

T01 – Living and Learning – Passive House Style

Thursday, November 9 8:30AM-10:00AM QUARTER HORSE A/B





Speakers:
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PASSIVEHOUSE CANADA Build better. Feel better.

2017 Buildex - Calgary, Alberta

Overview

- Introduction
- Principles of Multifamily Passive Houses
 - Superinsulation
 - Airtight Building Envelope
 - Thermal Bridge Free Balconies, Vent Stacks, RWL's
 - High Performance Windows & Doors
 - Heat Recovery Ventilation Systems
 - Multifamily Challenges
 - Kitchen Exhaust, Laundry Exhaust, Domestic Hot Water
 - Supplementary Heating and Cooling
 - Elevators
 - Component Sourcing
 - Education and Training
 - Building Codes & the growth of Passive House
- Example Projects



Introduction

NIDO.

NIDO Design Inc 203 – 251 Lawrence Avenue Kelowna, British Columbia, Canada hello@nido.design 250.448.4307

- Kelowna based Design and Consulting firm specialized in Passive House, Net-Zero and Net-Positive homes and buildings
- Team of 3 (and a half) Certified Passive House Designers
- 100% Committed to redefining that Architecture is only as good as it performs
- 2 Completed Passive Houses and 7 Single Family and Multifamily Passive House Projects in various phases of design and construction

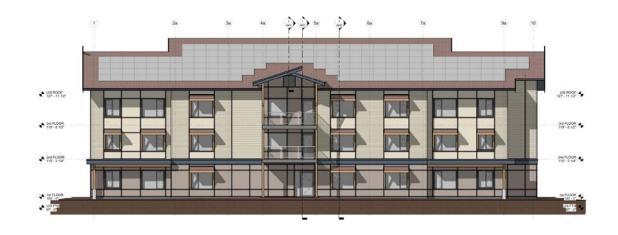




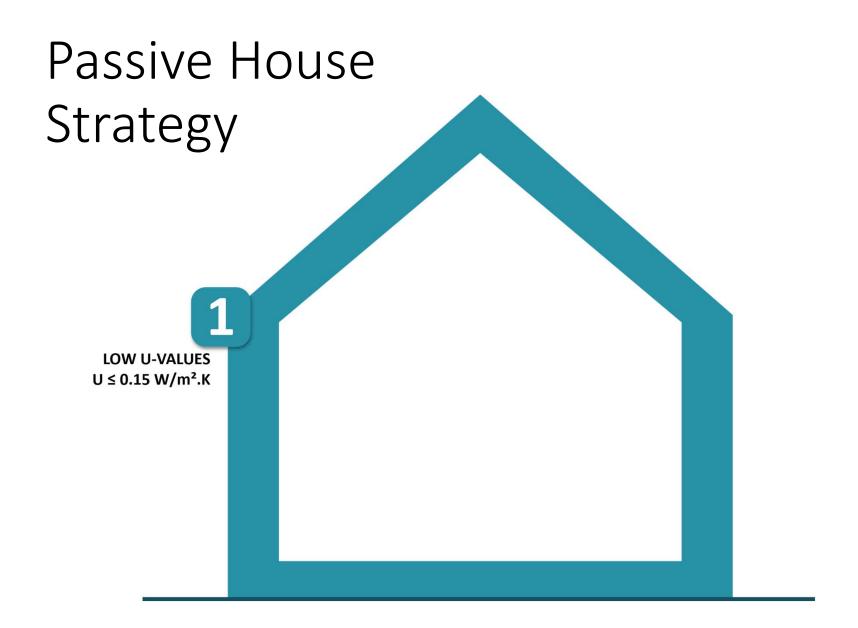
ASK Wellness 30 Unit Multifamily

- Three storey, 30 unit affordable Housing project for the ASK Wellness Society in association with BC Housing
- Site built, wood frame construction
- Structural Raft Slab Fully Wrapped and Insulated
- VRF Air Source Mini-Split Heat Pumps provide heating/cooling to the suites
- Solar Thermal Pre-Heat Hot Water System with Electric Resistance Top Up Tanks with Drain Water Heat Recovery
- Ventilation Systems are much more challenging in Multifamily Buildings
- Zero-Combustion on Site
- Foam free aside from under slab insulation



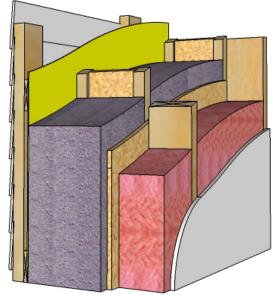






ASK Wellness, Merritt, BC Exterior Insulated Vertical I-Joist

U = 0.132 w/(m2k)Effective R42



- Cladding
- 1x4 vertical rain screen strapping
- 1x4 horiztontal cross strapping
- Proclima Solitex Mento 1000 WRB
- 9-1/2" I-joist with Densepack Cellulose Insulation
- Proclima Intesana
- 1/2" Plywood Sheathing
- 2x6" Wood Studs with Batt Insulation
- Gypsum Wall Board

Advantages:

- Conventionally framed platform construction
- Air/vapour sealing is via an exterior membrane over plywood sheathing with taped seams
- As soon as air/vapour retarder is wrapped around building, plumbing, HVAC and electrical can start while exterior work proceeds
- Vertical I-joists create 9-1/2" cavity for densepack cellulose insulation with marginal reduction in thermal performance due to chords of I-joists and support weight of cladding
- Exterior WRB resists force of densepack and is extremely breathable
- Exterior shades/roofs/balcony can be fixed to vertical I-joists for thermal bridge free connections

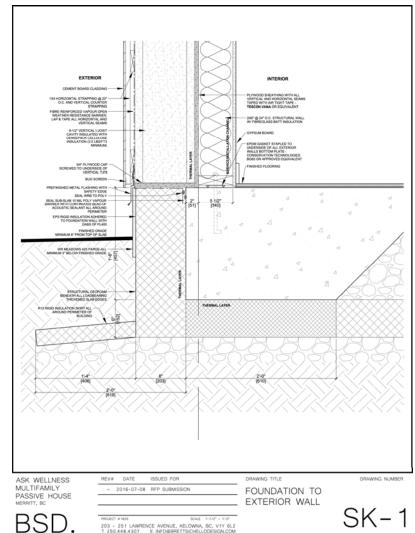
Disadvantages:

- Densepack cellulose installation is still fairly new to trades
- Windows require plywood boxes to line rough opening and form stop for cellulose at I-joists
- Installation of exterior WRB and cross strapping requires attention to detail by trades



ASK Wellness, Merritt, BC Structural Raft Slab U = 0.196 w/(m2k)Effective R29

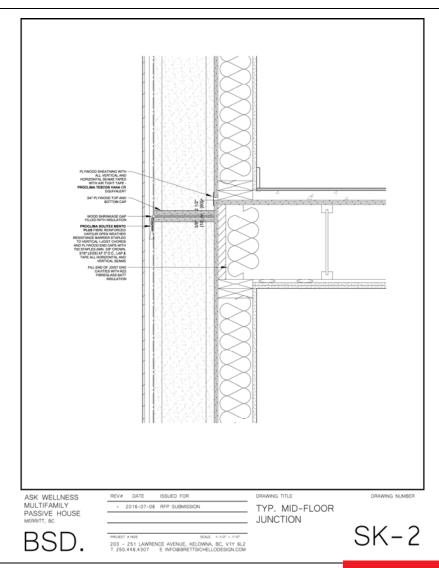
- Floor Finish
- Underlayment
- Concrete Slab
- 10 mil poly vapour barrier with sealed seams
- Radon rock and levelling sand
- 6" Structural Geofoam beneath all structural loadbearing slab thickenings
- 6" Type IV EPS Rigid Insulation in all other areas
- Prepared sub-base
- 8" EPS Rigid Insulation at slab edge with skirt around perimeter to prevent frost intrusion





ASK Wellness, Merritt, BC Exterior Insulated Vertical I-Joist U = 0.132 w/(m2k)Effective R42

