ | <input type="checkbox"/> feet | <input type="checkbox"/> meters (Puerto Rico only) |
| c) Bottom of the lowest horizontal structural member (V Zones only) | _____ | <input type="checkbox"/> feet | <input type="checkbox"/> meters (Puerto Rico only) |
| d) Attached garage (top of slab) | _____ | <input type="checkbox"/> feet | <input type="checkbox"/> meters (Puerto Rico only) |
| e) Lowest elevation of machinery or equipment servicing the building (Describe type of equipment and location in Comments) | _____ | <input type="checkbox"/> feet | <input type="checkbox"/> meters (Puerto Rico only) |
| f) Lowest adjacent (finished) grade next to building (LAG) | <u>557.128</u> | <input checked="" type="checkbox"/> feet | <input type="checkbox"/> meters (Puerto Rico only) |
| g) Highest adjacent (finished) grade next to building (HAG) | <u>557.13</u> | <input checked="" type="checkbox"/> feet | <input type="checkbox"/> meters (Puerto Rico only) |
| h) Lowest adjacent grade at lowest elevation of deck or stairs, including structural support | _____ | <input type="checkbox"/> feet | <input type="checkbox"/> meters (Puerto Rico only) |

SECTION D - SURVEYOR, ENGINEER, OR ARCHITECT CERTIFICATION

This certification is to be signed and sealed by a land surveyor, engineer, or architect authorized by law to certify elevation information. I certify that the information on this Certificate represents my best efforts to interpret the data available. I understand that any false statement may be punishable by fine or imprisonment under 18 U.S. Code, Section 1001.

☐ Check here if comments are provided on back of form.

Were latitude and longitude in Section A provided by a licensed land surveyor? ☐ Yes ☐ No

Certifier's Name EDWARD J. MAYHEW	License Number 921
Title OWNER	Company Name
Address P.O. Box 313	City ROMNEY
State WV	ZIP Code 26757
Signature <i>Edward J. Mayhew</i>	Date 12-8-09
Telephone 304 822-3513	



IMPORTANT: In these spaces, copy the corresponding information from Section A.

Building Street Address (including Apt., Unit, Suite, and/or Bldg. No.) or P.O. Route and Box No.

LOT 48 FRENCH'S NECK WEST

City

NEAR GREENSPRING

State

WV

ZIP Code

For Insurance Company Use

Policy Number

Company NAIC Number

SECTION D - SURVEYOR, ENGINEER, OR ARCHITECT CERTIFICATION (CONTINUED)

Copy both sides of this Elevation Certificate for (1) community official, (2) insurance agent/company, and (3) building owner:

Comments

Signature

Date

☐ Check here if attachments

SECTION E - BUILDING ELEVATION INFORMATION (SURVEY NOT REQUIRED) FOR ZONE AO AND ZONE A (WITHOUT BFE)

For Zones AO and A (without BFE), complete items E1-E5. If the Certificate is intended to support a LOMA or LOMR-F request, complete Sections A, B, and C. For items E1-E4, use natural grade, if available. Check the measurement used. In Puerto Rico only, enter meters.

E1. Provide elevation information for the following and check the appropriate boxes to show whether the elevation is above or below the highest adjacent grade (HAG) and the lowest adjacent grade (LAG).

a) Top of bottom floor (including basement, crawlspace, or enclosure) is _____ ☐ feet ☐ meters ☐ above or ☐ below the HAG.

b) Top of bottom floor (including basement, crawlspace, or enclosure) is _____ ☐ feet ☐ meters ☐ above or ☐ below the LAG.

E2. For Building Diagrams 8-9 with permanent flood openings provided in Section A Items 8 and/or 9 (see pages 8-9 of Instructions), the next higher floor (elevation C2.b in the diagrams) of the building is _____ ☐ feet ☐ meters ☐ above or ☐ below the HAG.

E3. Attached garage (top of slab) is _____ ☐ feet ☐ meters ☐ above or ☐ below the HAG.

