

OFFER FORM

PUBLIC CONTRACT (OFFER) Individual entrepreneur "Pro Service" (hereinafter referred to as the Performer)

This public offer (hereinafter referred to as the Offer) is a Contract concluded between the Contractor, on the one hand, and

Service User – an individual (hereinafter referred to as the Customer),

The Agreement defines the terms and conditions for the purchase and provision of services using the Contractor's resources.

1. General terms and acceptance of the offer

- 1.1. In accordance with Articles 387, 389, 395, 396 of the Civil Code of the Republic of Kazakhstan, this Public Agreement (hereinafter referred to as the Agreement) is an offer (offer) to conclude a contract for paid provision of services for participation in sports and extreme entertainment, including an introductory training flight, on the following terms and conditions: paragliding services (hereinafter referred to as Services), addressed to any person interested in purchasing such services.
- 1.2. The Contractor, on the basis of the Customer's orders, provides the latter with services for a fixed fee in accordance with the terms and conditions and at the prices set by the Contractor.
- 1.3. Services ordered and paid for by the Customer are provided by the Contractor.
- 1.4. The provisions of the Civil Code of the Republic of Kazakhstan, the Law of the Republic of Kazakhstan "On Consumer Rights Protection", as well as other regulatory legal acts of the Republic of Kazakhstan regulating the rights and obligations of the Parties apply to relations between the Customer and the Contractor.
- 1.5. In case of acceptance of the terms of this Offer, an individual or legal entity becomes the Customer. The offer may be accepted by any legally capable individual or legal entity in the territory of the Republic of Kazakhstan who intends to order (purchase) services provided by the Contractor in accordance with the list of services indicated on the site <https://paraflly.kz/>
Direct provision and use of the Contractor's services is possible by individuals who meet the following requirements:
 - has reached the age of 18.
 - not limited in legal capacity;
 - healthy and has no contraindications for participating in extreme sports activities;
 - is not in a state of alcohol, substance abuse, drug intoxication, under the influence of psychoactive substances, or other inadequate condition.
- 1.6. Acceptance (acceptance) of this offer and its annex means the Customer's full and unconditional consent to all the terms and conditions contained therein, without any exceptions and / or restrictions, the Customer's joining the Agreement, as well as payment for the ordered services (i.e. in full and without exceptions). Acceptance of this offer is equivalent to the conclusion by the Customer and the Contractor of a two-way written Contract.
- 1.7. Acceptance of the offer, booking, booking a ticket, joining this Agreement, as well as acceptance by the Customer of the terms of this Agreement. Contracts are fully and unconditionally determined by the moment of payment for services. The beginning of using the services also means that the Customer fully agrees and accepts the terms of this Agreement and all its sections and appendices.
- 1.8. By using the Contractor's services, the Customer confirms that he has fully read this Agreement, its appendices, rules, instructions, agrees with them and undertakes to comply with them and other requirements of the Contractor in connection with the provision (provision) of services.
- 1.9. This Agreement may be amended and / or supplemented by the Contractor unilaterally without any special notice. The Customer is obliged to get acquainted with the amendments and/or additions to this Agreement on their own. The Customer's use of the Contractor's services after making changes

and/or additions to this Agreement means that the Customer accepts and agrees to such changes and / or additions.

2. ARTIST'S WEBSITE

- 2.1. The site is the property of the Contractor and is intended for organizing a remote method of selling services via the Internet.
- 2.2. By accepting the Offer (i.e. paying for an order placed on the Contractor's website), the Customer will receive the services on the terms and in the manner specified on the site <https://paraflly.kz/>
- 2.3. The Contractor is not responsible for the content and accuracy of the information provided by the Customer when placing an order on the Contractor's website.

3. customer

- 3.1. The customer is responsible for the accuracy of the information provided when placing the order.
- 3.2. The Customer confirms its consent to the terms and conditions set forth in this Offer by putting a mark in the "I agree with the Agreement" column when placing an order and making a payment.
- 3.3. The information provided by the Customer is confidential. The customer, by registering on the site, providing their personal data, or filling out an application, gives their consent to the collection, processing, storage, and use of their personal data for the purpose of executing the contract. The Contractor uses information about the Customer exclusively for the provision of services under the Agreement and in the cases specified in this Offer.
- 3.4. Services are purchased by the Customer exclusively for personal needs that are not related to the implementation of business activities.
- 3.5. The Buyer / Customer agrees to comply with and accepts all the rules and instructions set out in the public contract (offer).
- 3.6. The Buyer / Customer, when purchasing a ticket or service for a third party under this agreement, undertakes to provide the third party with this agreement for review in full. A third party, after reviewing this agreement and agreeing to each item, arrives at the event and acts as a customer of the service.
- 3.7. The Buyer / Customer is aware of all risks and voluntarily agrees to participate in extreme events, agreeing to each clause specified in the contract.
- 3.8. The Buyer / Customer confirms the absence of hidden diseases, as well as their admission to physical education and sports in accordance with the points set out in Appendix No. 3 to the agreement.