- Simple, platform construction
- At mid-floors, vertical I-joists are "broken" to allow for expansion joint allowing wood plate shrinkage
- No spray foam required in joist end cavities as air/vapour retarder is located on exterior face of continuous plywood sheathing





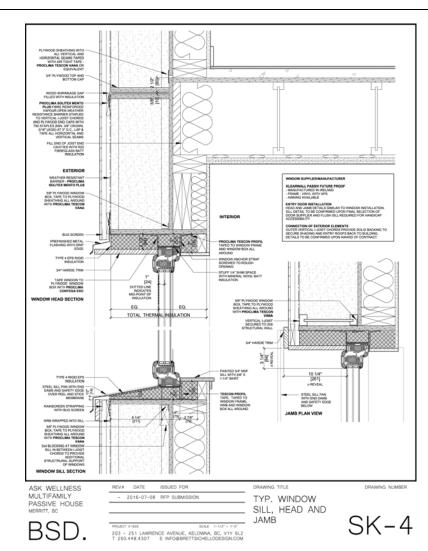






ASK Wellness, Merritt, BC Exterior Insulated Vertical I-Joist U = 0.132 w/(m2k)Effective R42

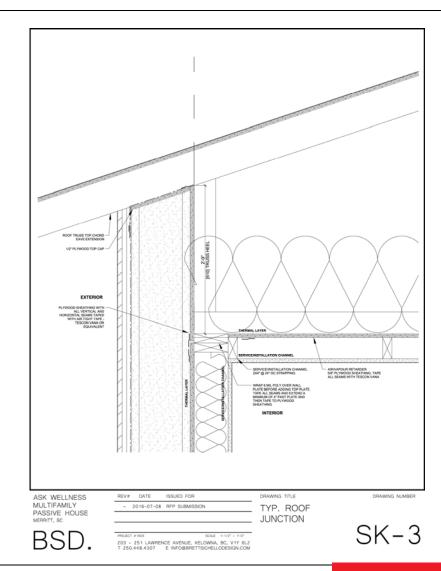
- Rough opening is lined with plywood sheathing to create window box
- Rigid EPS insulation lines the rough opening which provides great installation Psi value
- Klearwall Windows were selected due to availability of casement/awning windows rather than tilt and turn (security concerns from client and bug screen questions)





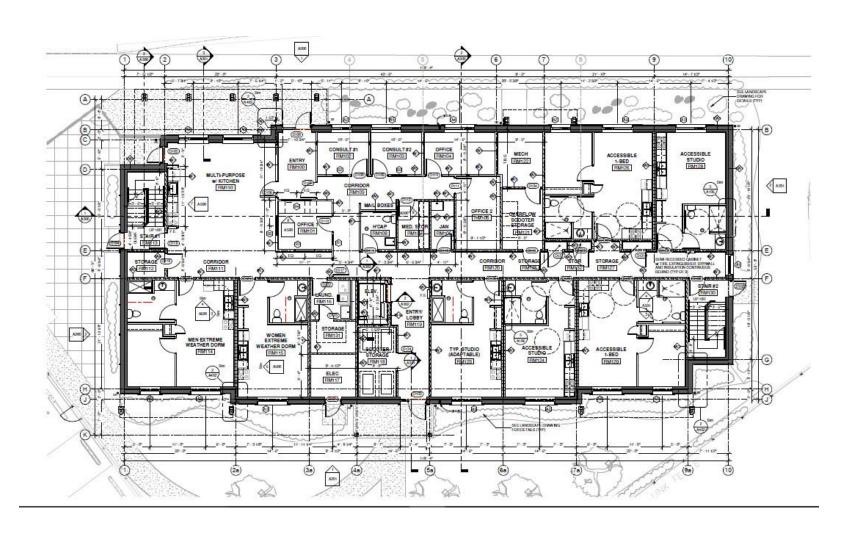
ASK Wellness, Merritt, BC
Conventional Vented Truss Roof
U = 0.067 w/(m2k)
Effective R85

- Asphalt Shingles
- Plywood Decking
- Roof Truss with 24" blown-in fiberglass insulation
- ½" Plywood sheathing
- Proclima Intensana Air/Vapour Retarder with sealed seams
- 2x4 service channel for lighting, plumbing, etc.
- Gypsum Wall Board
- Simple, conventionally framed roof
- Air/vapour sealing from underside of truss to exterior wall junction is a bit tricky but easily overcome
- Sloped roof provides angle for photovoltaics and solar thermal collectors





Superinsulation – Compact Form



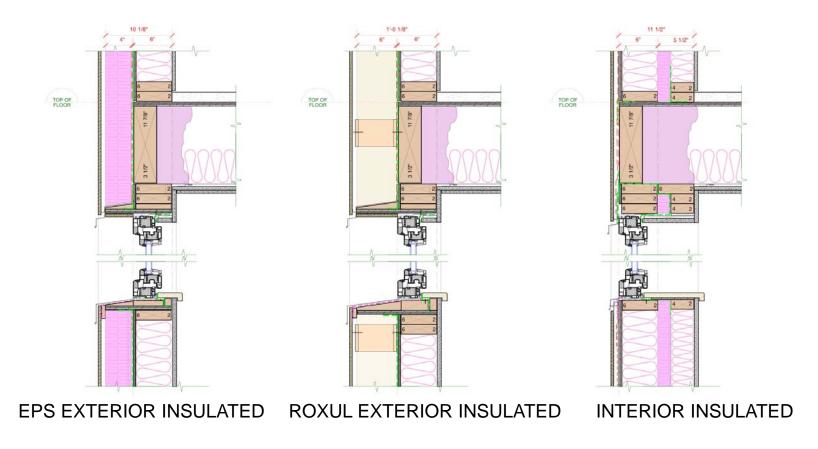


Smithers Multifamily Passive House



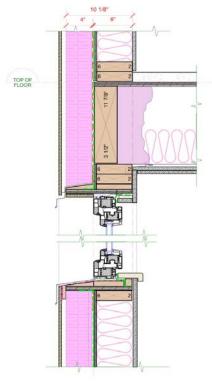
- Independent Living Facility
- 19 residential units with common and program spaces
- Intended to be easily adaptable to a variety of climates
- Designed as a template for repeatable social housing
 Passive House developments across BC







Exterior Insulated with Rigid Foam:



Advantages:

- Typical interior trades sequencing
- Cost effective

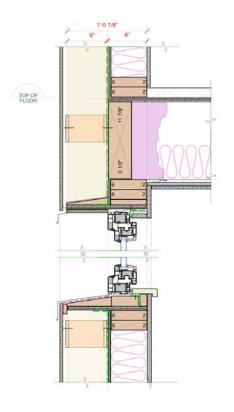
Disadvantages:

- Fire spread (Code restrictions)
- Zero lot-line construction challenges
- Long screw paths to the wood studs
- Difficult to hang heavier claddings
- Concerns over drying potential for wood
- Where is the moisture barrier:

On the surface of the sheathing?
On the exterior side of the insulation?



Exterior Insulated with Roxul:



Advantages:

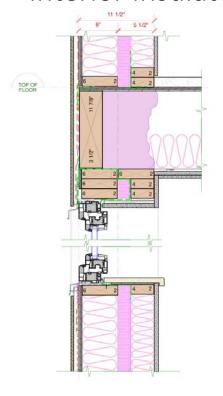
Best Building Science for drying

Disadvantages:

- Cost
- Installation in wet weather
- Not common knowledge for wood-frame trades
- Window details more complex
- Difficult to install sunshades and handrails
- Zero lot-line construction challenges



Interior Insulated:



Advantages:

- Most of the air sealing is one trade working in dry conditions
- Conventionally framed (except*)
- Conventional siding installation
- Simplified window installation
- Simplified attachments (railings, sunshades, etc.)