E4. Top of platform of machinery and/or equipment servicing the building is _____ ☐ feet ☐ meters ☐ above or ☐ below the HAG.

E5. Zone AO only: If no flood depth number is available, is the top of the bottom floor elevated in accordance with the community's floodplain management ordinance? ☐ Yes ☐ No ☐ Unknown. The local official must certify this information in Section G.

SECTION F - PROPERTY OWNER (OR OWNER'S REPRESENTATIVE) CERTIFICATION

The property owner or owner's authorized representative who completes Sections A, B, and E for Zone A (without a FEMA-issued or community-issued BFE) or Zone AO must sign here. The statements in Sections A, B, and E are correct to the best of my knowledge.

Property Owner's or Owner's Authorized Representative's Name

Address

City

State

ZIP Code

Signature

Date

Telephone

Comments

☐ Check here if attachments

SECTION G - COMMUNITY INFORMATION (OPTIONAL)

The local official who is authorized by law or ordinance to administer the community's floodplain management ordinance can complete Sections A, B, C (or E), and G of this Elevation Certificate. Complete the applicable item(s) and sign below. Check the measurement used in items G8 and G9.

G1. ☐ The information in Section C was taken from other documentation that has been signed and sealed by a licensed surveyor, engineer, or architect who is authorized by law to certify elevation information. (Indicate the source and date of the elevation data in the Comments area below.)

G2. ☐ A community official completed Section E for a building located in Zone A (without a FEMA-issued or community-issued BFE) or Zone AO.

G3. ☐ The following information (Items G4-G9) is provided for community floodplain management purposes.

G4. Permit Number

G5. Date Permit Issued

G6. Date Certificate Of Compliance/Occupancy Issued

G7. This permit has been issued for: ☐ New Construction ☐ Substantial Improvement

G8. Elevation of as-built lowest floor (including basement) of the building _____ ☐ feet ☐ meters (PR) Datum _____

G9. BFE or (in Zone AO) depth of flooding at the building site _____ ☐ feet ☐ meters (PR) Datum _____

G10. Community's design flood elevation _____ ☐ feet ☐ meters (PR) Datum _____

Local Official's Name

Title

Community Name

Telephone

Signature

Date

Comments

☐ Check here if attachments

Building Photographs

See Instructions for Item A6.

Building Street Address (including Apt., Unit, Suite, and/or Bldg. No.) or P.O. Route and Box No.

For Insurance Company Use

Policy Number

City

State

ZIP Code

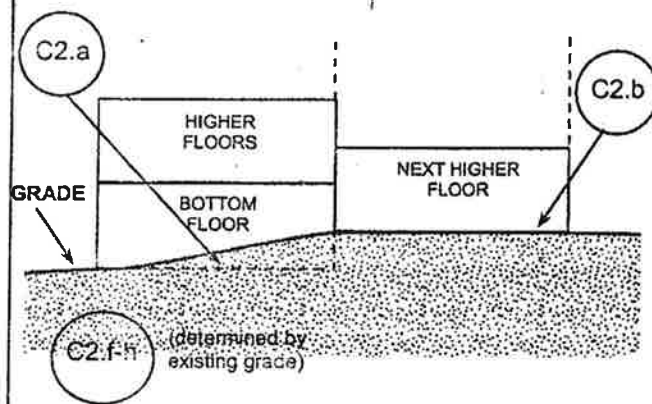
Company NAIC Number

If using the Elevation Certificate to obtain NFIP flood insurance, affix at least two building photographs below according to the instructions for Item A6. Identify all photographs with: date taken; "Front View" and "Rear View"; and, if required, "Right Side View" and "Left Side View." If submitting more photographs than will fit on this page, use the Continuation Page on the reverse.