4. PROCEDURE FOR ENTERING INTO AN AGREEMENT

- 4.1. The Customer can place an order under the terms of the Service Agreement independently on the Contractor's website or by contacting the Contractor directly (personally).
- 4.2. When placing an order on the Contractor's website, the Customer must provide the following information:

* Full name, IIN (for individuals) or full name, BIN (for legal entities);

* type, time and date of services purchased;

• delivery address of the booked tickets.

* Customer's contact phone number and email address.

The Customer orders services by entering the relevant data in the order form on the website and accepting the offer.

The Contractor does not verify the accuracy or edit information about the Customer.

4.3. When placing an order and contacting the Contractor directly (personally), the Customer must provide the following information:

- * Full name, IIN (for individuals) or full name, BIN (for legal entities);
- * type, time and date of services purchased;
- * Customer's contact phone number and email address.

5. services

- 5.1. Information about the Contractor's services is displayed for display on the site through graphic images, videos, and information that are the Contractor's property.
- 5.2. Each graphic image is accompanied by text information with the name, price, and description of services.
- 5.3. All information materials provided on the site are for reference purposes only and may not fully convey information about the properties and characteristics of the services. If the Customer has any questions regarding the properties and characteristics of the services, the Customer must contact the Contractor's specialist at the phone numbers indicated on the site before placing the order.
- 5.4. At the request of the Customer, the Contractor's specialist is obliged to provide (by phone or by e-mail) other information that is necessary and sufficient, from the Customer's point of view, for making a decision on ordering services.

6. PURCHASE (ORDER) OF SERVICES

- 6.1. The Customer has the right to place an order for any of the types of services provided on the site. Each type of service can be ordered in any quantity. Exceptions to this rule are specified in the description of each type of service
- 6.2. If it is impossible to provide the service provided on the Contractor's website, the Contractor informs the Customer about it.
- 6.3. The services purchased by the Customer are valid and can be provided by the Contractor to the Customer during the day of purchase or on the day agreed with the pilot or manager, according to the weather conditions specified in the Order (ticket) confirmed by the Contractor.

7. COST OF SERVICES

- 7.1. The cost of services indicated on the Contractor's website is expressed in tenge of the Republic of Kazakhstan.
- 7.2. The cost of services indicated on the site can be changed by the Contractor unilaterally, and the price for services ordered and paid for by the Customer is not subject to change.

8. PAYMENT FOR SERVICES

- 8.1. Payment methods and procedures for the Contractor's services are listed on the site.
- 8.2. The customer pays for the order in any way available on the site.
- 8.3. Payment for services is made by the Customer in tenge of the Republic of Kazakhstan.
- 8.4. In case of cash payment, the Customer is obliged to pay the Contractor the price of the order before the ticket is handed over to the Customer, by transferring money to the Contractor's representative.
- 8.5. Payment by bank transfer is made at the time of placing the order on the site.
- 8.6. In the case of non-cash payment, the Customer's obligation to pay for the cost of services is considered fulfilled from the moment the corresponding funds are credited to the current account specified by the Contractor.
- 8.7. The Customer accepts and agrees that the Contractor has the right to change and / or supplement the methods, procedure, and amounts of payments for the corresponding order, until the moment when payments are made by the Customer, depending on the payment method used by the

Customer and the Contractor, as well as in other cases stipulated by this offer and other regulatory documents of the Contractor.

8.8. VISA and MasterCard cards are accepted for payment.

8.9. Cases of refusal to make a payment:

- the bank card is not intended for making payments;
- there are insufficient funds for making payments on the bank card;
- the bank card details are entered incorrectly;
- the bank card has expired.
- the PIN code was entered incorrectly.

9. REFUSAL OF THE ORDERED SERVICE

9.1. The procedure for refusing the ordered service is regulated by the provisions of the legislation.

9.2. The Customer has the right to cancel the service at any time prior to the start of providing the service.

9.3. If the Customer refuses the ordered service, the Contractor will refund the cost of the service minus thirty percent of its cost by transferring money to the Customer's bank account within thirty working days from the date of the Customer's submission of the relevant request and Application for a refund with the necessary documents attached.

9.4. Cash refunds are not allowed.

9.5. To get a refund to your bank card, you must fill out a "Refund Application", which is sent with a copy of your identity document and payment receipts to your email address Paraflykz@gmail.com

9.6. To get a refund for transactions made with errors, please contact the following email address Paraflykz@gmail.com with a written application, a copy of the identity document attached, and payment receipts confirming the erroneous debit. The refund amount will be equal to the purchase amount.

9.7. The deadline for reviewing the Application and returning funds begins to be calculated from the moment the Contractor receives the Application and is calculated in working days without taking into account holidays/weekends.

9.8. If the Customer does not apply (or the Customer does not arrive) to the Contractor for receiving the service within the day specified in the Order (ticket) confirmed by the Contractor, the refund will not be made.