Disadvantages:

- Interior wall awaits install of exterior moisture barrier for drying
- Wiring will commence before the exterior wall is ready
- Air barrier sequenced with framing at floors*

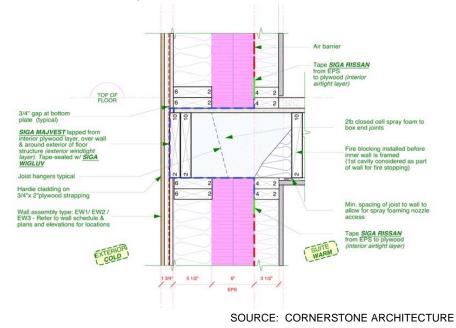


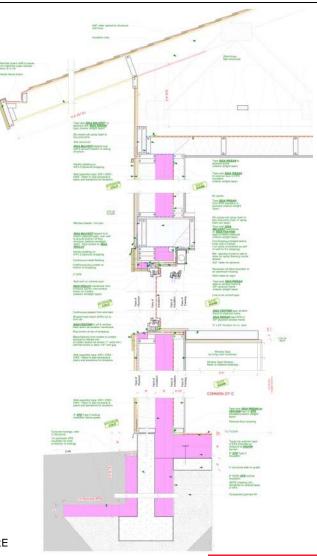
Smithers Multifamily Passive House

Exterior Wall Assembly

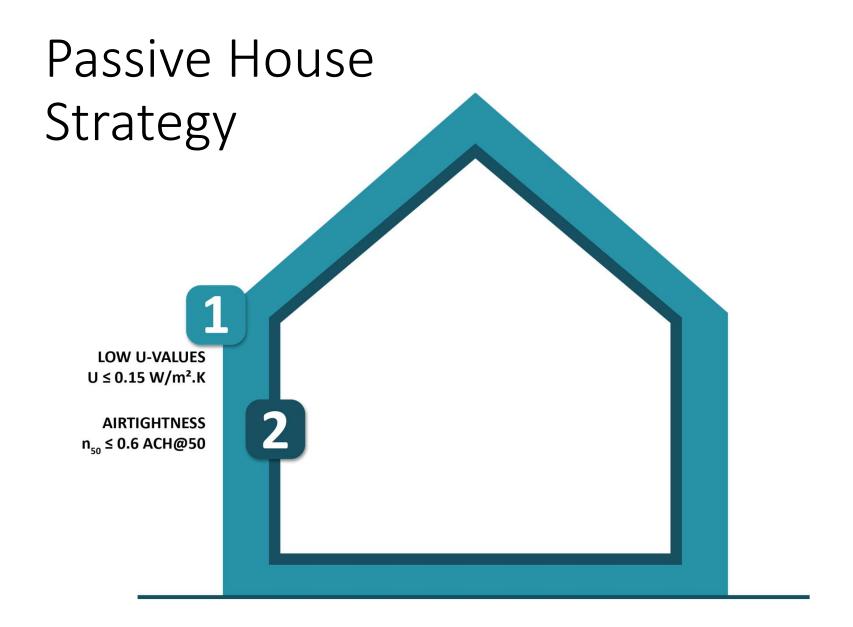
U = 0.104 w/(m2k) Effective R55

- 2x6" structural exterior wall c/w batt insulation
- 6" EPS Type 2 insulation (taped polymer skin air barrier)
- 2x4" service wall c/w batt insulation

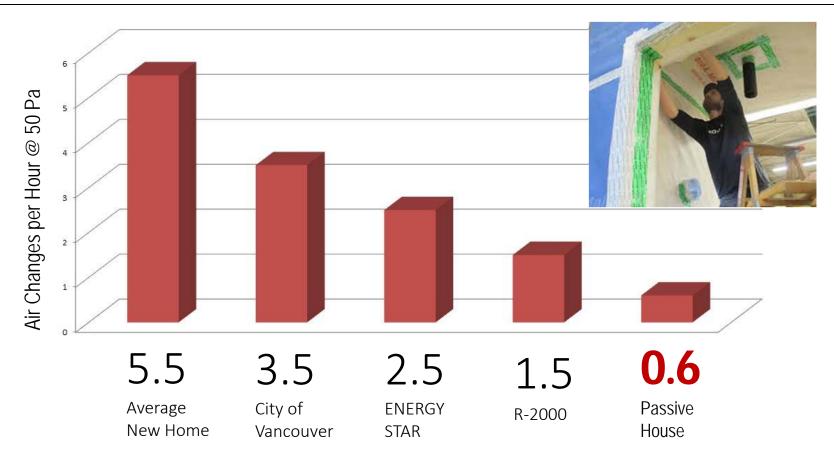








2. Airtight Building Envelope



- Low air changes means less risk of Building Envelope Condensation damage
- For the contractor this will be the most challenging issue
- For the designer a great deal of detailing and product specification is required



2. Airtight Building Envelope









REPORT ALL PENETRATIONS TO SUPERVISOR

DO NOT HIDE OR CONCEAL PENETRATIONS









Airtight Building Envelope

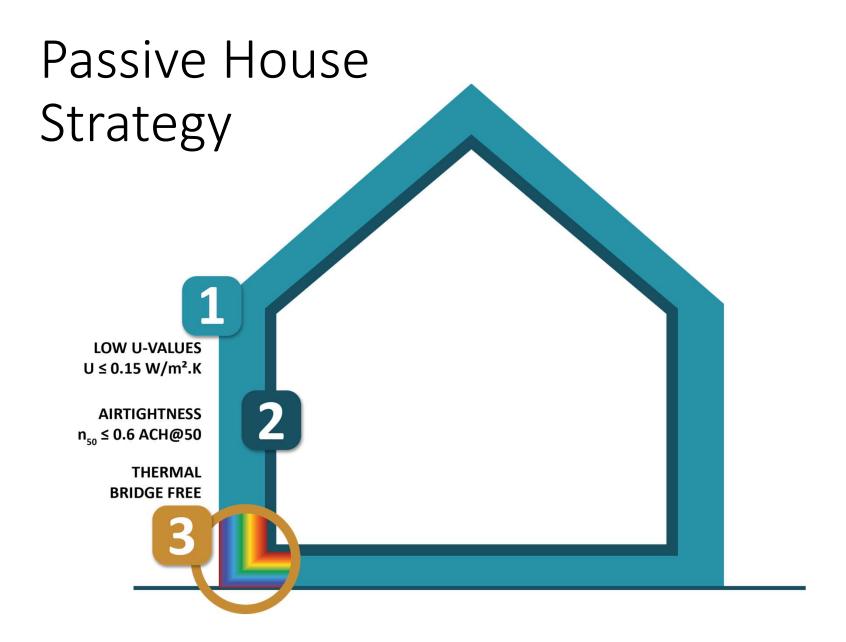
Multifamily Blower Door Testing Considerations

- Testing individual units or compartments within the building can be challenging depending on how the airtight layer was constructed
- Testing whole buildings will require multiple blower door fans to pressurize/depressurize a large volume of space
- All HRV penetrations are to be sealed as they will technically be open 24/7/365 so should not be accounted for in the test





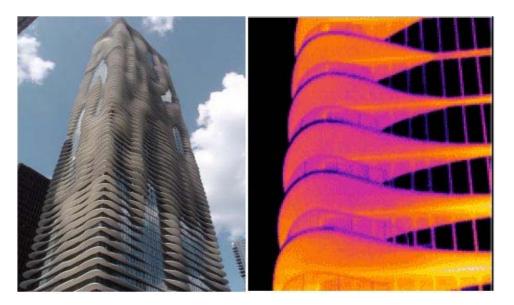




Thermal Bridge Free



MOTORCYCLE ENGINE WITH COOLING FINS DESIGNED TO COOL OFF THE ENGINE







3. Thermal Bridge Free???

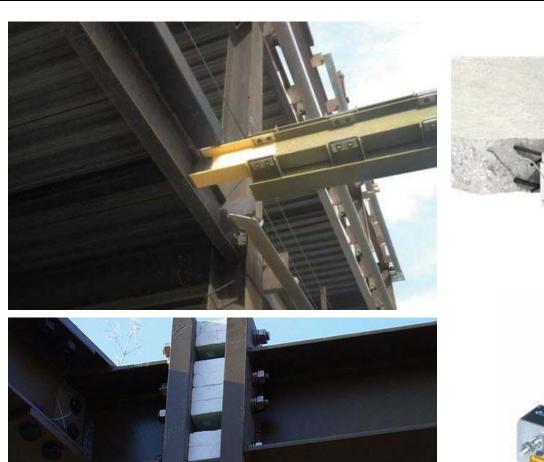
 With the challenges facing the world today, the question we need to ask, "is it still good architecture if it performs like a Hummer?"