DIAGRAM 3

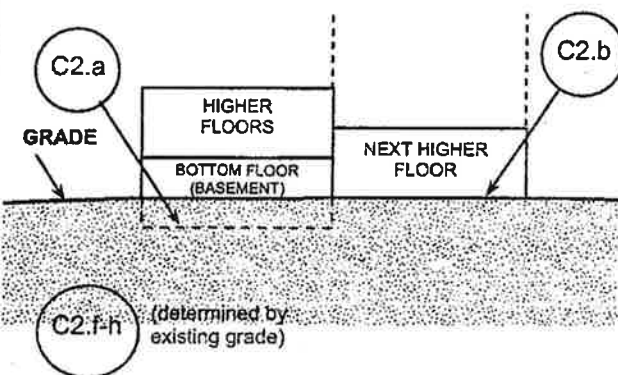
All split-level buildings that are slab-on-grade, either detached or row type (e.g., townhouses); with or without attached garage.

Distinguishing Feature – The bottom floor (excluding garage) is at or above ground level (grade) on at least one side.*

**DIAGRAM 4**

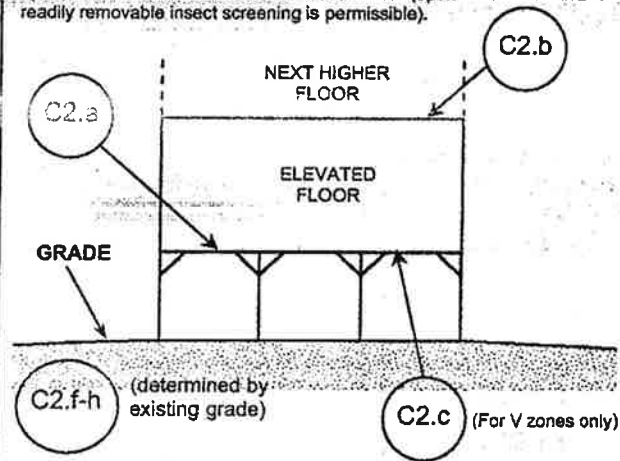
All split-level buildings (other than slab-on-grade), either detached or row type (e.g., townhouses); with or without attached garage.

Distinguishing Feature – The bottom floor (basement or underground garage) is below ground level (grade) on all sides.*

**DIAGRAM 5**

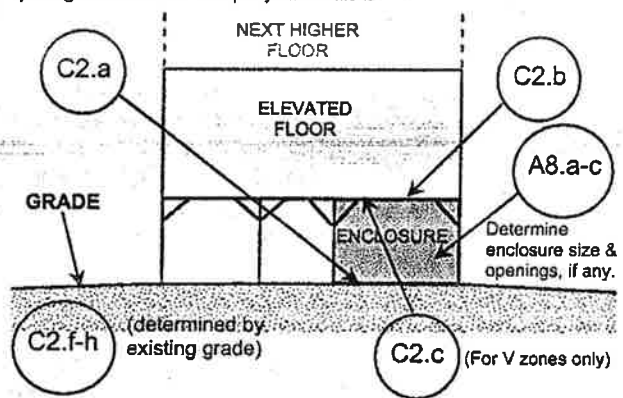
All buildings elevated on piers, posts, piles, columns, or parallel shear walls. No obstructions below the elevated floor.

Distinguishing Feature – For all zones, the area below the elevated floor is open, with no obstruction to flow of flood waters (open lattice work and/or readily removable insect screening is permissible).

**DIAGRAM 6**

All buildings elevated on piers, posts, piles, columns, or parallel shear walls with full or partial enclosure below the elevated floor.

