



Rules & Regulations

2026 Banff Lake Louise Housekeeping Olympics May 28, 2026 | Fenlands Recreation Centre, Banff

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 wins 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. You may designate up to 2 alternate team members. 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 the designated participant may be unable to attend the date of the event, 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.

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.

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Mop Race

Required Equipment:

15 oz dry floor mop with handle
7 Wet Floor Signs
Blue Painters Tape
Whistle
Smartphone or stopwatch

30-Second Time Limit (One Contestant)

Objective:

1. 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.
2. 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.
3. 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.
4. 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.
5. 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.
6. 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.
7. All Rules and Regulations will be reviewed with participant before event begins.
8. **Participant must be a non-management employee.**

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Scoring:

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

Last amended - Feb 2023

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Bed Making Competition

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 Smart phone or stopwatch

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.

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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 pillowcases are folded.
11. Before the participant starts the event Head of bed will point out as well as all Rules and Regulations will be reviewed.
12. **Participant must be a non-management employee.**

Scoring:

- Total possible points: **35**
- Points will be awarded for each step listed above as follows:
 - 1 – needs improvement
 - 3 – meets expectations
 - 5 – exceeds expectations
- *Finish time only to be used in case of a tie*

Last amended – Apr 2018

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Vacuum Relay

Required Equipment:

1 Vacuum with fresh bag, 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

1.5 Minute Time Limit (one contestant)

Objective:

To vacuum the 4' x 6' area free of confetti/debris 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**

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- Area vacuumed completely: 25 points
- 10 Point Penalty – outside 4'x 6' area not completely free of confetti/debris
- 5 Point Penalty – cord not wrapped correctly
- 5 Point Penalty – pulling plug
- *Finish time to be used only in case of tie*

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Towel Folding & Towel Art Competition

Required Equipment:

Standard Hotel Towels*

**only standard size will be available – hand towels will not be available for towel art*

Whistle

Smartphone or stopwatch

Blue Painters Tape

One 4' x 8' table

Towel Folding:

5 Minute Time Limit (One Folder)

Objective:

The towel folder will work on a table and pull from a large pile of towels and fold as many towels 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 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 of 10.
4. A 30 second warning is sounded. When your five minutes is up, all activity must stop immediately.
5. **Participant must be a non-management employee.**

Last amended – Feb 2026

Scoring: TOWEL FOLDING

- Number of Towels Folded **Total 50 points**

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

Towel Art

New for 2026

5 Minute Time Limit (One Towel Artist)

Objective:

Towel artists from all teams will compete in Heat #1. The Towel Artists will each work on a separate table and try to create as many works of towel art as possible in five minutes. The pieces will then be displayed around the perimeter of the arena for the duration of the remaining heats, for judging and popular vote from the crowd.

Rules:

All participants will stand behind the start line.

When the start signal is given, each participant will go to their respective table and begin working.

1. 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.
2. 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).
3. Only standard size towels will be available (no hand towels)
4. A 30 second warning is sounded. When your five minutes is up, all activity must stop immediately.
5. **Participant must be a non-management employee.**

Scoring: TOWEL ART

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Total Judges Score: 50 Points (for 50% of the total score)

- Degree of Complexity and Skill to Produce Art: 20 Points
- Number of Works of Art: 20 Points
- Most creative finishing accent (no larger than 1/8 of the total size of the finished work of art): 10 points

Total Slido score:

- 1 point per vote for the remaining 50% of the total score

Awarding Points:

- The contestants with the highest total percentages win 1st, 2nd and 3rd place for the Towel Art Competition. For example, if a contestant receives a score of 40/50 from the judges, this is converted to a percentage of 80%*.
 - If they receive 60% of the popular vote, the blended score is 70%**.
- The contestant with the highest overall percentage wins first place, second highest wins second, and so on.

$$*12 \div 15 = 0.8 = 80\%$$

$$**(80+60)/2 = 70\%$$

Last amended - Feb 2026

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Buffer Pad Toss

Required Equipment:

5 Red Buffer Pads (20" red)
Blue Painters Tape
1 Plunger
Whistle
1 Blindfold
Smartphone or stopwatch
One 4' x 6' taped-off square on the floor

30 Second Time Limit (Two Contestants) – contestants will trade places after round 1 for a second round (30 second time limit)

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 'tossers' 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.

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7. 'Tosser' takes off blind fold, the catcher collects the missed pads, teammates switch places (the 'tosser' becomes the catcher), judges to confirm blindfold is adequate, and toss the next 5 for another 30 second round.
8. **Participants must be a non-management employee.**

Buffer Pad Toss

Scoring (total of two rounds):

- Total possible points per round: **50 points**
 - 10 points x 10 pads = 100 points (combined total of two rounds)
 - **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 – Feb 2023

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