10. LIABILITY OF THE PARTIES

10.1. The parties are responsible in accordance with the legislation of the Republic of Kazakhstan.

10.2. The Contractor is not responsible for any damage caused to the Customer as a result of improper use of the results of the ordered services.

10.3. The contractor is not responsible for non-flying weather and other circumstances of force majeure, for injuries during take-off/ landing, for poor health of the passenger in flight, for the consequences of illiterate behavior of the passenger.

10.4. The Parties are released from liability for non-performance or improper performance of obligations under the Agreement for the duration of force majeure circumstances.

11. OTHER CONDITIONS

11.1. The Customer hereby declares that it waives any material or other claims and claims against the organizers, service personnel, property owners, as well as against other possible participants. This disclaimer applies to potential heirs, guardians, and executors of the Client's estate. The Customer is aware that failure to follow the instructions given to them may result in injuries of varying degrees and adversely affect their health. The customer uses the services on their own responsibility, and also (if any) assumes responsibility for the children who arrived with them.

11.2. By purchasing the service, the Customer agrees that:
- physically and mentally ready to use the service.

- is familiar with the safety regulations, rules of conduct and procedures for conducting the service;
 - will strictly follow all the rules and use the equipment issued during the provision of the service in accordance with the instructions received in such a way as to avoid injury and damage to other participants or themselves, as well as to the audience and organizers.
 - aware of the risk to yourself and others.
- 11.3. The norms defined by the legislation of the Republic of Kazakhstan apply to relations between the Customer and the Contractor.
 - 11.4. If necessary, the Contractor and the Customer may at any time draw up a service agreement in the form of a written bilateral agreement that does not contradict the provisions of this Offer.
 - 11.5. In case of any questions or complaints on the part of the Customer, the latter has the right to contact the Contractor at the address of the Contractor's location specified in the details and/or at the following email address: Paraflykz@gmail.com and/or by phone number: +7 777055 10 84.
 - 11.6. This Agreement comes into force from the date of acceptance (acceptance) of the offer by the Customer and is valid until the Parties fully fulfill their obligations.
 - 11.7. All disputes and disagreements arising in the performance of obligations under this Agreement by the Parties are resolved through negotiations between the Parties, and if it is impossible to resolve them through negotiations, the Parties have the right to apply for resolution of such disputes to the judicial authorities of the Republic of Kazakhstan at the location of the Contractor.
 - 11.8. The Contractor reserves the right to expand or reduce the offer of services on the site, regulate access to the order of any services, as well as suspend or terminate the sale of any services at its sole discretion.

CONTRACTOR'S ADDRESS AND BANKING DETAILS

Individual entrepreneur "Pro Service"

IIN 850102300279

Legal address: Almaty, per. 1A Moskovsky ave.

APPENDIX No. 1 TO THE PUBLIC AGREEMENT (OFFER)

Rules of the Performer - team of the organizer of sports and extreme entertainment in the introductory training flight on a paraglider for the Customer-participant of the event.

1. General provisions

Events organized in the introductory paragliding training flight are an extreme sport, which means free floating in the air on light, free-flying, ground-launched gliders without a rigid main structure. Special, long-term training is not required for participation in the introductory paragliding training flight. At the same time, the Customer (participant) of any event held by the Contractor must be seriously aware of the possible danger to health and life to which he exposes himself. The Customer (Participant) is aware that participation in an introductory training flight on a paraglider and other activities conducted by the team is an extreme sport such as parachuting, snowboarding, etc., associated with certain risks. The organizing team strives to ensure maximum safety of the event participants. The participant understands that there can be no absolute safety in extreme sports or extreme events. The participant understands that safe participation in the event, first of all, depends on themselves. The participant undertakes to follow the instructions of the instructors without question.

2. Rules and restrictions

2.1. Persons over the age of 18 are allowed to participate in the events (confirmed by an identity document). Persons under the age of 18 are not allowed to participate in the events.

2.2. It is forbidden to make any noise on the way to the venue where the event is being held and on the venue itself. It is necessary to communicate politely with local residents and working staff. When participating in an introductory paragliding training flight, you must be restrained in your expressions and the power of your voice.

2.3. When arriving at the facility, observe the security measures.

Being on the site is potentially dangerous. Do not approach the non-fenced edges of a high-rise object, do not approach shaky structures, do not run on the object, do not try to help the event organizers.

2.4. Do not approach or touch any equipment or other devices.

2.5 It is forbidden to distract the instructor while participating in an introductory training flight on a paraglider and when performing other work.

2.6. Before performing an introductory training flight on a paraglider and other actions necessary to participate in the event, complete the briefing.

2.7. In order to avoid injuries, follow all the instructions of the organizers clearly and unquestioningly!

2.8. For the duration of the event, wear strong and practical clothing that covers the exposed areas of the body (arms, legs, neck) as much as possible. Keep in mind that your clothes may be damaged or dirty.