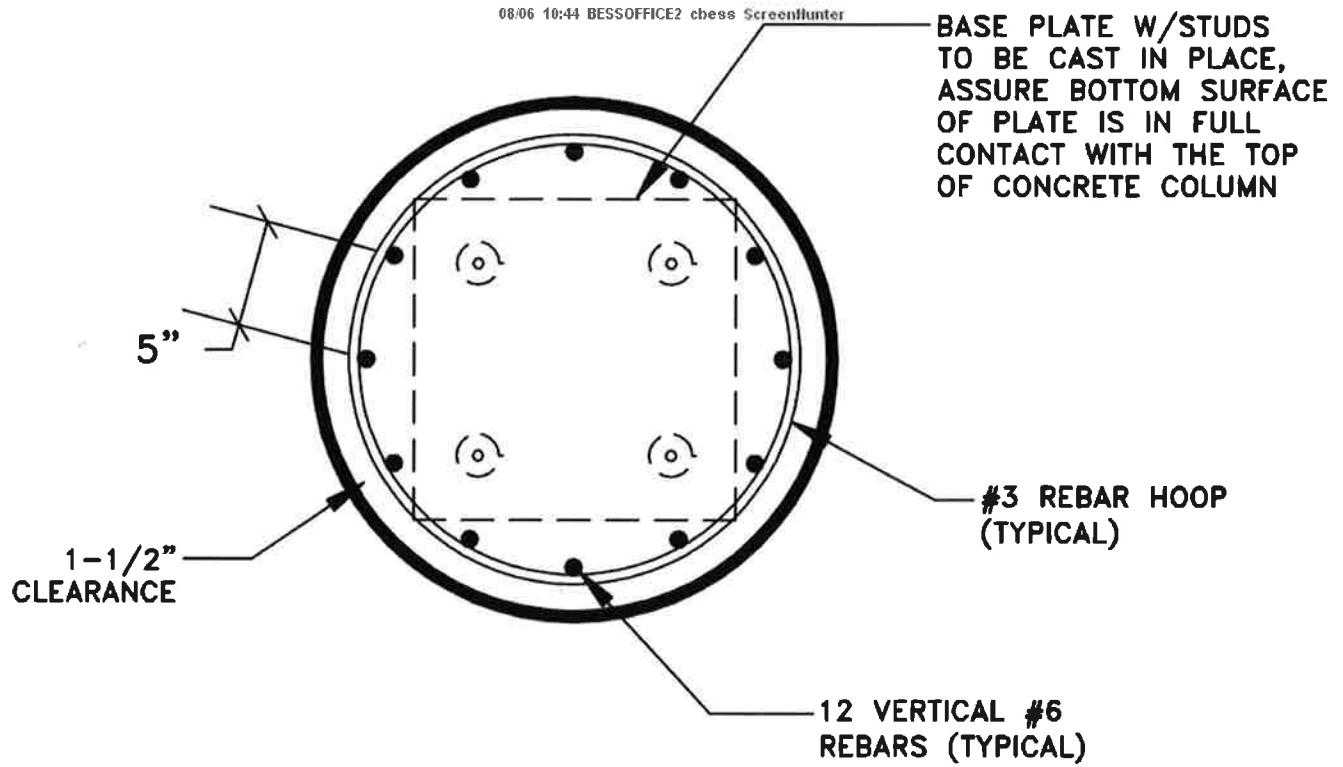
Distinguishing Feature – For all zones, the area below the elevated floor is enclosed, either partially or fully. In A Zones, the partially or fully enclosed area below the elevated floor is with or without openings** present in the walls of the enclosure. Indicate information about enclosure size and openings in Section A – Property Information.



* A floor that is below ground level (grade) on all sides is considered a basement even if the floor is used for living purposes, or as an office, garage, workshop, etc.

** An "opening" is a permanent opening that allows for the free passage of water automatically in both directions without human intervention. Under the NFIP, a minimum of two openings is required for enclosures or crawlspaces. The openings shall provide a total net area of not less than one square inch for every square foot of area enclosed, excluding any bars, louvers, or other covers of the opening. Alternatively, an Individual Engineered Flood Openings Certification or an Evaluation Report issued by the International Code Council Evaluation Service (ICC ES) must be submitted to document that the design of the openings will allow for the automatic equalization of hydrostatic flood forces on exterior walls. A window, a door, or a garage door is not considered an opening; openings may be installed in doors. Openings shall be on at least two sides of the enclosed area. If a building has more than one enclosed area, each area must have openings to allow floodwater to directly enter. The bottom of the openings must be no higher than one foot above the higher of the exterior or interior grade or floor immediately below the opening. For more guidance on openings, see NFIP Technical Bulletin 1.