Thermal Bridge Free Balconies

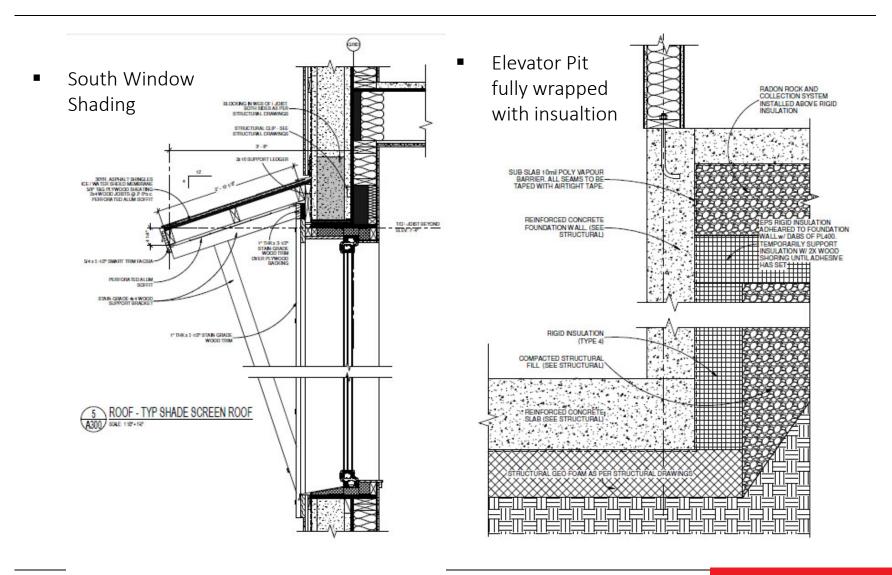








Thermal Bridge Free Connection Details





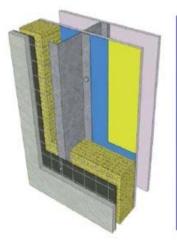
Thermal Bridge Free Balconies



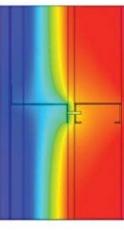


Thermal Bridge Free

Z-girts are significant thermal bridges in exterior mineral wool insulation

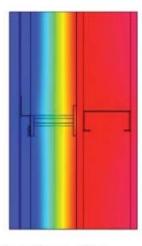


100mm (4in) mineral wool



Z-girts, R7 Effective





Fibreglass clips, **R15** Effective

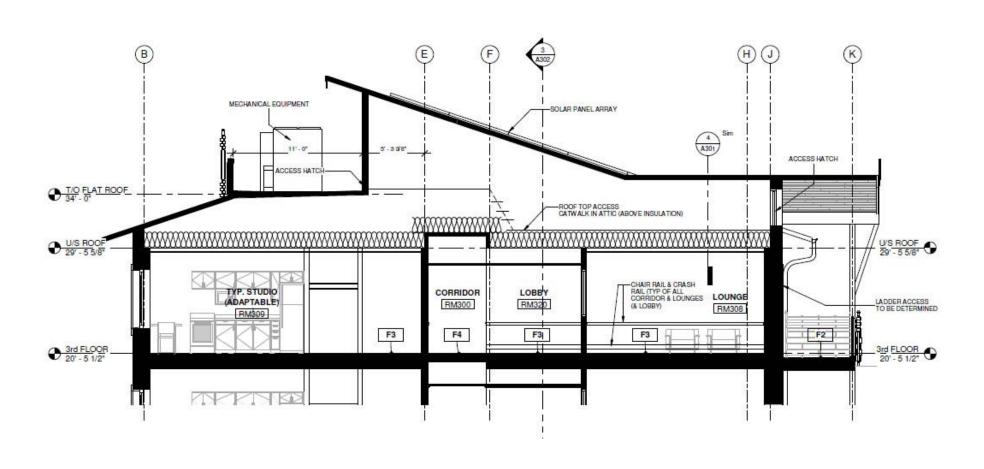
Double the effective R-value!

Source: Cascadia Windows and Doors

For more information, refer to Technical Bulletin 11 from RDH -Cladding Attachment Solutions for Exterior Insulated Commercial Walls



Thermal Bridge Free – Attic Access

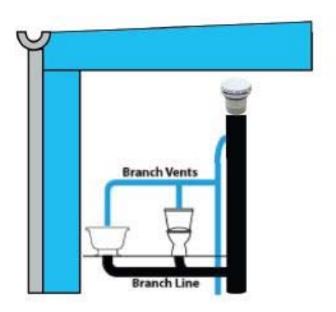




Thermal Bridge Free – Vent Stacks

Plumbing Vent Stacks and Rain Water Leaders running through a building represent large Thermal Bridges

- Step one don't run rain water leaders through the building!
- Although the Building Code and industry are not up to speed on Air Admittance Valves, they have been used successfully in Europe for years. By using Air Admittance Valves and a Positive Air Pressure Attenuator, it is possible to eliminate all thermal bridges through the building envelope.
- Note that Alternative Compliance Report may need to be prepared for the Local Authority with Jurisdiction

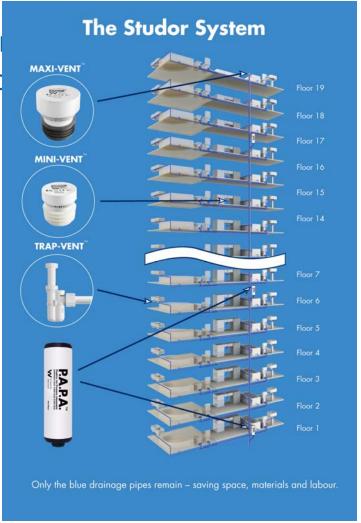




Thermal Bridge Free – Vent Stacks

Plumbing Vent Stacks and Rain Water building represent large Thermal Brid

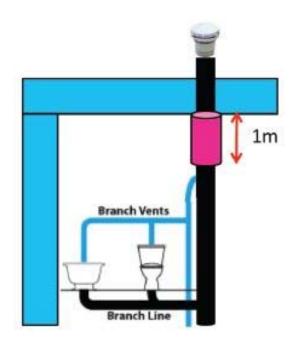
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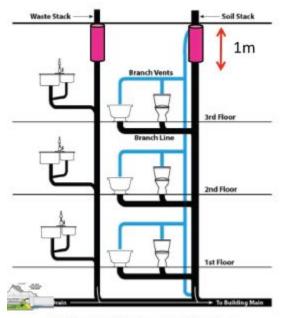


Thermal Bridge Free – Vent Stacks

Plumbing Vent Stack Alternative Options

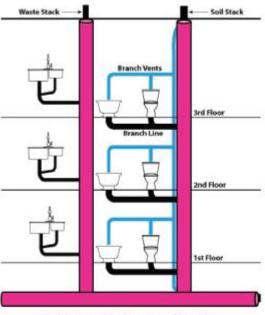


- 1m of Insulation on Pipe
- P-trap below roof penetrationg
- AAV outside of thermal envelope



