



BANFF
LAKE LOUISE
HOUSEKEEPING OLYMPICS

2019 Team Registration Package

Sponsored by





Registration Form

Banff Lake Louise 2019 Housekeeping Olympics
Thursday, May 23, 2019
Fenlands Recreation Centre
Banff, Alberta
BLLHA contact: Melanie Brehon (melanie@bllha.ca)

Agenda

Participant BBQ – 5:00 pm – 6:45 pm
Olympic Competition – 7:00 pm – 9:00 pm
Awards Ceremony – 9:15 – 9:30 pm

Team Information

Name of Property/Organization: _____

Main Contact: _____

Mailing Address: _____

Telephone Number: _____ Alternate: _____

Email Address: _____

Website: _____

Participation Fee is \$200.00 + GST per Team.

Teams are not considered registered until participation fee is received. Payment must be received by May 15, 2019.

Please make cheques payable to the Banff & Lake Louise Hospitality Association or contact kimberlee@bllha.ca to arrange for online payment.

ATTN: Melanie Brehon, Operations Administrator
PO Box 5817
Banff, Alberta T1L 1G7



Team Participation Sheet

Banff Lake Louise 2019 Housekeeping Olympics
Thursday, May 23, 2019
Fenlands Recreation Centre
Banff, Alberta
Email completed forms to melanie@bllha.ca

Team Captain Information

Name of Property/Organization: _____
Name of Team Captain: _____
Address: _____
Team Captain Phone Number: _____ Alternate: _____
Team Captain E-Mail Address: _____
Hotel Website: _____

Please complete the attached participation sheet(s) according to the events your hotel will participate in.

Team Name

When completing the attached participation information sheet(s), be sure to provide us with the team name you would like to use: _____

If additional information is required, please contact the Banff & Lake Louise Hospitality Association.

Melanie Brehon, Operations Administrator
Phone: (403) 762-5909
Email: Melanie@bllha.ca
PO Box 5817
Banff, Alberta T1L 1G7



Team Waiver Form

Property/Organizations Represented: _____

Team Name: _____

Please Read Before Signing

1. I the undersigned, acknowledge and agree that there is the risk of injury from the activities involved in the 2019 Housekeeping Olympics and while particular skills, equipment, and personal awareness of my surroundings may reduce this risk, the risk of injury, even serious injury, does exist;
2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown in my role as a participant, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my participation;
3. I willingly agree to comply with the stated conditions for participation as described in the 2019 Banff Lake Louise Housekeeping Olympics Rules & Regulations. If, however, I observe any unusual significant hazard during my presence or participation, I will remove myself from the participation and bring such to the attention of the Banff & Lake Louise Hospitality Association, Operations Administrator, Melanie Brehon, immediately;
4. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE, INDEMNIFY, AND HOLD HARMLESS BANFF & LAKE HOSPITALITY ASSOCIATION, their officers, officials, agents and/or employees, other participants, sponsoring agencies, sponsors, advertiser, and, if applicable, owners and leasers of premises used for the 2019 Banff Lake Louise Housekeeping Olympics ("Releasees"), WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss of damage to person and property, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, to the fullest extent permitted by law; and,
5. I agree to allow the Banff & Lake Louise Hospitality Association to use any photographs, videos or audio/video interview segments in which I appear at the 2019 Banff Lake Louise Housekeeping Olympics for the purpose of publicity.

Participants Name
(please print)

Participant's Signature

1. _____ I HAVE READ THIS RELEASE

2. _____ I HAVE READ THIS RELEASE

3. _____ I HAVE READ THIS RELEASE

4. _____ I HAVE READ THIS RELEASE

5. _____ I HAVE READ THIS RELEASE

6. _____ I HAVE READ THIS RELEASE

7. _____ I HAVE READ THIS RELEASE

8. _____ I HAVE READ THIS RELEASE



Participation Information

Name of Property/Organization: _____ Team Name _____

Mop Race:

Participant Name: _____

Alternate Name: _____

Bed Making Competition:

Participant Name: _____

Alternate Name: _____

Vacuum Race:

Participant Name: _____

Alternate Name: _____

Towel Folding Competition:

Participant Name (Folder): _____

Alternate Name (Folder): _____

Participant Name (Towel Artist) _____

Alternate Name (Towel Artist) _____

Buffer Pad Toss:

Participant Name (Tosser): _____

Participant Name (Tosser): _____

Alternate Name (Catcher): _____

Alternate Name (Catcher): _____

***Executive Housekeeping Challenge (Surprise Challenge)**

Participant Name: _____

Alternate Name: _____

*Must be an individual who is at a Supervisor level, or higher.