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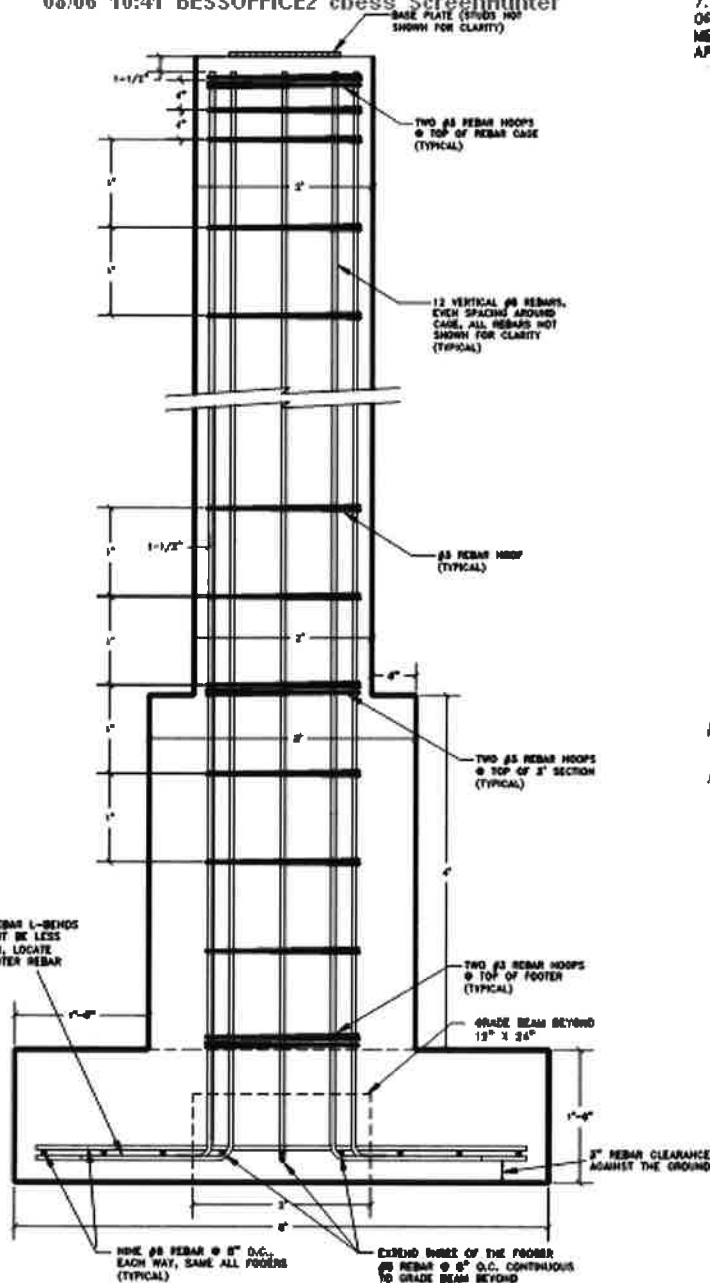
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12" RIP-RAP
3:1 SLOPE

