

# **CrossFit**<sup>®</sup> TRAINING

## **CrossFit Level 1 Certificate Course Participant Handbook Version 8.4**

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## 1 OVERVIEW

### 1.1 ABOUT CROSSFIT

CrossFit is an international corporation dedicated to improving health through nutrition and exercise. CrossFit is founded on the first precise, scientifically rigorous definition of fitness, and the program produces observable results that can be measured and replicated. These results are seen in numbers logged in gyms and medical labs, and the data confirms that CrossFit greatly improves both athletic performance and health.

CrossFit's simple yet potent nutrition prescription is combined with a general-physical-preparedness program that can be modified to challenge people of all ages and abilities—an Olympian or an elderly, overweight, chronically ill individual who has never worked out before. All CrossFit participants become measurably fitter and healthier as they reduce intake of refined carbohydrates and use constantly varied, high-intensity functional movements to reap the benefits of improved work capacity across broad time and modal domains.

CrossFit has two main operating divisions. The CrossFit Certification and Training Department is the world's leading provider of ANSI-accredited performance-based training seminars and certifications. The CrossFit Affiliate Department licenses the CrossFit trademark to qualified trainers for commercial purposes. Each division contributes directly to building and supporting a community of genuine fitness practitioners who are united in the pursuit of health.

### 1.2 MISSION

The mission of the CrossFit Certification and Training Department is to provide industry-leading accredited certification and certificate programs that establish and support an international community of authentic, highly trained fitness practitioners who improve health and fitness worldwide.

### 1.3 LEVEL 1 TRAINER CERTIFICATE SCOPE

The CrossFit Level 1 (CF-L1) Trainer Certificate Course is a two-day **introductory** course on methodology, concepts, and movements.

The course includes classroom instruction on: CrossFit's concepts and methodology, CrossFit's foundational movements, programming to optimize training results, and nutrition strategies to support fitness.

Practicals include small group training sessions where participants are instructed in CrossFit's foundational movements under low intensity with a focus on improving mechanics. Participant movement is refined. Additional focus is placed on identifying movement faults and applying corrective strategies for coaching others.

Large group CrossFit workouts are conducted as an example of the following:

- How to run a CrossFit class.
- How to hold a standard of proper mechanics and coach others under high intensity.
- How to scale for any ability level.

Participants are not permitted to work out during seminar hours (8 a.m.–6 p.m.) outside of workouts conducted as part of the course. Understand that the host is under no obligation to accommodate additional training requests. Please make accommodations to conduct any additional training, including but not limited to Open workouts, Qualifiers, online competitions, and personalized programming, either before or after you attend the seminar. Our intention is to ensure you are able to fully and safely enjoy the course experience. Please trust our discretion in this matter.

### 1.4 PURPOSE

The purpose of the course is to provide participants with an **introductory-level education** on the fundamental principles and movements that make up the CrossFit program.

The CF-L1 course is structured to meet a two-fold goal:

1. Provide attendees with the understanding to better use CrossFit methods for themselves; and
2. Provide attendees with the initial and foundational education needed to begin training others using CrossFit.

For trainers-to-be the purpose of the Course is not to provide an exhaustive CrossFit education, but rather to provide an initial credential and foundation through which to gain expertise safely and effectively with practice and experience. The CrossFit Level 1 Certificate is one of the requirements for becoming a CrossFit affiliate. However, earning the L1 Certificate should not be considered the end of an education to be a trainer, but rather the beginning.

### 1.5 LEARNING OUTCOMES

After completing this course and successfully passing the Level 1 Certificate test, participants will be able to:

- Define the core concepts of the CrossFit program.
- Identify the primary points of performance of foundational and additional movements.
- Identify violations of sound movement.
- Apply appropriate corrections toward improved movement.
- Apply the CrossFit program safely and effectively.

### 1.6 ACCREDITATION

In 2010, the Level 1 Certificate Course became an accredited certificate program under the [American National Standards Institute](#) (ANSI). Accreditation means that ANSI ensures the course meets its stated goals, and CrossFit is subject to annual program audits for this purpose. CrossFit chose ANSI because it has a reputation as a leader and demonstrates rigor in accrediting programs.

### 1.7 LEVEL 1 CERTIFICATE TEST

The CrossFit Training Department and Advisory Panel are responsible for the development and oversight of the test and policies that govern eligibility and administration of the test. Additionally, an external third-party testing agency is consulted for psychometric expertise.

The test is based on the core concepts, methodology and foundational movements of CrossFit and measures participants' understanding of these areas. All test content comes directly from the information presented at the CrossFit Level 1 Certificate Course and the CrossFit Level 1 Training Guide.

