

Ambassador Indoor Water Park Rules

Our lifeguards are charged with the health and safety of our guests and therefore we reserve the right to deny access to our facilities, including the waterslide, hot tubs, steam room, sauna, splash pad, change rooms, party rooms and exercise room to any person we believe is a risk.

All Facilities:

- An adult (18+) must accompany children under 13 years of age at all times. Monitoring your child/children remains your responsibility even if a lifeguard is present.
- One adult (18+) may supervise up to five (5) children and must be on deck at all times.
- Absolutely no food, beverages, shoes or stroller permitted in the pool area. Alcoholic beverages will be seized.
- No glass allowed in the facility.
- Children under three (3) years of age must have a parent or guardian (16+) in the water with them at all times.
- Chairs are placed in certain areas of the pool deck; please do not move them.
- No pushing, dunking, excessive splashing, shoulder riding or other inappropriate behavior allowed in the facility.
- Proper swim attire required in pools.
- Please shower before entering the pool and after using the toilet facilities.
- No running on the deck area.
- Spitting or spouting water from the mouth or blowing the nose in or around any pool is prohibited.
- Use of gum and tobacco products is prohibited within the water park. The City of Kingston by-law prohibits smoking in all public spaces.
- We suggest that you remove loose jewelry (watches, bracelets, necklaces, dangling earrings) before using the water park.
- The Ambassador Hotel & Conference Centre is not responsible for lost or stolen property.
- Please do not enter the pool if you have a communicable disease or open cut.
- All pool toys including inflatable items, squirt guns, snorkels and balls must be approved by the lifeguard.
- Chemical levels are tested every two hours.
- Lifeguards are in charge at all times and adults in attendance may be requested to assist the lifeguards.
- Failure to follow water park rules will result in dismissal from the facility.
- Please notify lifeguard staff of any pre-existing conditions.
- Please ensure bathing suits are colourfast before enjoying the water park facilities, including the pool. We are not responsible for the effect of chlorine, etc. on any bathing suit.
- Lifeguards have final authority on all safety issues.

Waterslide, Splash-Down Pool & Wading Pool Rules:

- You must be 42 inches in height to ride the waterslide.
- Small children who meet height requirements must also be able to swim away from the slide and exit the splash down pool without assistance of any kind.
- Flotation devices of any kind are not permitted on the waterslide or splash down pool.
- No person is permitted to stand in the splash down pool to catch a waterslide rider. All riders must leave the splash down pool promptly.
- No running, diving, standing, kneeling, rotating, flipping or stopping permitting on the waterslide.
- Only one rider permitted at a time – no tandem riding.
- Riders must slide feet first and arms are to be kept in the waterslide at all times.
- At the discretion of the lifeguard, riders may be requested to form line at entry to waterslide.

Hot Tub Rules:

- You must be a minimum of 10 years of age to enjoy the hot tubs.

Splash Pad Rules:

- No hanging off of splash pad elements.
- No running.
- No sitting on spray elements.

Main Pool Rules:

- No diving, cannon balls or flipping allowed.
- No jumping in shallow end.
- Any/all toys must be approved by the lifeguard.

European Dry Sauna Rules:

- You must be a minimum of 16 years of age to enjoy the sauna.
- No person should be in the sauna for more than 20 minutes.
- No beverages permitted in the sauna.
- No water should be poured over the elements of the sauna.

Eucalyptus Steam Room Rules:

- You must be a minimum of 16 years of age to enjoy the sauna.
- No person should be in the sauna for more than 20 minutes.
- No beverages permitted in the sauna.

Change Rooms:

- The Ambassador Hotel & Conference Centre is not responsible for any lost or stolen property, please lock or remove your valuables.
- Pool towels must be returned to the pool desk.

All persons using the facilities do so at their own risk. The Indoor Water Park shall not be responsible under any circumstances whatsoever for any injury or accident occurring in, on or about the facility, or any loss or damage to, or theft of any property including vehicles while such property is in, or about the facility.