Multi-story Drainage and Venting

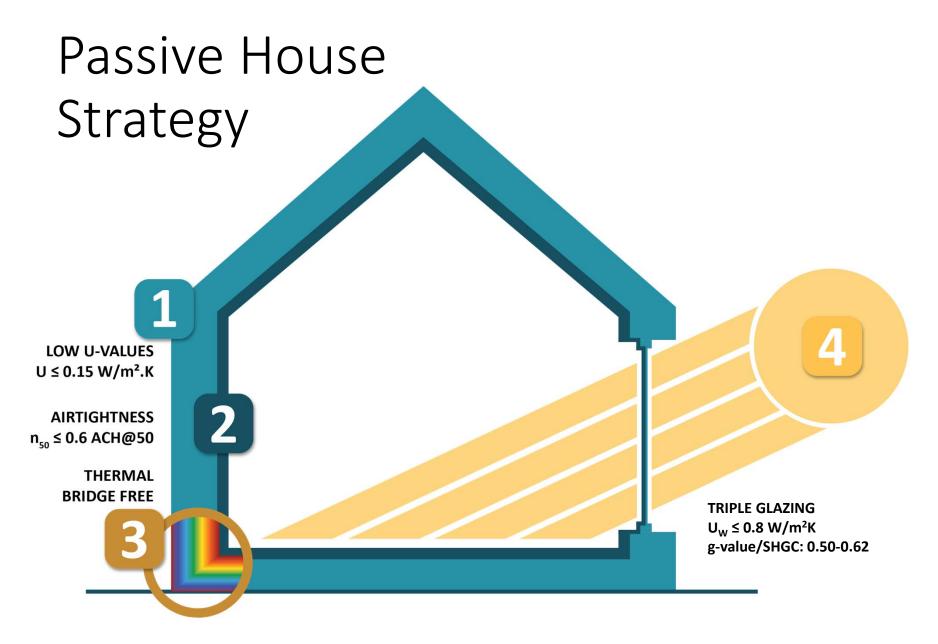
- 1m of Insulation on Pipe
- Backwater valve



Multi-story Drainage and Venting

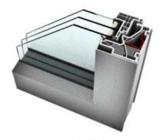
- Insulate the entire pipe
- \$\$\$







KF 220



KF 500 UPVC/aluminium



HF 410 Timber/aluminium



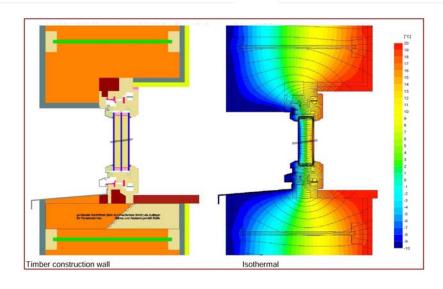
Thermal insulation (in W/m^2K) U_W up to 0,67

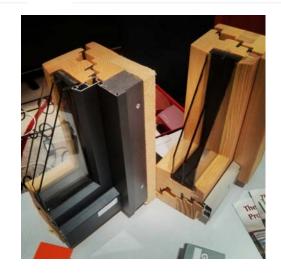


Thermal insulation (in W/m²K) U_w up to 0,61



Thermal insulation (in W/m²K) U_w up to 0,64







Frame, Glass and Installation Specifications

- Uf Frame Thermal Performance
 - Thinner frames result in more glass which leads to better performance
- Ug Sealed unit thermal performance
 - Argon vs. Krypton, etc.
- G-value Solar heat gain coefficient
- Spacer Psi Value Thermal Conductivity of spacer material
- Installation Psi Value where the window is installed in the rough opening has a major impact on the performance of the overall installation

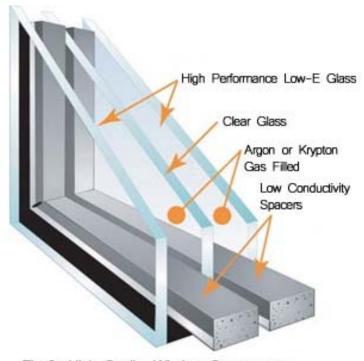
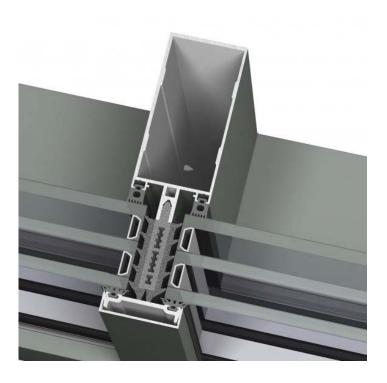


Fig. 3 - High Quality Window Components



Many different combinations from uPVC, uPVC/alum, wood, wood-alum,
 fiberglass and now aluminum framed curtain wall systems







Multifamily Considerations

- Limited North American Manufacturers Euroline, Cascadia,
 Casa Grande
- Tilt and Turn bug screen integration can be challenging and if screens are not removed in the winter this will impact Passive Solar Gains, alternatively in the summer, screens will provide some shading
- Casement/Awning windows allow easy integration of bug screens without having to remove in spring/fall but there are limited manufacturers that produce casement/awning windows
- Main Entry Door Hardware Integration of multipoint locking hardware with panic hardware and electronic door strikes







Multifamily Considerations

- North American Glass vs. European Glass
 - European U-factors are at least 10%
 'better' than the equivalent NFRC rating
 due to the lower delta-T used for European
 calculations versus the greater delta-T used

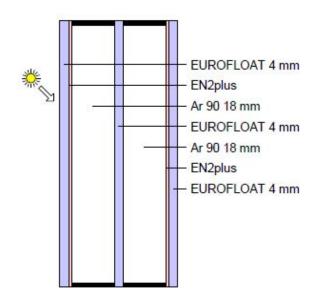
 for North American U-factor calculations
 - European windows are more likely to be fabricated with a thicker glass package (heavier glass with wider airspace)

Source: Green Building Advisor

European Glastroch Glass

Ug Value = 0.50 w/(m2k)

G-value = 0.53



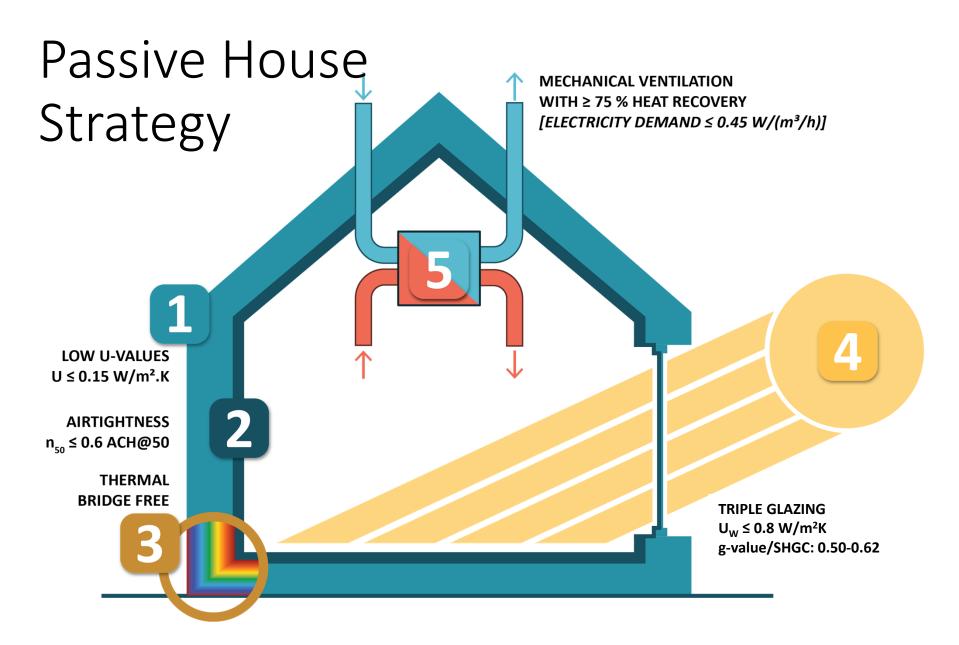
North American Cardinal LoE180 Glass

Ug Value = 0.64 w/(m2k)