2.9. Warn the instructor about your intention and actions.

2.10. AT THE EVENT DO NOT ATTEMPT TO PERFORM ACTIONS WITHOUT THE INSTRUCTOR'S PERMISSION OR COMMAND – IT IS LIFE-THREATENING!

2.11. The instructor has the right to prohibit performing acrobatics. This is a necessary measure to ensure your safety.

2.12. The instructor has the right to refuse the participant to participate in the event without giving reasons (payment, in this case, is refunded in full).

2.13. It is strictly forbidden to consume alcohol, narcotic drugs, psychotropic or psychoactive substances at the facility before and after the event. Even those who are accompanied by a drinking company that is in an inadequate state are not allowed to participate in the event.

2.14. In the safety system, it is forbidden to smoke and approach an open fire, as well as to smoke near the equipment. It is forbidden to use the fire without the permission of the organizers.

2.15. Participation in the event is prohibited if the person has restrictions in sports and physical culture.

2.16. An application made through the website to order participation in an introductory paragliding training flight on the day of the event may not be accepted.

2.17. Photos and videos are not mandatory additions to the event.

2.18. In case of force majeure that prevents the participant from attending the event, the participant has the right to transfer his seat to other people, having previously notified the team.

2.19. The Participant orders services through the website, being sure that they will be able to attend the event and being aware of the fact that there is no refund if they are not present at the event.

2.20. If the event is canceled by the organizer, the funds will be refunded in full, or at the request of the participant, they can be transferred to a subsequent event.

APPENDIX No. 2 TO THE PUBLIC AGREEMENT (OFFER)

Personal responsibility of the Customer

1. The Customer (Participant of the event) voluntarily agrees to participate in the events held by the Contractor (team organizer).
2. The Customer is aware that participation in the event is potentially unsafe and, despite this, understands and accepts all the risks of participating in it.
3. The participant of the event is aware that any injuries and any consequences of accidents received during the event will be his / her personal responsibility.
3. The participant of the event confirms that any damage caused to his property during the event will be his personal responsibility.
4. The participant of the event undertakes to follow all the requirements of the Organizers related to security issues, and comply with all the rules and regulations of the event.
5. The participant of the event confirms that they do not have any hidden diseases that prevent them from participating in this event.

APPENDIX No. 3 TO THE PUBLIC AGREEMENT (OFFER)

Contraindications to participation in an introductory paragliding training flight

List of diseases and pathological conditions that prevent admission to sports

I. All acute and chronic diseases in the acute stage

II. Features of physical development

1. A pronounced lag in physical development that hinders the implementation of exercises and standards provided for in educational programs; a sharp disparity between the length of the limbs and trunk.
2. All types of deformities of the upper extremities that exclude or hinder the ability to perform various sports exercises.
3. Pronounced deformity of the chest, which makes it difficult for the functioning of the chest cavity organs.
4. Severe pelvic deformity that affects body statics or violates the biomechanics of walking.
5. Shortening of one lower limb by more than 3 cm, even with a full gait; pronounced curvature of the legs inwards (X-shaped curvature) or outwards (O-shaped curvature) when the distance between the inner condyles of the femurs or the inner ankles of the tibia is more than 12 cm

. Neuropsychiatric diseases. Injuries of the central and peripheral nervous system.

1. Mental and non-psychotic mental disorders due to organic brain damage. Endogenous psychoses: schizophrenia and affective psychoses. Symptomatic psychoses and other mental disorders of exogenous etiology.

Persons who have a mild short-term asthenic condition after an acute illness are allowed to play sports after complete recovery.

2. Reactive psychoses and neurotic disorders.

People who have had acute reactions to stress, adaptation disorders and slightly pronounced neurotic disorders, characterized mainly by emotional-volitional and vegetative disorders, are allowed to play sports after complete recovery.

3. Mental retardation.

4. Epilepsy.

5. Infectious, parasitic, and viral diseases of the central nervous system and their consequences. Lesions of the brain and spinal cord in acute and chronic intoxications and their consequences (asthenization phenomena, neurocirculatory dystonia, persistent scattered organic signs).

6. Brain and spinal cord injuries and their consequences.

7. Vascular diseases of the brain and spinal cord and their consequences (arachnoid, intracerebral and other intracranial hemorrhages, cerebral infarction, transient cerebral ischemia, etc.).

Individuals with rare syncope are subject to in-depth examination and treatment. The diagnosis of "neurocirculatory dystonia" is established only in cases where a targeted examination did not reveal other diseases accompanied by disorders of the autonomic nervous system. Even in the presence of rare fainting spells, such persons may not be allowed to engage in martial arts, complex coordination, traumatic and water sports.

8. Organic diseases of the central nervous system (degenerative, brain and spinal cord tumors, congenital anomalies and other neuromuscular diseases).

9. Diseases of the peripheral nervous system (including the presence of objective data without functional disorders).

10. Peripheral nerve injuries and their consequences (including mild residual effects in the form of minor sensory disturbances or slight weakening of the muscles innervated by the damaged nerve).