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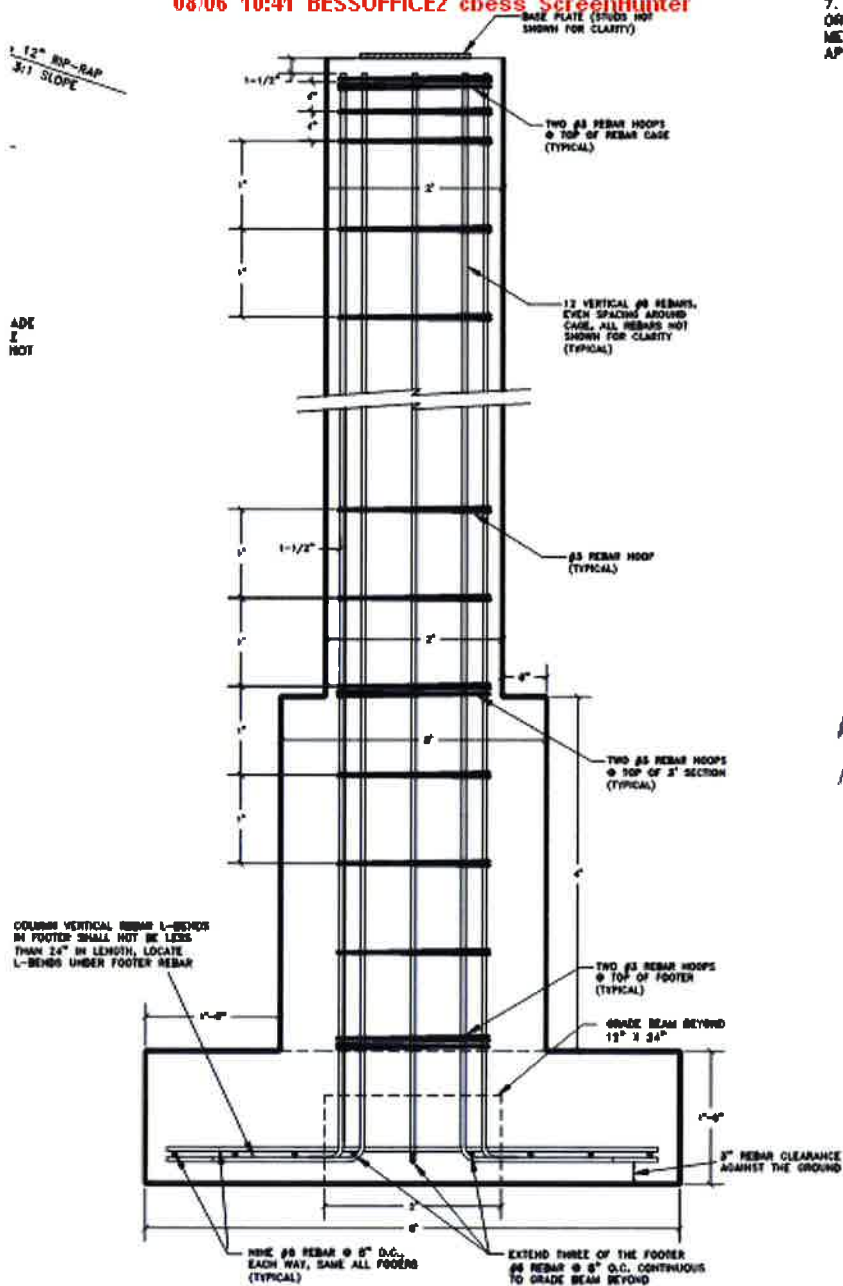
COLUMN VERTICAL REBAR L-BENDS
IN FOOTER SHALL NOT BE LESS
THAN 24" IN LENGTH. LOCATE
L-BENDS UNDER FOOTER REBAR



COLUMN & FOOTER REBAR DETAIL
SCALE 1"=1'-0" (Typical)