G-value = 0.52

22% Difference





Minimum HRV Efficiency of 75% Required based on PHI Testing Standards



Centralized – Whole Buildings





Hybrid/Semi-Central

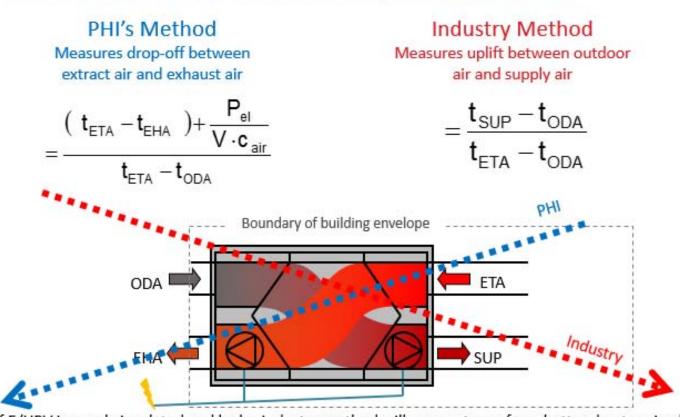
Multiple HRV's serving 3-6

units and common spaces





2 Different Thermal Efficiency Calculations!



If E/HRV is poorly insulated and leaky, industry method will appear to perform better due to raised SUP temperatures



Ventilation Standards:

- There is debate about the appropriate ventilation rates
 - Provincial Building Codes refer to ASHRAE standards
 - Passive House has slightly different standard which incorporate "normal" and "boost" ventilation flow rates
 - At the end of the day, the Building Code must be adhered to unless an Alternative Solution is prepared
- Over Ventilation
 - higher energy consumption
 - Tends to dry out the air in cold climates in winter months
- Under Ventilation
 - build-up of mold and toxins in the air



Multifamily Challenges – Boost (Flow Rate) Controls

Controls

Multi-family: at least 3 settings* set-back (54%) standard (77%) boost (100%)

Non-residential: use-dependent

Automatic restart after power failure



*Relative to HRV design rate

- Boost controls can trigger the requirement for motorized dampers to control ventilation flow rates when centralized or hybrid / semi-central systems are used
- The greater number of units, the more complex the controls system



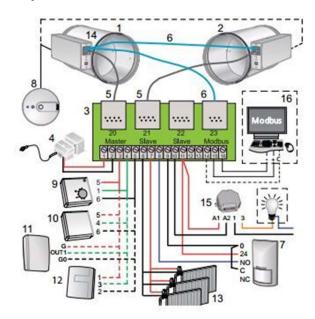
Multifamily Challenges – Motorized Dampers

Advantage

 Can adjust flow rate depending on set points for the desired CO2, humidity, indoor air quality, temperature and/or occupancy detection

Disadvantage

- Motorized dampers required on both supply and exhaust ducts into the suites
- Dampers draw continuous phantom power when not in operation
- Controls systems are complicated
- Motors inevitably fail!!!







Centralized System

- One HRV to supply the entire building

Swegon Gold RX

- 84% heat recovery
- One unit is easier to maintain
- Operator changes the filters
- Duct fire dampers required into suites
- Longer ducts can lead to pressure losses







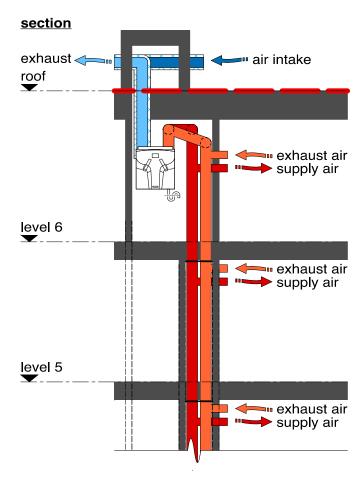
Hybrid / Semi-Central System

- Multiple HRV's supplying 3-6 suites based on size of units

Zehnder Comfoair 550

- 84% heat recovery
- All suites on HRV boost if tenant in one suite hits "boost"
- Boost switch in kitchen and bathrooms
- Multiple HRV's require multiple filters to maintain



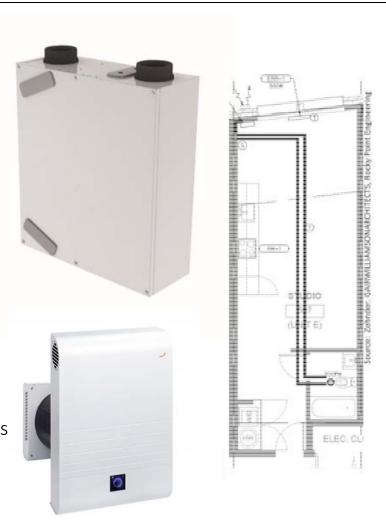


Source: Cornerstone Architecture



De-Centralized System

- Individual HRV per Suite
- Advantage
 - 89% heat recovery
 - Homeowner pays for the power
 - Ducts in corridors or shafts are not required which eliminates fire dampers, flow rate dampers and sound attenuators where requi
- Disadvantage
 - Owner must change filters
 - Limited flow rates
 - Significantly more building envelope penetrations as every unit requires insulated supply and exhaust ducts and exterior wall caps
 - If not properly sealed these additional penetrations can compromise the building airtightness requirements





Multifamily Challenge – Kitchen Exhaust

HRV Exhaust vs. Insulated Range Hood Exhaust Duct to Exterior

- Passive House recommend approach is to use a re-circulating extract hood over an electric stove
- This is not common in North America
- Considerably lower flow rate than traditional range hood however exhaust flow is 24/7/365
- If gas range this approach would not be allowed by Code due to additional pollutants created by combustion

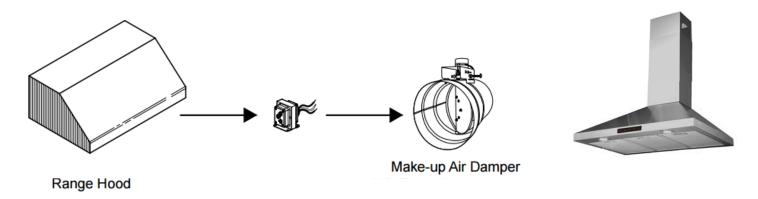




Multifamily Challenge – Kitchen Exhaust

HRV Exhaust vs. Insulated Range Hood Exhaust Duct to Exterior

- If gas range, a traditional but appropriately sized range hood required to exhaust pollutants
- When range hood is turned on, motorized dampers open.
- Dampers are not 100% airtight which can impact building envelope airtightness
- Make up air required to prevent infiltration which adds up to two building envelope penetrations per suite
- Two sets of insulated supply/exhaust ducts, motorized dampers and wall caps \$\$\$
- More traditional approach that North American's are used too however this should be avoided if possible – think induction or electric resistance cooktops!





Multifamily Challenge – Laundry Exhaust

Conventional Dryers vs. Heat Pump Condensing Dryers

- If common laundry room,
 Owner/Operator may prefer traditional dryers
- Make up air required to prevent infiltration which adds up to two building envelope penetrations Two sets of insulated supply/exhaust ducts, motorized dampers and wall caps - \$\$\$
- Laundry room must be isolated from remainder of building as exhaust duct can't have motorized damper on it due to lint build up





- No exhaust duct, make up air ducts, duct insulation, motorized dampers, penetration sealing and wall vent caps required
- Perfect for individual suites
- Considerably more efficient



Gas, Electric, Heat Pump, Geothermal, Solar Thermal

Options:

- Central versus Distributed Systems
- Storage Tank versus On-Demand Systems
- Primary Energy: Natural Gas versus Electricity
- Other Choices/Issues:
 - Solar-Thermal
 - Heat Pump Technology
 - Solar-Voltaic

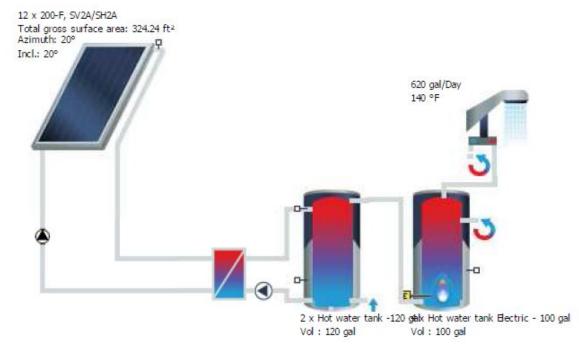
Water Distribution Piping:

- Detailed PHPP input Internal heat gains accounted for
- Pipe Insulation Critical