Test forms are beta-tested multiple times to ensure they are accurate representations of the course material, are statistically valid, and that they demonstrate an appropriate level of difficulty.

CrossFit administers paper tests for the Level 1 Certificate Course. Tests are scored electronically using a secure internal web-based scoring interface system.

The test contains 55 multiple-choice questions, including five unscored questions that are not included in participants' scores ([section 1.8](#)).

Participants testing in English are given 60 minutes to complete the test. Participants testing in a non-English language receive 75 minutes to complete the test. No notes or study materials are permitted to be used during the test.

Participants must correctly answer 34 of the 50 scored questions to pass. The minimum passing score is set relative to the minimum knowledge that new CrossFit trainers should be able to demonstrate. These minimum requirements are determined through psychometric analysis and approved by the CrossFit Level 1 Advisory Panel.

**Participants may opt out of taking the test.** Those who choose not to take the test will be awarded a Certificate of Attendance. A Certificate of Attendance does not afford the designation and rights of a CrossFit Level 1 Trainer (CF-L1) and thus is not sufficient for training others using CrossFit methods or applying for affiliation with CrossFit.

### 1.8 NON-SCORED TEST QUESTIONS

The CF-L1 test contains five unscored questions that are being “pretested” or evaluated for future use. These questions are not scored and they do not affect an individual’s pass/fail status. The unscored questions are scattered throughout the test so participants will answer them with the same effort that they give to the actual scored questions.

To ensure the CF-L1 test reflects current information, new questions must be continuously introduced and evaluated. Pretesting is an accepted practice that creates a statistically sound standardized test and allows participants to receive scores that are based only on questions that had previously been pretested.

### 1.9 INSTRUCTOR QUALIFICATIONS

All CrossFit Level 1 Course Instructors have, at a minimum, passed the Level 1 test, hold a current Level 2 Trainer Certificate and have worked at or owned a licensed CrossFit Affiliate for at least one year. Each has been screened and developed, and each has demonstrated his or her competency through rigorous peer review and CrossFit staff training. Positions on staff are competitive, and this training, professional development, and evaluation are ongoing throughout each instructor’s time on staff. Many of our trainers have extensive personal qualifications and backgrounds in strength and conditioning, college-level sports, and the professional health and fitness industry. Additionally, there are doctors, lawyers, executives, teachers, military, and law enforcement professionals, and many other arrays of experience and talent among the CrossFit Instructor staff. For qualifications of a specific CF-L1 Instructor, please contact the instructor directly.

### 1.10 PROGRAM UPDATES

Any changes to the Level 1 Trainer Certificate Program’s purpose, scope, requisites, and intended learning objectives, as well as any changes to the registration process and any and all other changes that may affect participants, will be kept up to date within this Participant Handbook. The most current version will always be available [here](#).

## 2 ELIGIBILITY REQUIREMENTS

### 2.1 ELIGIBILITY

Participants are eligible for the CrossFit Level 1 Trainer Certificate if they:

- are at least 17 years old at the time of testing,
- have no outstanding balances for prior CrossFit Certificate or Specialty Courses,
- have no pending legal cases with CrossFit, Inc.,
- have no known documented violations of the Code of Conduct, and
- have no known documented violations of the [CrossFit Level 1 Trainer License Agreement](#) .

#### 2.1.1 AGE

If a participant attends while under the age of 17, he or she will not be permitted to take the test at that time and will receive a Certificate of Attendance. To complete the requirements for a Level 1 Trainer Certificate, participants must pass the test after reaching the age of 17. Their original registration will grant them one free test attempt if that attempt occurs within one year from the date of their course attendance. If they do not reach the age of 17, or if they are unable to pass the test within one year from the date of their course attendance, they will have to reattend the full course (and pass the test) at a rate of \$500 to earn the Trainer Certificate.

If the individual does not retake and pass the test within five years from the initial course attendance, the rate to re-attend is \$1,000 (\$1,200 if registered within 14 days of the course date).

Individuals under the age of 14 are not permitted to attend the course.

### 2.2 CODE OF CONDUCT

The following are acts that CrossFit considers unacceptable. Any current CrossFit Level 1 Trainer or candidate for the CF-L1 credential found engaging in them will be removed from the public [Trainer Directory](#) and prohibited from revalidating their Level 1 and/or obtaining additional credentials with CrossFit.