11. Consequences of fractures of the skull bones (cranial vault, facial bones, including the lower and upper jaw, and other bones) without signs of organic damage to the central nervous system, but in the presence of a foreign body in the cranial cavity, as well as a replaced or non-replaced defect in the bones of the cranial vault.

12. Temporary functional disorders after acute diseases and injuries of the central or peripheral nervous system, as well as their surgical treatment.

Persons who have suffered a closed injury to the brain and spinal cord, with instrumentally confirmed absence of signs of damage to the central nervous system, can be admitted to sports no earlier than 12 months after complete recovery (traumatic sports are not recommended).

IV. Diseases of internal organs

1. Congenital and acquired heart defects.

2. Rheumatism, rheumatic heart diseases (rheumatic pericarditis, myocarditis, rheumatic valve defects).

Non-rheumatic myocarditis, endocarditis. Other heart diseases: cardiomyopathy, organic heart rhythm and conduction disorders, valve prolapse (grade II and higher, grade I — in the presence of regurgitation, myxomatous valve degeneration, heart rhythm disorders, ECG changes), ventricular pre-excitation syndromes, sinus node weakness syndrome.

Rare single resting extrasystoles and functional sinus arrhythmia are not contraindications for sports.

Persons who have suffered non-rheumatic myocarditis without outcome in myocardiosclerosis, in the absence of cardiac rhythm and conduction disorders, and against the background of high tolerance to physical activity can be admitted to sports in 12 months after full recovery.

3. Hypertension, symptomatic hypertension.

4. Coronary heart disease.

5. Neurocirculatory dystonia (hypertensive, hypotensive, cardiac or mixed types) - allowed conditionally.

6. Chronic non-specific diseases of the lungs and pleura, disseminated lung diseases of non-tuberculosis etiology (including diseases accompanied by even minor violations of respiratory function).

7. Bronchial asthma.

In the absence of seizures for five years or more, but the altered reactivity of the bronchi persists, admission to certain sports is possible (sports aimed at developing endurance, winter sports, as well as sports that take place in gyms and involve the use of talc, rosin, etc. are not recommended)

8. Peptic ulcer of the stomach and duodenum in the acute stage. Peptic ulcer of the stomach and duodenum in remission with digestive disorders and frequent exacerbations in the anamnesis.

Persons with peptic ulcer of the stomach or duodenum who have been in remission for 6 years (without digestive disorders) can be admitted to sports (sports aimed at developing endurance are not recommended).

9. Other diseases of the stomach and duodenum, including autoimmune gastritis and special forms of gastritis (granulomatous, eosinophilic, hypertrophic, lymphocytic), diseases of the gallbladder and biliary tract, pancreas, small and large intestines, with significant and moderate functional disorders and frequent exacerbations.

Individuals with helicobacter gastritis may be allowed to exercise after appropriate treatment.

People with chronic gastritis and gastroduodenitis with minor functional disorders and rare exacerbations, as well as biliary dyskinesia with rare exacerbations can be admitted to sports.

10. Chronic liver diseases (including benign hyperbilirubinemia), cirrhosis of the liver.

11. Diseases of the esophagus (esophagitis, ulcer-until complete cure; cardiospasm, stenosis, diverticula - in the presence of significant and moderate functional disorders).

12. Chronic kidney diseases (chronic glomerulonephritis, chronic primary pyelonephritis, nephrosclerosis, nephrotic syndrome, primary shrunken kidney, amyloidosis of the kidneys, chronic interstitial nephritis and other nephropathies).

13. Pyelonephritis (secondary), hydronephrosis, urolithiasis.

Instrumental removal or independent removal of a single stone from the urinary tract (pelvis, ureter, bladder) without crushing the stones of the urinary system, small (up to 0.5 cm) single stones of the kidneys and ureters, confirmed only by ultrasound, without pathological changes in the urine, unilateral or bilateral nephroptosis of stage I are not a contraindication to sports.

14. Systemic connective tissue diseases.

15. Joint diseases — rheumatoid arthritis, arthritis associated with spondyloarthritis, ankylosing spondyloarthritis, osteoarthritis, metabolic arthritis, consequences of infectious arthritis.

People who have suffered from reactive arthritis with complete reverse development can be allowed to play sports in 6 months after complete recovery.

16. Systemic vasculitis.

17. Diseases of the blood and hematopoietic organs.

People who have temporary functional disorders after non-systemic blood diseases are allowed to play sports after complete recovery.

18. Persistent changes in the composition of peripheral blood (the number of white blood cells is less than $4.0 \times 10^9/l$ or more than $9.0 \times 10^9/l$, the number of platelets is less than $180.0 \times 10^9/l$, the hemoglobin content is less than 120 g/l).

19. Malignant neoplasms of lymphoid, hematopoietic and related tissues: lympho -, myelo -, reticulo-sarcomas, leukemias, lymphoses, lymphogranulomatosis, paraproteinemic hemoblastoses (including conditions after surgical treatment, radiation and cytostatic therapy).