Gas, Electric, Heat Pump, Geothermal, Solar Thermal

- BSD's ASK Wellness Multifamily project is proposing to use a solar thermal flat plate roof mounted panels with buffer tanks and electric resistance "top up" tanks to serve the entire building
- Due to superinsulated, airtight building envelope, hot water lines contribute to Internal Heat Gains so all lines should be insulated

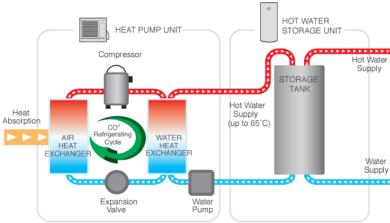




Gas, Electric, Heat Pump, Geothermal, Solar Thermal

- Cornerstone's Skeena Multifamily project is using natural gas tanks due to their quick recovery rate however there is a slight Primary Energy Demand penalty due to a combustible fuel
- Cornerstone's Smithers Multifamily is proposing 3 Sanden CO2 Heat Pumps with Electric Resistance Back Ups
 - In how this system is designed the exterior condenser is connected to an internal tank via a water line which raises concerns with power outages and the line freezing







Gas, Electric, Heat Pump, Geothermal, Solar Thermal

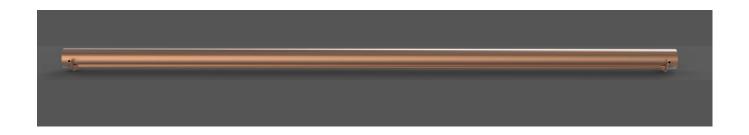
- Residential grade heat pump hot water heaters are available
- Have slow recovery rates often requiring an additional "top up" measures to meet peak demand
- Internal heat pumps "steal" heat from the building in the winter when needed most however in the summer it is advantageous





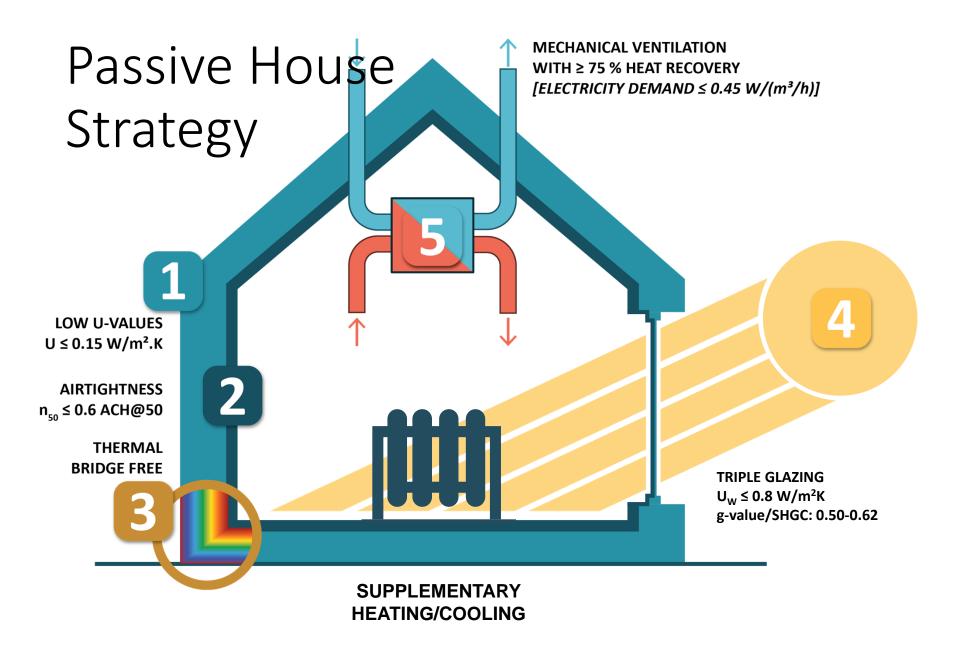
Drain Water Heat Recovery

- Dead simple technology with no moving parts
- One of the best bang for your bucks in our opinion
- Vertical and now horizontal under slab versions available









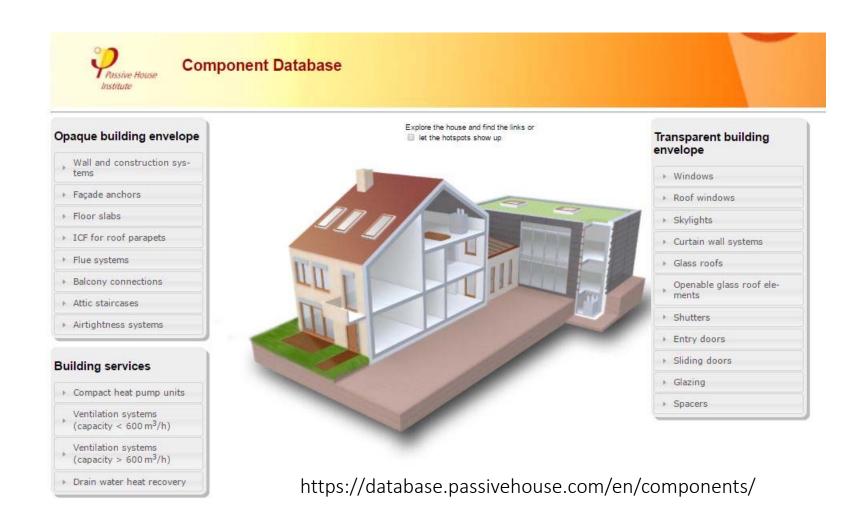
Multifamily Challenge – Elevators



- North American elevators are not tested for energy performance
- Although some elevators have been certified to the VDI 4707 (German standard), these models are not available in NA
- There are no conservative energy performance values to use to date so over-estimate and build savings into the energy model elsewhere and evaluate elevators based on the following criteria:
 - 1. Travel Energy
 - 2. Standby Power
 - 3. Number of uses in a 24 hour period
- Electric traction elevators are more efficient than hydraulic elevators but are considerably more expensive for initial costs
- Electric traction elevators uses 1/3 the power of a hydraulic elevator and the difference in motor size also impacts the heat output which contribute to internal heat gains.



