Heat Pumps for Rugby Clubs

energia | IRFU

IRFU Official Energy Partner

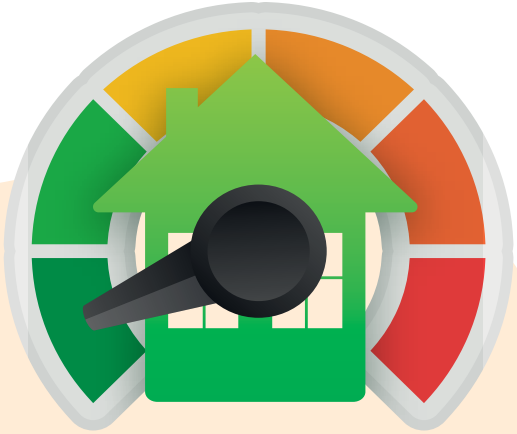
What are Heat Pumps and how do they function?

Heat Pumps are **energy efficient devices** that transfer heat into a building from the **exterior environment** using electricity.

Around three to four units of heat is produced by a heat pump for each unit of electricity used. They can also heat all water systems in a premise.

Why Install a Heat Pump?

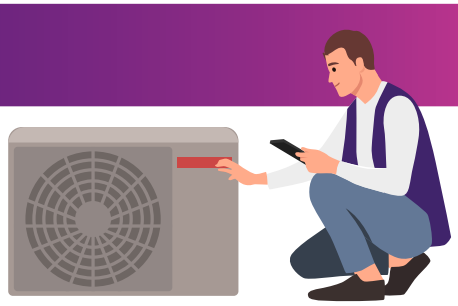
- Heat pumps are rapidly becoming the standard heating system in new buildings.
- Heat pumps **help reduce the reliance on fossil fuels** and aid with the transition to renewable technologies.
- A heat pump can **reduce your overall energy costs**, leaving you with a single electricity bill. While the electricity costs may actually increase, a heat pump should eliminate your oil or gas bill completely, leading to an **overall cost reduction**.
- Create a more **energy efficient club** and reduce energy consumption.
- Maintain a **constant temperature** and improve club comfort.
- Will boost the **BER (Ireland)** and **EPC (Northern Ireland) rating** of your clubhouse building.



Find out more about Heat Pumps grants for your club:

- **The SEAI (Ireland)**

How to use your Heat Pump Correctly

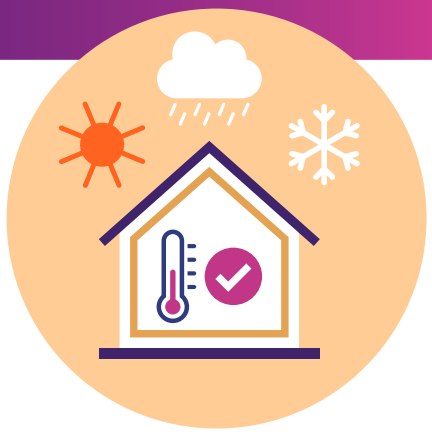


Heat Pumps require proper use to maximise their lifespan and efficiency.

Here are some key points to consider:

- Heat pumps are not designed to be switched off and on frequently, as this can strain the compressor and shorten its lifespan.
- Leaving the heat pump running, even when you're away, is more energy-efficient than turning it off and on.
- Many heat pumps feature a "holiday mode" to reduce energy consumption that can be used in the clubs' quiet periods. This mode lowers the temperature without switching the unit off.
- There is no need to set the temperature higher than needed! Increasing the temperature does not speed up heating, as heat pumps are designed to have a slower response system.

What to consider before Installation



It's always worth talking to an energy expert if you're considering a heat pump for your clubhouse. When used correctly, they can save both **energy and money** for your club.

- New builds are now all designed to be as airtight as possible, with high insulation standards. This is an ideal environment to install a heat pump.
- For existing builds, it may be worth considering renovating your clubhouse to improve the building's insulation and airtightness. This will allow your heat pump to operate more efficiently.
- Heat pumps work better in buildings that are frequently in use - they are less efficient where heating is needed only for short periods.

For more information please see below:

- **Energy contracting support scheme | SEAI**

Heat Pump FAQs

Do Heat pumps work when it's cold out?

Yes, heat pumps can extract heat energy at very low temperatures.

My radiators don't get hot, is my heat pump working correctly?

Yes, heat pumps arae designed to maintain a set temperature using low-temperature radiators for long periods as opposed to a fossil fuel boiler which heat at high temperatures intermittently.

You do not need to bleed your radiators, doing so may introduce air locks in the system.

Will switching off my heat pump save energy?

No, while switching off the heat pump would give the impression of saving energy, heat pumps require a lot of energy to ramp back up to operating temperature so turning the heat pump of and on will consume more energy than leaving it on all the time.

How do I operate my heat pump?

- **"Set & Forget":** heat pumps are designed for steady state operation so best practice is to set the thermostat to your preferred comfortable temperature and leave it. If any changes are to be made, they should be made gradually and to no more than 2°C at a time to avoid large temperature shifts.
- Heat pumps work best in environments where drafts are kept to a minimum. Avoid leaving windows and doors open unnecessarily.
- Your installer should show you (at the minimum) how to do the following four actions:
  - > Set room temperature.
  - > Set water temperature.
  - > Set heating schedule/curve.
  - > Set heating point for low, ambient temperatures.

What actions should I avoid doing with my heat pump?

You should avoid:

- Switching it off.
- Using the "boost" function.
- Using the "Auto" control function.
- Making large temperature changes.
- Setting the room temperature too high.

If no one is in the clubhouse for a few hours, do I leave the heat pump on?

Yes, you leave the heat pump running when you leave the club.