Prohibited behavior includes:

- Breaching confidentiality agreements, such as the Confidentiality Agreement signed during the registration process for the Level 1 Certificate Course and Test,
- sharing discount codes, including those for course registrations,
- selling scholarship spots, such as those allotted to a host for CrossFit seminars,
- wrongful use of the CrossFit name, such as marketing CrossFit services without affiliation, and/or
- false representation of CrossFit Trainer credentials, including altering or forging Trainer Certificates.

### 2.3 STATEMENT OF NON-DISCRIMINATION

CrossFit endorses the principles of equal opportunity. Eligibility criteria for test and qualification as a CrossFit Level 1 Trainer are applied equally to all participants regardless of age, race, religion, gender, national origin, veteran status, sexual preference or orientation, or disability.

### 2.4 CERTIFICATE REQUISITES

CrossFit Level 1 Trainer Certificate issuance is based upon the fulfillment of the following certificate requisites:

- Attendance for the entire two-day course from approximately 9 a.m.–5 p.m. both days, including:
  - 100% exposure to all lectures,
  - 100% participation in all practical sessions,
  - 100% participation in all workouts,
  - passing the Level 1 test in person,
  - signing the [Level 1 Trainer License Agreement](#),
  - agreeing to the policies in the [Level 1 Participant Handbook](#),
  - agreeing to the Waiver & Release of Liability,
  - agreeing to the Confidentiality Agreement, and
  - paying all course/test fees in full.

**Only by fulfilling all of the above stated requisites will a participant be awarded a CF-L1 Trainer Certificate.** Participation is defined as actively participating in all group activities and movements, exercises, and workouts. Attendance is defined as being present from start to finish each day of the course. If a participant misses or does not participate in any part of the course, he or she will not be allowed to test until those certificate requisites are met. The participant is required to attend those select parts of the course at a seminar within six months of original attendance and then take the test. There is not an additional charge to attend the missed parts at a separate seminar.

**Participation in all workouts is required to receive a Level 1 Trainer Certificate.** All workouts can and will be scaled appropriately to meet the needs and current fitness levels for all participants. Please see the lead instructor at the beginning of Day 1 in order to arrange for appropriate scaling and accommodations.

Due to the introductory nature of the course, participants may choose to opt out of taking the test. If a participant opts out of or fails the test, a Certificate of Attendance will be issued. Certificates of Attendance do not afford the CF-L1 Trainer designation.

Participants are expected to be respectful of the learning environment, CrossFit staff, and each other. CrossFit's lead instructors reserve the right to dismiss any individual who is disrespectful to others and/or disruptive to the course in any way.

### 3 REGISTRATION PROCESS

#### 3.1 REGISTRATION AND FEES

All participants are required to register for the CrossFit Level 1 Certificate program at [Training.CrossFit.com](https://Training.CrossFit.com) under the link for the specific event. For legal and licensing reasons, each participant must complete his or her own registration.

The link will take the participant to a third-party registration system for registration and fee collection. Each participant must log in with their CrossFit ID profile. If they do not have a current CrossFit ID profile, they will be prompted to create one using their legal name and personal email address.

During the registration process, participants are required to provide their contact information and agree to the policies outlined in this Level 1 Participant Handbook, Confidentiality Agreement, and Waiver & Release of Liability. Each participant under the age of 18 must present a waiver completed and signed by his or her parent or legal guardian at check-in on Day 1 for their course. The waiver can be found in Section 8.3 of this handbook. **Participants under the age of 18 may not participate in the course without presenting this signed document to on-site course instructors prior to the start of the course.**

After agreeing to the policies, participants will be permitted to complete the registration process and submit payment for the course. Fees (in USD) are as follows:

- Level 1 Course: US\$1,000 (this includes the course and first test attempt)
- Level 1 Revalidation: \$500 (prior to expiration)
- Level 1 Revalidation: \$1,000 (after expiration)
- Test-Only Retest: \$150

A minimum deposit of 50% of the course fees is required at the time of registration. Remaining fees will automatically be billed two (2) weeks prior to the course date.

A 20% fee will be added if the participant registers 14 days or less prior to the course date.

Due to the large quantity of courses scheduled, CrossFit does not accommodate refunds or transfers.

Email [seminars@crossfit.com](mailto:seminars@crossfit.com) for discounts for active duty or retired military personnel (upon 20 years of service or permanent medical retirement), first responders, and full-time school teachers. Discounts are available only to first-time attendees and cannot be applied toward retaking a test or re-attending a seminar.

After completing registration, CrossFit will send participants a confirmation email. The confirmation email also contains the link to the most up-to-date [Level 1 CrossFit Training Guide](#) (study material for the test).

Participants must bring a printed version of their confirmation email, a government-issued photo ID, and a No. 2 pencil with an eraser to their course.

