

Ambassador Indoor Water Park Rules

Our Lifeguards are charged with the Health of 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:

- The facility closes daily from 12 noon to 1pm and 6pm to 7pm for cleaning and maintenance.
- 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 strollers permitted in the pool area. Alcoholic beverages will be seized.
- No glass allowed in facility.
- Children under the age of three (3) must have a parent (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 toilet facilities.
- No running in pool or on the deck area.
- Spitting or spouting water from the mouth and blowing nose in or around any pool is prohibited.
- Use of gum and tobacco products is prohibited within the water park. City of Kingston by-law prohibits smoking in all public spaces.
- We suggest that you remove any loose jewelry (watches, bracelets, necklaces, or dangling earrings) before using the water park.
- The Ambassador Conference Resort is not responsible for any 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 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 medical conditions
- Please ensure bathing suit is colourfast before enjoying 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 and Wading Pool Rules:

- You must be 42 inches in height to ride on the water slide.
- Small children who meet the height requirement 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 in the 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 permitted 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 Tubs 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

Party Room Rules:

- No outside food or beverage is permitted in the Party Rooms.
- Rooms must be reserved with the Indoor Water Park Manager.

Main Pool Rules:

- No diving, cannon balls or flipping allowed.
- No jumping in shallow end.
- Any/all toys and/or noodles must be approved by 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 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 Steam Room.
- No person should be in the Steam Room for more than 20 minutes.

Exercise Room:

- You must be a minimum of 16 years of age to use the Exercise Room.
- Pool towels must be returned to pool desk.

Change Rooms:

- The Ambassador Conference Resort 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.