Rules & Regulations

2019 Banff Lake Louise Housekeeping Olympics

There will be five events that will earn 1st, 2nd and 3rd place.

1. Mop Race
2. Bed Making Competition
3. Upright Vacuum Relay
4. Towel Folding Competition
5. Buffer Pad Toss

Awarding Points

- 150 points for placing FIRST
- 110 points for placing SECOND
- 80 points for placing THIRD
- 70 points for placing FOURTH
- 60 points for placing FIFTH
- 50 points for placing SIXTH
- 25 points for placing SEVENTH
- 10 points for placing EIGHTH

Overall Awards

The Team with the highest total points win 1st, 2nd and 3rd Overall Competition. Scores will be posted as they are tallied by scorekeepers if time permits.

Team Size

The maximum team size is 8 participants, which is based on your hotel participating in each Olympic event. Each hotel is eligible to register up to two teams for a total of 16 participants.

Although you do not have to participate in every Olympic event, you will be required to sign-up for a minimum of three events in order to be recognized as a team - not including the Executive Housekeeping Challenge. Owing to the possibility that designated participant may be unable to attend on May 23rd, please designate an alternate for each event you will participate in.

Code of Conduct

Team participants are expected to conduct themselves in a professional and cordial manner and to demonstrate good sportsmanship throughout the entire event.

Dress Attire

Team participants are encouraged to wear comfortable, loose-fitted clothing. Recommended footwear is flat-bottom shoes or running shoes (no open-toed sandals or flip flops).

Cheerleading Support

Each team is encouraged to invite their industry colleagues/friends to attend the Housekeeping Olympics event to cheer them on. If you plan to have a cheerleading team at the event, please observe the following parameters. Cheerleading teams may organize themselves in a seated section(s) and show their support by using items such as:



hand-made signs, balloons, pompoms, hand clappers and cowbells. The following are not permitted: air horns or personal PA systems. ***New for 2018, a team prize will be awarded to the best cheering section/team.***

CREDIT: The Rules & Regulations featured herein (with the exception of Towel Folding and Towel Art) are those developed by the City Wide Housekeeping Olympics - IEHA Las Vegas Chapter and have been reproduced for the Banff-Lake Louise Housekeeping Olympics with their knowledge and approval.
Last amended – April 6, 2018



Mop Race

Required Equipment:

- 15 oz dry floor mop with handle
- 7 Wet Floor Signs
- Blue Painters Tape
- Whistle

30-Second Time Limit (One Contestant)

Objective:

Contestant is to push a dry wet floor mop through an obstacle course. The contestant that finishes with the quickest time, including penalties, will win.

1. The course consists of 7 wet floor signs set in a straight line with 18" between signs. The mop MUST LAY FLAT on the floor during the entire race – it CANNOT come off of the floor. The contestant will stand behind a line that is 32" from the 1st Wet Floor Sign in front of them.
2. When signal to start game is given, the participant will start the race with the mop/handle in their hand. The participant will push the dry floor mop from the start line to the left of the first sign, to the right side of the 2nd sign, the left side of the 3rd sign, the right side of the 4th sign and the left side of the 5th sign, the right side of the 6th sign and the left side of the 7th sign, turn around and go back down the course to the finish line.
3. Contestant MUST follow mop around the wet floor sign – contestant will be disqualified if the ARM or BODY of the contestant goes over the top of the sign.
4. Once the contestant returns back to the start line, they must step OVER the start line and raise the MOP in the air to indicate that they have finished the course. Once the contestant has raised the mop in the air, the time keeper will STOP the time on the stop watch. This time will be used as the basis for scoring. Penalty seconds will be added for infractions.
5. Contestants must complete the course by the time the 'End of Game' whistle is blown. Contestants NOT completing the course in the allotted time will NOT receive any points.
6. All Rules and Regulations will be reviewed with participant before event begins.