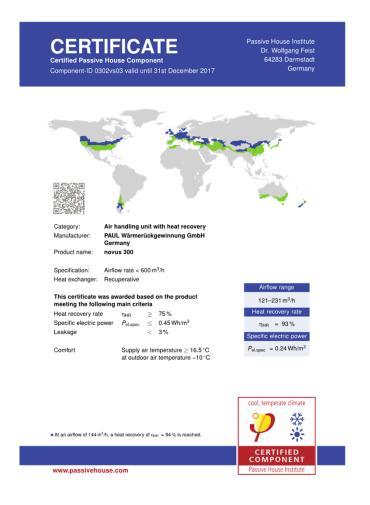
Certified Component Sourcing and Specs





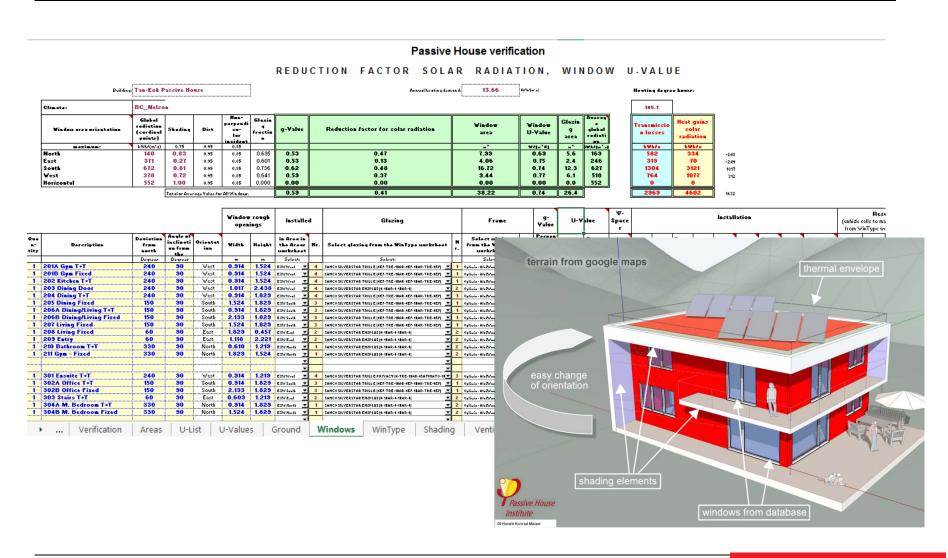
Certified Component Sourcing and Specs





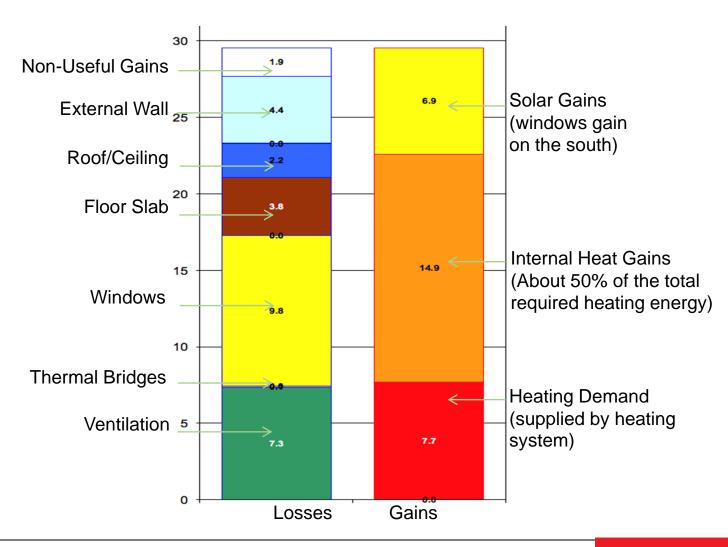


PH Energy Model Optimization & Design PH





Annual Energy Balance





Passive House Standards / Minimum Requirements / Specifications

| Requirements | Passive House |
|--|----------------------------|
| Heating Demand | 15 kWh/(m²·a) |
| Heating Load (or cooling) | 10 W/m ² |
| Primary Energy (PE) | 120 kWh/(m²·a) |
| Primary Energy Renewable (PER) | 60 kWh/(m²·a) (PH classic) |
| Air Tightness | 0.6 ac/h |

Thermal Bridge Free

Average <u>heating</u> energy use in Canada (Statistics Canada):

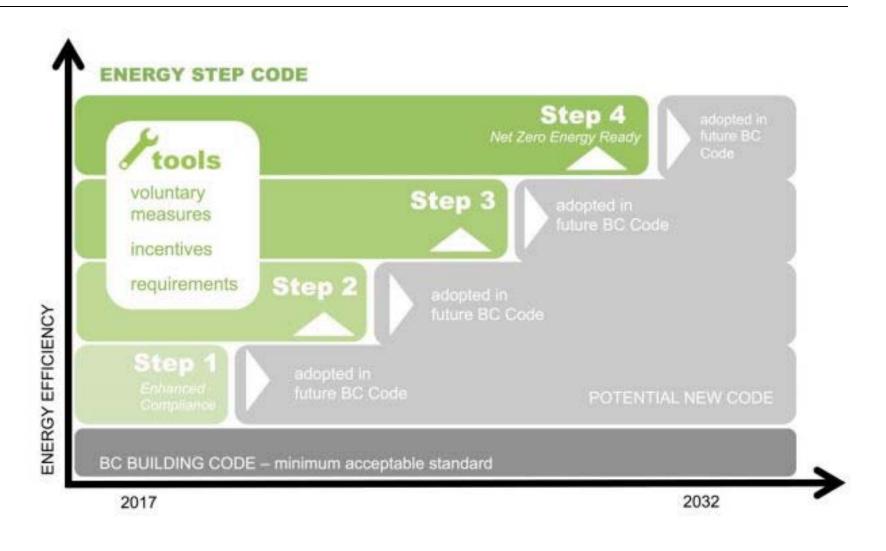
Existing Buildings: 150 kWh/square metre

New Buildings: 100 kWh/square metre

Passive House: 15 kWh/square metre

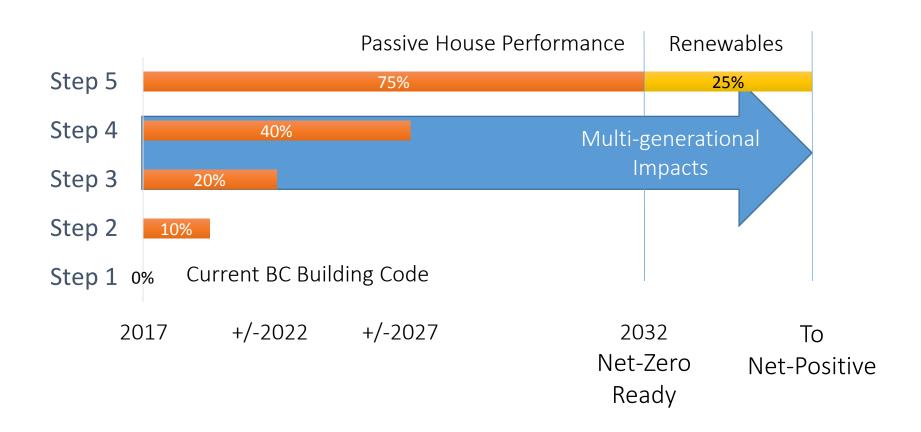


BC Energy Step Code points toward Passive House





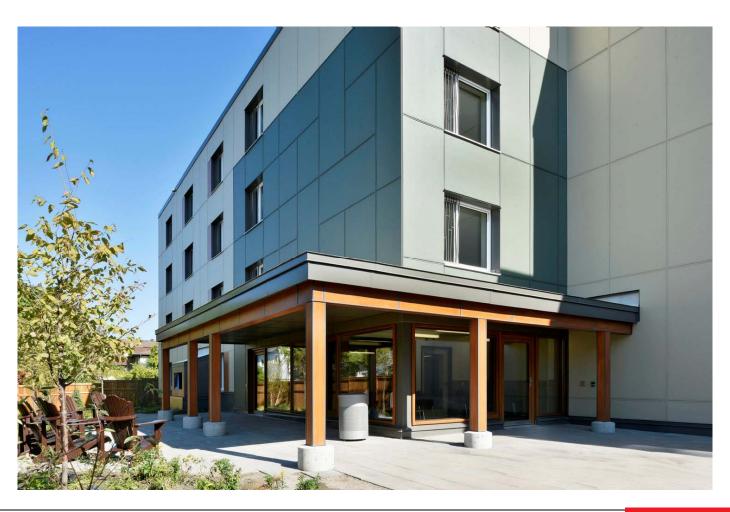
The Big Picture





Salus Clementine

Four Stories, 42 Affordable Housing Units, Ottawa, Ontario – CSV Architects





163 Skeena – Canada's Largest Multifamily Passive House

85 Condo Units, Vancouver, BC – Cornerstone Architecture





Orchards at Orenco

Three story, 57 Unit Passive House, Hillsboro, Oregon









706 East 57th Avenue

Six Story Rental Building with 95 Units, Vancouver, BC – Cornerstone Architecture





The House at Cornell Tech, New York



- 26 Story Passive House Tower
- Upon completion in July, this will be world's largest Passive House building.
- 350 units of studios, one, two and three bedrooms

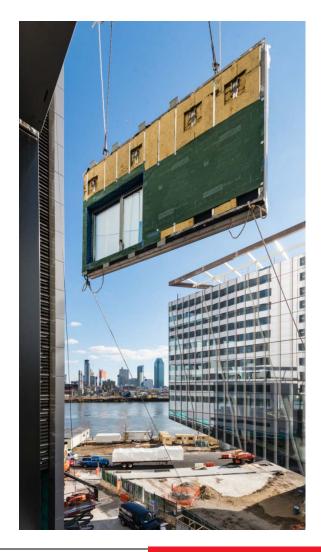




The House at Cornell Tech, New York









North Park Passive House 6 Unit Townhouse in Victoria, BC





Passive House Towers around the World



Power Tower, Linz, Austria



RHW2 Tower, Vienna



Cornell Tech Residence, NYC



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