#### 3.2 IDENTITY AND TEST SECURITY

Individuals taking the CF-L1 Certificate test shall acknowledge that they understand the following through their registration:

Individuals verify that they have read and agree to all policies and procedures in this Level 1 Participant Handbook. These include but are not limited to:

- security policies,
- invalidation policy for falsification of identity,
- certificate requisites,
- eligibility requirements,
- test-site rules,

- participant confidentiality,
- certificate designation and use,
- registration process,
- special test accommodations policy (including language accommodations),
- test handling policy,
- test administration conditions, and
- the appeals process and policy.

The examinations and the questions contained therein are the exclusive property of CrossFit and are protected by federal copyright law. No part of the examination(s) may be copied or reproduced in part or whole by any means whatsoever, including memorization.

### 3.3 LANGUAGE

The default language for the Level 1 Course is English. In some countries, a translator is provided. For translated courses, lectures and small-group practicals are translated in real time. Courses with a translator are specified in the “Language” section from the seminar registration link on CrossFit.com.

Unless indicated in the “Language” section on the course registration page, no translator will be provided, and the course will be in English only. **For bilingual participants taking an English-only course, we highly recommend taking the test in English because there will be no translation of the material presented during the course.**

Participants who wish to bring a translator to a course must contact [testing@crossfit.com](mailto:testing@crossfit.com) at least two weeks prior to the course date for approval. There may be an additional fee for the translator’s attendance.

Participants may request to use a foreign-language dictionary or receive more time on the test if English is not their primary language. Permission for any language accommodations must occur ahead of time by emailing [testing@crossfit.com](mailto:testing@crossfit.com) at least two weeks prior to the course date.

Upon registration for the course or retest, participants are prompted to select their preferred test language. For participants requesting to take the test in a language other than English, the request must be made at least two weeks prior to the course or retest.

If the Level 1 Test or Level 1 Training Guide is not available in a participant’s preferred primary language and the participant is not confident in his or her English comprehension, we strongly urge the participant to consider attending at a later date when his or her primary language is available. If the participant’s preferred test language is not available and he or she still decides to test and fails, the test result will be final, and the participant will be subject to all re-test policies in Section [3.4](#) of this handbook.

#### 3.3.1 AVAILABLE LANGUAGES

Currently, the written test is offered in the following languages:

- Arabic
- Chinese (Simplified)
- English
- French
- German
- Italian
- Japanese
- Korean
- Polish
- Portuguese (Brazilian)
- Russian
- Spanish (Castilian)
- Spanish (Latin American)



The CrossFit Level 1 Training Guide (study material) is available in the following languages:

- Arabic
- Chinese (Simplified)
- English
- French
- German
- Italian
- Japanese
- Korean
- Polish
- Portuguese (Brazilian)
- Russian
- Spanish (Castilian)
- Spanish (Latin American)

The most up-to-date versions of the Level 1 Training Guide in each language can always be found [here](#). **The English version should be considered the most current and complete information for the course.** CrossFit is continually in the process of updating existing versions and adding new languages.

### 3.4 RETESTING: PARTICIPANT FAILS

Participants have one year from the date of their Level 1 Course attendance to pass the test. In the event that a participant fails the CF-L1 test, he or she will have three opportunities to retake the test via the test-only option. Each retest costs \$150, and a mandatory waiting period of 30 days between attempts is required.

After three failed retests OR failure to pass the test within one year from the date of their course attendance—whichever comes first—participants must reattend the full two-day Level 1 Certificate Course. The fee for reattendance is \$500, within 5 years of the original course attendance date, or \$1,000 thereafter (\$1,200 if registered within 14 days of the course date).

### 3.5 TEST ONLY: PARTICIPANT OPTS OUT

Participants have one year from the date of their Level 1 Course attendance to pass the test. In the event that a participant opts out of taking the CF-L1 test at the time of course attendance, he or she will have four opportunities to take the test. There is no cost for the first test attempt after the course. If the participant fails the first test attempt, each retest costs \$150, and a mandatory waiting period of 30 days between attempts is required. After three failed retests OR failure to pass the test within one year from the date of their course attendance—whichever comes first—participants must reattend the full two-day Level 1 Certificate Course. The fee for reattendance is \$500, within five years of the original course attendance date, or \$1,000 thereafter (\$1,200 if registered within 14 days of the course date).