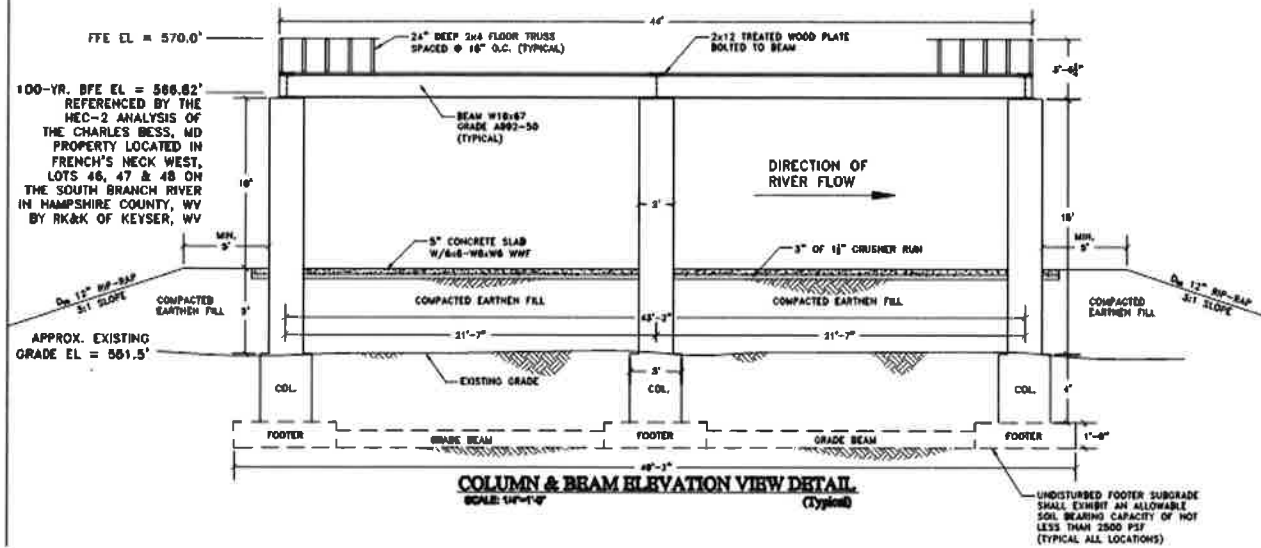
12" ASP-RAV
3:1 SLOPE

**ADE
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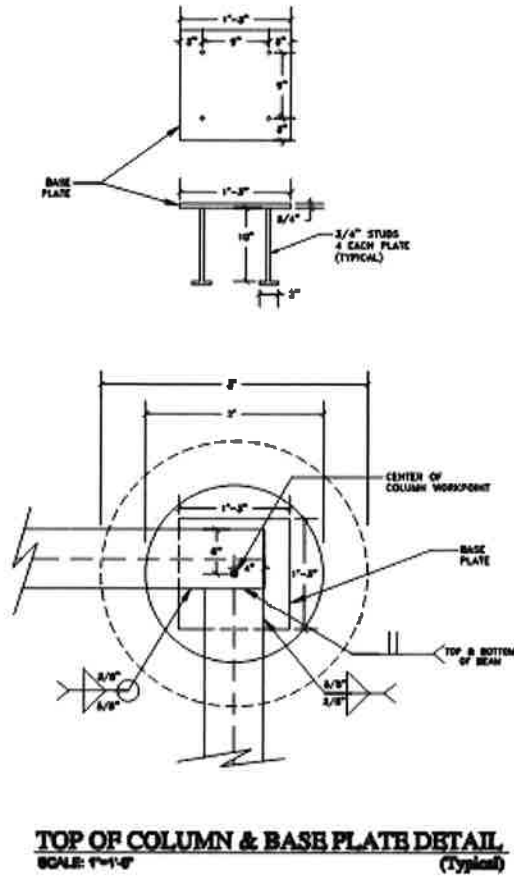


COLUMN & FOOTER REBAR DETAIL
SCALE: 1"=1'-0" (Typical)

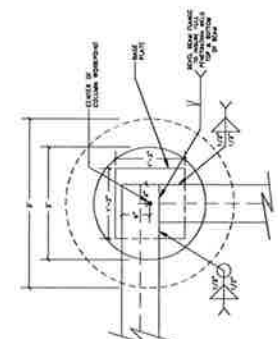
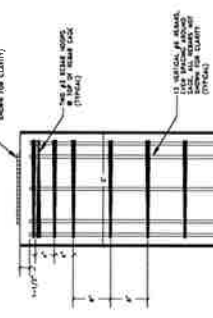
08/06 16:28 BESSOFFICEZ cbess ScreenHunter