7. Participant must be a non-management employee.

NOTES:

- A 5 second Penalty will be added each time the mop head comes off of the floor during the race.
- A 5 second Penalty will be added each time mop or participant touches or knocks over a wet floor sign.
- A 10 second Penalty will be added for management employee (Hourly or Salaried member of management may not participate).

Last amended - Feb 3, 2015



Bed Making Competition (new format for 2018)

Required Equipment:

- 1 Queen Size bed 1 Queen Size blanket
- 2 Queen Size Flat sheets 2 Standard size pillowcases
- 2 Poly Standard size pillows *No bedspread is necessary
- 1 Chair or table to stack linen on 1 Stop Watch

2 Minute Limit (One Contestant)

Objective:

Participant to properly make and strip a bed in the least amount of time as follows:

Bed Making Rules:

1. Contestant will begin from behind the line at the head of bed. Linen will be placed 2 ½ feet from foot of bed stacked on a chair in proper sequence. When signal is given participant will begin.
2. The first sheet must be placed over the edge at both the head and foot of the bed, but not below the bottom edge of the mattress. The sheet must be tucked in all around the sides and head of the bed with hospital corners.
3. The second sheet must be placed at the edge of the head of the bed.
4. The blanket must be placed approximately one hand length from the head of the bed. The top edge of the sheet and the top edge of the blanket must be straight.
5. Fold the top of the second sheet over the blanket.
6. Tuck in the second sheet and blanket, both sides and foot of bed with hospital corners. Insert pillow in pillowcase and tuck-in open end. (The pillow may not be placed on the floor or held under the chin while inserting it in the case.)
7. Place the pillows centered at the head of the bed. The open end of the pillowcase is to be placed toward the center of the bed. The 2 open ends will meet in the center of the bed.
8. When bed is completed, participant must step back to the starting position.
9. When the judge signals the bed is properly made the participant then strips the bed, neatly folds the sheets, blanket, and pillow case and places them at the head of the bed, and rushes back to the start line.
10. The whistle will blow once all blankets and pillow cases are folded.
10. Before the participant starts the event Head of bed will point out as well as all Rules and Regulations will be reviewed.
11. **Participant must be a non-management employee. Management may not participate).**

Last amended – April 6, 2018.



Vacuum Relay

Required Equipment:

- 1 Vacuum, 1 Power Source (Strip or Outlet)
- 1 - 4' x 6' Walk-Off Mat or 4' x 6' Designated Area
- Stop Watch
- 1 - 12 oz cup Confetti or Debris
- Painters Tape
- Extension Cord
- Whistle

2 Minute Limit (One Contestant)

Objective:

To vacuum the 4' x 6' area free of confetti and then return to the start line with the vacuum turned off and cord wrapped around cord hooks within 2 minutes.

Relay Rules:

1. Participants will stand at start line with vacuum 2 feet in front of them.
2. When the signal is given, each participant will go from start line to the vacuum, unwrap the cord completely and will then plug in the vacuum and proceed to designated area.
3. Participants will turn on the vacuum and attempt to vacuum up all of the confetti/debris from the designated area.
4. When participants have finished vacuuming, they are to turn off the vacuum, go to the power source, unplug the vacuum, wrap the cord around both of the cord hooks (not in figure 8 style) and then return to behind the start line with the vacuum.
5. Once the participant is behind the start line with the vacuum, they may not touch the vacuum again.
6. **Participant must be a non-management employee.**

Scoring*

Total possible points 25 points

Area vacuumed completely 25 points

10 Point Penalty - outside 4'x6' area not completely free of confetti

5 Point Penalty - cord not wrapped correctly

5 Point Penalty - pulling plug

** Finish time to be used only in case of tie*



Towel Folding & Towel Art Competition

Required Equipment:

Standard Hotel Towels Whistle
Stop Watch Blue Painters Tape
One 4' x 8' table

5 Minute Time Limit (Two Participants - One Folder, One Towel Artist)

Objective:

Two participants will work together to earn their team the highest points in the Towel Folding and Towel Art Competition. The 'folder' will work on one end of the table and pull from a large pile of towels and fold as many towels as possible in five minutes. The Towel Artist will work on the other end of the table and try to create as many works of towel art as possible in five minutes.