20. A history of acute radiation sickness of any severity, as well as a radiation dose received earlier in an accident or accidental exposure, exceeding the annual maximum permissible dose by five times (in accordance with radiation safety standards — 76/87).

21. Endocrine diseases, eating and metabolic disorders (simple goiter, non-toxic nodular goiter, thyrotoxicosis, thyroiditis, hypothyroidism, diabetes mellitus, acromegaly, parathyroid gland and adrenal gland diseases, gout, grade II–III obesity).

V. Surgical diseases

1. Diseases of the spine and their consequences (spondylosis and related conditions, intervertebral disc diseases, other diseases of the spine, pronounced violations of the position of the spine in the sagittal plane: rickety kyphosis, tuberculosis kyphosis, Scheuermann — May disease, Calve disease; scoliotic disease, phenomena of pronounced instability).

Persons with non-fixed curvature of the spine in the frontal plane (scoliotic posture) and initial signs of intervertebral osteochondrosis with an asymptomatic course can be admitted to symmetrical sports.

2. Consequences of fractures of the spine, chest, upper and lower extremities, pelvis, accompanied by impaired functions.

3. Diseases and consequences of damage to the aorta, main and peripheral arteries and veins, and lymphatic vessels: obliterating endarteritis, aneurysms, phlebitis, phlebothrombosis, varicose and post-thrombotic diseases, elephantiasis (lymphodema), spermatic cord varicose veins (moderate to significant severity); angiotrophoneuroses, hemangiomas.

4. Surgical diseases and lesions of large joints, bones and cartilage, osteopathies and acquired musculoskeletal deformities (intra-articular lesions, osteomyelitis, periostitis, other bone lesions, deforming osteitis and osteopathies, osteochondropathies, persistent joint contractures, other diseases and lesions of joints, bones and cartilage).

In case of Osgood-Schlatter disease, the question of the possibility of admission to sports is decided individually.

5. Old or habitual dislocations in large joints that occur with minor physical exertion.
6. Defects or absence of fingers that impair the function of the hand.
7. Defects or lack of toes that impair full-fledged physical activity, making it difficult to walk and wear shoes (regular and sports).

The absence of a toe on the foot is considered to be the absence of it at the level of the metatarsophalangeal joint. Complete reduction or immobility of the finger is considered as its absence.

8. Flat feet and other deformities of the foot with significant and moderate violations of its functions. In the presence of flat feet of the second degree on one leg and flat feet of the first degree on the other leg, the conclusion is made on flat feet of the second degree.

Persons with flat feet of the first degree, as well as II degree without osteoarthritis in the talon-scaphoid joints can be allowed to play sports.

9. Hernia (inguinal, femoral, umbilical), other abdominal hernias. Expansion of one or both inguinal rings with clearly felt at the time of ring examination protrusion of the abdominal cavity contents during straining-until complete recovery.

A small umbilical hernia, a preperitoneal wen of the white line of the abdomen, as well as an expansion of the inguinal rings without hernial protrusion during physical exertion and straining are not contraindications to sports.

10. Hemorrhoids with frequent exacerbations and secondary anemia, loss of nodes of stage II-III. Recurrent anal fissures.

Persons who have undergone surgical interventions for varicose veins of the lower extremities, spermatic cord veins, hemorrhoidal veins, and anal fissures can be admitted to sports if after 1 year after the operation there are no signs of relapse of the disease and local circulatory disorders.

11. Protrusion of all layers of the rectal wall during straining.
12. Consequences of injuries to the skin and subcutaneous tissue, accompanied by impaired motor functions or making it difficult to wear sportswear, shoes or equipment.

Weak scars after operations and injuries, which by their localization make it difficult to perform physical exercises; scars that are prone to ulceration; scars that are soldered to the underlying tissues and prevent movement in a particular joint when performing physical exercises.

13. Diseases of the mammary glands.
14. Malignant neoplasms of all localizations.
15. Benign neoplasms – until complete cure.

Persons who have temporary functional disorders after surgical treatment of benign neoplasms are allowed to play sports after a full recovery period. излечения.

VI. Injuries and diseases of ENT organs

1. Diseases and injuries of the larynx, cervical trachea, accompanied by even minor violations of respiratory and vocal functions.
2. Curvature of the nasal septum with a pronounced violation of nasal breathing (the operation in such cases is performed at the age of at least 15 years).
3. Diseases of the external ear-until complete cure.
4. Diseases of the Eustachian tube-until complete cure.
5. Purulent single-or bilateral epitympanitis or mesotympanitis in all forms and stages.
6. Persistent residual effects of otitis media (persistent scarring of the tympanic membrane, the presence of perforation of the tympanic membrane).
7. Otosclerosis, labyrinthopathy, cochlear neuritis and other causes of deafness or persistent hearing loss in one or both ears (normally, both ears should perceive whispered speech at a distance of 6 m, the minimum allowable reduction of this distance to 4 m).
8. Eustachian tube patency disorder and ear barofunction disorder.
9. Vestibular-vegetative disorders, even in a moderate degree.
10. Diseases of the paranasal sinuses – until complete cure.
11. Deformities and chronic changes in the condition of the tissues of the nose, oral cavity, pharynx, larynx and trachea, accompanied by impaired respiratory function.
12. Diseases of the upper respiratory tract (nasal polyps, adenoids, decompensated form of chronic tonsillitis — - until complete cure.