08/06 10:38 BESSOFFICE2 cbess ScreenHunter



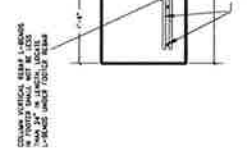
1. ALL CONSTRUCTION SHALL COMPLY WITH THE LATEST VERSION
2. OF THE 2008 EDITION OF THE INTERNATIONAL BUILDING CODE
3. AND THE 2008 EDITION OF THE INTERNATIONAL MECHANICAL AND PLUMBING CODE.
4. THE CONCRETE CODE (ACI 318).
5. ALL REINFORCING STEEL SHALL BE GRADE 60 OR 60,000 PSI
6. AT 20-DAYS, WITH A MINIMUM SLAB OF 4-INCHES THICK FOR ALL
7. ALL STRUCTURAL STEEL WORK SHALL COMPLY WITH LATEST VERSION
8. OF THE 2008 EDITION OF THE AISC 360.
9. ALL UTILITY CONDUIT OR PIPE SHALL NOT EXCEED 4" IN DIAMETER,
10. AND ALL UTILITY CONDUIT OR PIPE SHALL BE HELD SEPARATE FROM ANY AND ALL
11. CONCRETE COLUMN REINFORCING.
12. WITHOUT CONSIDERING THE CONCRETE COLUMN REINFORCING.
13. THE ENGINEER SHALL BE HELD SEPARATE AND HARMLESS FROM ANY AND ALL
14. CONSTRUCTION OF THE FOUNDATION AND BUILDING; AND IN GENERAL, INCLUDING
15. ANY TYPE OF MATERIAL FAILURE AND/OR INADEQUATE SOIL CONDITIONS.
16. THE ENGINEER SHALL BE HELD SEPARATE AND HARMLESS FROM ANY AND ALL
17. CONSTRUCTION OF THE FOUNDATION AND BUILDING; AND IN GENERAL, INCLUDING
18. ANY TYPE OF MATERIAL FAILURE AND/OR INADEQUATE SOIL CONDITIONS.
19. ON A SITUATION DEVELOPS THAT REQUIRES MODIFICATION TO THE DESIGN OR
20. CONSTRUCTION OF THE FOUNDATION AND BUILDING; AND IN GENERAL, INCLUDING
21. ANY TYPE OF MATERIAL FAILURE AND/OR INADEQUATE SOIL CONDITIONS.
22. APPROVAL PRIOR TO IMPLEMENTING SUCH CHANGE.



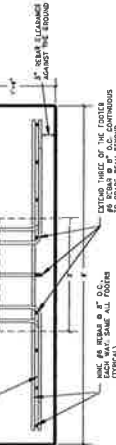
TOP OF COLUMN & BASE PLATE DETAIL
SCALE 1"=1'-2"
(Vertical)



COLUMN & BEAM ELEVATION VIEW DETAIL
SCALE: 1/4"=1'-0"
(Typical)



COLUMN & FOOTER REBAR DETAIL



COLUMN & FOOTER REBAR DETAIL

REVISIONS		GENERAL FOUNDATION DESIGN & DETAILS	
No.	DATE MM/DD	COMMENTS	
1		Original Drawing	

DR. CHARLES BESS FOUNDATION PLAN
 Flood Proof Modification, Hampshire County, West Virginia
FLOOD PROOF FOUNDATION

BY: ALU
 AS NOTED
 DATE: 11/1/2017

ENGINEER: Geaty Associates
 Engineering - Construction Management - Surveying
 1000 S. Cherry Hill Rd.
 Martinsburg, WV 26001
 Phone: 304-267-9900
 Fax: 304-267-9901
 E-mail: info@geaty.com

BY: ALU
 DATE: 11/1/2017

Abstract. The purpose of this study was to determine the effect of a 12-week training program on the heart rate (HR) and heart rate reserve (HRR) of sedentary, middle-aged men. The subjects were divided into two groups: a control group and a training group. The control group consisted of 10 men who did not exercise regularly. The training group consisted of 10 men who participated in a 12-week training program. The training program consisted of three sessions per week, each lasting 30 minutes. The sessions were performed at a heart rate of 150 beats per minute. The HR and HRR were measured at rest and during exercise at the beginning and end of the training program. The results showed that the training group had a significantly higher HR and HRR at rest and during exercise compared to the control group at the end of the training program. The findings suggest that a 12-week training program can improve the cardiovascular fitness of sedentary, middle-aged men.