PROJECT R.O.O.T — YOUTH YOGA & MINDFULNESS

Parental Consent & Liability Waiver

Supported by the HCAT Grant · Virginia Foundation for Healthy Youth · Free program for children ages 3–12

Location: Nottoway County Public Library, Crewe, VA
Dates: Monthly, 45-minute class (ongoing)
Instructor: Kairav Mittal, RYT / Project R.O.O.T
Contact: kairav.mittal31@gmail.com · 804-956-9633

1. CHILD & PARENT / GUARDIAN INFORMATION

Child's Full Name: _____ **Date of Birth:** _____

Child's Age: _____ **Any Allergies / Medical Conditions:** _____

Parent / Guardian Name: _____ **Relationship to Child:** _____

Phone Number: _____ **Email Address:** _____

Emergency Contact Name: _____ **Emergency Contact Phone:** _____

2. ACKNOWLEDGMENT OF RISK & WAIVER OF LIABILITY

I understand that yoga and mindfulness activities involve gentle physical movement. I voluntarily enroll my child and acknowledge there is an inherent risk of minor injury. I confirm my child is in good health and will inform the instructor of any physical limitations or medical conditions.

As parent or legal guardian, I knowingly waive and release all claims against Kairav Mittal, Project R.O.O.T, Nottoway County Public Library, and Virginia Foundation for Healthy Youth (HCAT Grant), and their officers, employees, and volunteers, for any injury or property loss arising from my child's participation, except in cases of gross negligence or willful misconduct.

3. MEDIA & PHOTO PERMISSION

I grant Project R.O.O.T permission to use photos or videos of my child taken during class for social media, program promotion, community outreach, and HCAT Grant reporting to the Virginia Foundation for Healthy Youth.

4. PARENT / GUARDIAN SIGNATURE

By signing below, I confirm I am the parent or legal guardian of the child named above, I have read and understand this agreement, and I consent to my child's participation.

Parent / Guardian Signature _____ **Date** _____

Parent / Guardian Name (Print) _____ **Child's Name (Print)** _____

Please return this form to the instructor before your child's first class.