Rules:

1. All participants will stand behind the start line.
2. When the start signal is given, each participant will go to their respective end of the table and begin working.
3. The Towel Folder will be required to fold as many towels as possible within five minutes. Each towel must be folded to the expected standard and neatly placed in a pile. Only one pile of folded towels is permitted. Part of the challenge is to ensure your towels are perfectly stacked as the pile gets higher.
4. The Towel Artist is free to create whatever work of art they so choose. Participants will be judged not only for the number of works they can create within five minutes, but the creativity exercised in each work of art.
Participants are permitted to bring decorative items to place on their finished work of art, provided these items are no bigger than the palm of your hand (or cover no more than 1/8 of the total size of the finished work of art).
5. A 30 second warning is sounded. When your five minutes is up, all activity must stop immediately.
7. **Participant must be a non-management employee.**

Last amended - Feb 3, 2015



Towel Folding & Towel Art Competition

Scoring:

Towel Folding

Number of Towels Folded **Total 50 points**

(assumes 1 point per towel stacked perfectly - assumes max of 50 towels could be folded in five min.)

Point Deductions 10 Point Deduction

(for poorly presented stacked pile of towels and/or for going over time limit)

Towel Art **Total 50 Points**

Degree of Complexity and Skill to Produce Art 30 Points

Number of Works of Art 20 Points

In case of a tie, the two teams will square-off in a 2 minute race following the same rules.

Last amended - Feb 3, 2015



Buffer Pad Toss

Required Equipment:

- 5 Red Buffer Pads (20 inch red) Blue Painters Tape
- 1 Plunger Whistle
- 1 Blindfold Stop Watch
- One 4' x 6' taped-off square on the floor

30 Second Time Limit (Two Contestants)

Objective:

From a distance of 20', a blindfolded person is to toss all 5 buffer pads (1 pad at a time) to a partner holding a toilet plunger. The partner must catch the buffer pads while staying in the 4' x 6' marked rectangular space.

Rules:

1. Participants will stand behind the start line with 5 buffer pads held in the hand not used for tossing
2. When the start signal is given, the blindfolded tosser will throw one pad at a time to their partner in the 4' x 6' box. Each participant is limited to 5 tosses.
3. The catcher will use the toilet plunger to catch the pads. The plunger must be held by the RUBBER BASE, NOT the handle. The catcher's hand must NOT touch the wooden handle of the plunger at any time. Touching the wooden handle will result in NO point awarded for that catch.
4. The catcher will attempt to catch the pads without stepping out of the designated area. If the catcher STEPS OUT of the 4' x 6' area and CATCHES a pad, NO point will be awarded for that catch.
5. If the signal to stop tossing has NOT occurred, as soon as the last pad is thrown to the catcher, the time keeper for that team will stop time on the stop watch.
6. Signal to Stop Game comes at 30 seconds – all tosses must stop at that time.
7. **Participant must be a non-management employee.**

Last amended - Feb 3, 2015



Buffer Pad Toss

Scoring:

Buffer Pads Caught - 20 points per pad

20 points x 5 pads = 100 points

*In case of a tie in points, recorded time will be used to determine 1st, 2nd or 3rd place.

In case of a timed tie each team will be given 3 pads to throw. Same rules apply

1st place = Most Pads and *Best Time

2nd place = 2nd Most Pads and *2nd Best Time

3rd place = 3rd Most Pads and *3rd Best Time

Participant will be disqualified if caught looking under blindfold

Last amended – May 15, 2018