Chronic decompensated tonsillitis is usually understood as a form of chronic tonsillitis characterized by frequent exacerbations (2 or more per year), the presence of tonsillogenic intoxication (subfebrility, rapid fatigue, lethargy, malaise, changes in internal organs), involvement in the inflammatory process of parathyroid tissue, regional lymph nodes (paratonsillar abscess, regional lymphadenitis).

Objective signs of chronic decompensated tonsillitis include: the release of pus or caseous plugs from lacunae when pressing with a spatula on the tonsil or when probing it, rough scars on the palatine tonsils, hyperemia and swelling of the palatine arches and their fusion with the tonsils, the presence of suppurated follicles in the subepithelial layer, an increase in lymph nodes along the anterior edge of the sternocleidomastoid muscles.

13. Ozena.

14. Complete lack of sense of smell (anosmia).

15. Persons who have temporary functional disorders after exacerbation of chronic diseases of ENT organs, their injuries and surgical treatment are allowed to play sports after complete recovery.

VII. Eye injuries and diseases

1. Lagophthalmos, inversion of the eyelids and growth of eyelashes towards the eyeball, causing constant eye irritation; inversion of the eyelids, disrupting the function of the eye, fusion of the eyelids with each other or with the eyeball, impeding or restricting eye movement, disrupting the function of vision, at least one eye.

2. Ptosis of the eyelid, which affects the visual function of one or both eyes.

3. 3. Persistent incurable lacrimation due to lacrimal tract disease.

4. Chronic diseases of the conjunctiva, cornea, uveal tract and retina of an inflammatory or degenerative nature with frequent exacerbations.

5. Diseases of the optic nerve.

6. Atrophy of the optic nerve.

7. Severe congenital and acquired (including traumatic)

8. cataract.

9. Opacity, destruction of the vitreous body.

10. Congenital and acquired defects in the development of the membranes of the eye that impair the function of vision.

11. Aphakia.

12. Changes in the fundus.

13. Conditions after penetrating eye injury.

14. A foreign body in the eye that is not shown for removal.

15. Limit the field of view of one or both eyes to more than 20°.

16. Disorders of the motor system of the eyes.

17. Severe nystagmus of the eyeball with a significant decrease in visual acuity.

18. Friendly strabismus greater than 20° — the issue of admission is decided individually.

19. Color perception disorders — the issue of admission is decided individually, depending on the specifics of the chosen sport.

20. Refractive errors: the general variant is visual acuity: a) less than 0.6 in both eyes (without correction); b) not less than 0.6 in the best and 0.3 in the worst eye (without correction).

Approximate dates for resuming physical education and sports after certain illnesses and injuries

Name of the disease	Terms	Note
1	2	3
Sore	throat 2-4 weeks.	To resume classes, you need an additional medical examination, you need to pay special attention to the state of the heart and its reaction to the load. If you have any complaints about the heart, exclude endurance exercises and avoid exercises that cause breath retention for at least six months. Be wary of cooling down (skiing, swimming, etc.)

Acute respiratory diseases	1-3 weeks.	Avoid cooling. Skiing, skating, and swimming may be temporarily excluded. In winter, when practicing outdoors, breathe through your nose.
Acute otitis	3-4 weeks.	Swimming is prohibited. Be wary of cooling down. When vestibular instability occurs more often after operation, such exercises that can cause dizziness (sharp turns, somersaults, etc.) are excluded.
Pneumonia	1-2 months.	Avoid hypothermia. It is recommended to use more breathing exercises, as well as swimming, rowing, skiing
Pleurisy	1-2 months.	Endurance exercises and those associated with straining are excluded for up to six months. Swimming, rowing, and winter sports are recommended. Regular monitoring is necessary because of the risk of tuberculosis.
Flu	2-4 weeks.	It is necessary to monitor the reaction to the load during classes, because at the same time it is possible to detect deviations from the cardiovascular system that were not detected during the examination at rest.
Acute infectious diseases (measles, scarlet fever, diphtheria, dysentery)	1-2 months.	Only if the cardiovascular system responds satisfactorily to functional tests. If there were changes on the part of the heart, then endurance, strength and strain-related exercises are excluded for up to six months.
Acute nephritis	2-3 months.	Endurance exercises are permanently banned, as they cause protein and cellular elements to appear in the urine when the kidneys are normal. After starting physical education classes, regular monitoring of the composition of urine is necessary.
Rheumocarditis	2-3 months.	They have been working in a special group for at least a year. It is necessary to regularly monitor the response of the cardiovascular system to physical exertion and the activity of the process.
Infectious hepatitis	8-12 months.	Endurance exercises are excluded, regular ultrasound monitoring of structural parameters and biochemical parameters of the liver is necessary.
Appendicitis (after surgery)	1-2 months.	In the first months, you should avoid straining, jumping, and exercises that put strain on the abdominal muscles. In case of complications after surgery, the terms of resuming classes are determined individually.
Limb bone fracture	3 months.	At least 3 months should be excluded from exercises that give a sharp load on the damaged limb.
Concussion	2-12 months.	In each case, the permission of a neurologist is required. It is necessary to exclude exercises with a sharp concussion of the body (jumping, sports games, football, basketball, etc.)
Stretching of muscles and tendons	1-2 weeks.	The increase in the load and range of motion in the injured limb should be gradual.
Rupture of muscles and tendons	For at least six months after surgery	Requires prolonged use of therapeutic gymnastics.

Approximate terms of admission to training and competitions after certain diseases, injuries, and surgical interventions in the upper respiratory tract and hearing organs

	Diseases	The main signs of recovery	Admission to training.	Admission to competitions.	Note
1	Sore throat (other than phlegmonous)	Absence of inflammatory phenomena in the pharynx, pain when swallowing. Normal temperature is 3 days. Overall satisfactory condition. Urine and blood are normal.	12-14 days	12-20 days	For winter and water sports activities the terms are extended by 4-5 days
2	Phlegmonous sore throat (peritonsillar abscess)	The same, but normalization of temperature 7 days	14-20	20-30	The same, for 7-10 days
3	Abscess zaglotochny)	Absence of inflammatory phenomena in the pharynx. Satisfactory condition. Urine and blood are normal.	10-12	12-14	
4	Acute pharyngitis	The same thing	2-3	4-6	
5	Acute respiratory infections	Normal temperature is 4-6 days. Urine and blood are normal.	5-8	10-12	The same, for 4-5 days
6	Acute sinusitis, frontitis, etmoiditis	Normal temperature 7 days. Disappearance of headaches. Urine, blood, X-ray of the paranasal sinuses are normal.	7-8	10-12	The same, for 7-8 days
7	Acute otitis without perforation	Restore hearing, normal otoscopic picture	5-10	10-14	Special care when practicing water sports
8	Acute purulent otitis with perforation	Stop purulent flow, scarring of perforation	14-20	20-30	Remove from water sports
9	Acute mastoiditis	Restore hearing. Normal otoscopic picture	15-20	25-30-10	–
10	Facial nerve paresis	Full recovery	50-60	75-80	Remove from water sports
11	Perichondritis of the auricle	Complete disappearance of inflammatory phenomena	2-5	7-10	Special caution in martial
12	Nasal furuncle	Complete disappearance of inflammatory phenomena. Urine and blood are normal.	2-5	7-10	When engaging in water sports, the term is extended
13	Acute labyrinthitis	All sports are prohibited for 1-2 years			-14
14	Rupture of the eardrum	is the same as in acute otitis			-15
15	Laryngeal edema	Sports are prohibited until full recovery. In case of relapses-suspension from sports			-16
16	Tonsillectomy	Postoperative period without complications. Absence of inflammatory phenomena in the pharynx	25-30	30-40	Special care in water sports, martial arts, weightlifting
17	Adenotomy	Absence of reactive phenomena, restoration of nasal breathing	10-12	12-20	The same

18	Electroplating, cryotherapy of palatine tonsils	Absence of reactive phenomena in the pharynx	5-7	10-12	The same
19	Opening of the nasal septum abscess		7-8	10-14	In boxing, wrestling, basketball terms
are extended 20	Treatment of uncomplicated nasal injuries	The same	2-4	2-4-21	–
21	Resection of the nasal septum	No reactive phenomena	5-7	10-12	Remove from boxing, wrestling, basketball terms
are extended 22	Radical surgery on the maxillary cavity	No reactive phenomena, complete healing of the postoperative wound	14-18	20-25	Remove from water and winter sports
23	Radical surgery on the frontal sinus	Then	the same	thing is the same	To suspend from sports for one year. In the future, depending on the state. Winter and water sports are contraindicated.
24	Radical surgery on the temporal bone	Same	thing Same	thing Same	thing

- Persons suffering from epilepsy are strictly prohibited from flying.
- Persons suffering from mental illnesses are not allowed to fly.
- Diabetes mellitus is a contraindication to flying.
- If you have ever had an injury to your legs, pelvic bones, spine, or other musculoskeletal disorders, consult your doctor.

In case of cardiovascular diseases, you should consult your doctor.

People with high blood pressure are not allowed to fly.

Read the text of the public agreement (offer) carefully. If you do not agree with any clause of the agreement (offer), you have the right to refuse to buy tickets or receive services provided by the Contractor until the moment of acceptance (acceptance) of the agreement (offer).

I agree with the agreement