### 3.6 REVALIDATION: PARTICIPANT PASSES

In the event that a participant passes the CrossFit Level 1 Certificate Test, the participant's Level 1 Trainer Certificate is valid for five years from the date of issue. Prior to the certificate's expiration, CF-L1 Trainers must revalidate their credential by meeting the eligibility requirements and certificate requisites which include reattending the full two-day course and passing the test. The fees for revalidating a Level 1 Trainer Certificate are \$500 if revalidation occurs before the certificate expiration date, or \$1,000 thereafter if the CF-L1 is expired (\$1,200 if registered within 14 days of the course date).

Certificate expiration reminders will be sent via email to the current email address on file. Reminders are sent beginning one year prior to the certificate expiration date. Trainers are responsible for ensuring their contact information is current. Requests for updates can be submitted via the [information update request form](#) on the public [Trainer Directory](#) page.

To remain a current CrossFit Trainer, individuals may instead choose to progress to a higher level credential by earning the [CrossFit Level 2 Trainer Certificate](#) or the [CrossFit Level 3 Trainer Certification](#), which nullifies the Level 1 revalidation requirement.

A current (unexpired) Level 1 Trainer Certificate is required for attendance at the Level 2 Certificate Course. If a trainer attempts to earn a higher CrossFit credential but is unsuccessful before his or her CF-L1 expiration date, he or she is subject to the \$1,000 revalidation fee (\$1,200 if registered within 14 days of the course date).

### 3.7 PARTICIPANT CANCELLATION, TEST OR FEE REFUND, OR FAILURE TO APPEAR

CrossFit does not accommodate requests for refunds for courses or tests. Under extreme circumstances cancellations by the

registered participant may be accepted and a transfer or course credit accommodated. When approved, credits are good for six months and are nontransferable.

Registrants who do not attend the course or sit for the test forfeit all fees. If a registrant has missed the course or test due to emergency or hardship, he or she may contact [seminars@crossfit.com](mailto:seminars@crossfit.com). Approvals for refunds and transfers will be made on a case-by-case basis.

### 3.8 COURSE CANCELLATION

In the case where CrossFit needs to cancel the course due to circumstances outside our control, we will refund all course fees.

**CrossFit is not responsible for any lost travel costs or other costs incurred outside of course registration.**

### 3.9 ACCOMMODATIONS

Reasonable accommodations for the course and/or test shall be provided to participants with a diagnosed physical or learning disability. Participants are required to submit a written explanation of their needs along with appropriate medical documentation. Requests should be sent to [testing@crossfit.com](mailto:testing@crossfit.com) at least two weeks prior to the date of the course. Required forms to apply for special course or test accommodations are included in the Forms section of this handbook (Section 8.2), under Accommodations Request (Section 4.3).

**Requests for accommodations must be submitted at least two weeks prior to the course. Last-minute requests cannot be guaranteed for approval.**

## 4 TAKING THE TEST

### 4.1 TEST ADMINISTRATION

CF-L1 tests are administered at all Level 1 Course locations throughout the world. For a list of Level 1 and test-only locations and availability, see [CrossFit.com](http://CrossFit.com).

### 4.2 TEST CONDITIONS

Due to the nature of CrossFit course locations, testing conditions and accommodations may be more austere and/or non-traditional than typically found in testing course locations. Not all course locations will have classrooms; however, CrossFit does require host facilities to have an adequate number of tables or clipboards for all participants taking the test. Participants concerned with environmental conditions affecting their results **must communicate this to the course lead instructor prior to the start of the test**. Our instructors will do all they can to accommodate participant needs and find comfortable arrangements for the test. **If needs or concerns are not communicated before the test begins, the ability to appeal based on test conditions will be forfeited.**

### 4.3 SPECIAL TESTING ACCOMMODATIONS

Reasonable accommodations for testing shall be provided at no cost to participants with a diagnosed physical or learning disability. Participants requiring accommodations must submit a written explanation of their needs to [testing@crossfit.com](mailto:testing@crossfit.com), along with appropriate medical documentation. CrossFit will not reimburse costs associated with obtaining this documentation.

All forms and requests should be scanned and submitted via email to [testing@crossfit.com](mailto:testing@crossfit.com), or faxed to +1 (202) 354-4889. Accommodation Request forms are available in the Forms section of this Handbook (Section 8.2). CrossFit may submit information regarding the stated disability and requested accommodation to its own expert advisers and reserves the right to provide only those reasonable accommodations as required by law.

**Requests for accommodations must be submitted at least two weeks prior to the course. Last-minute requests cannot be guaranteed for approval.**

#### 4.4 TEST ADMISSION PROCEDURES

Participants must be registered for a Level 1 Course using their legal name in order to sit for the test. **No retest/test-only participants will be accepted at the door unless they have registered online.**

Once registered to take the course, participants will be sent an email confirmation and receipt. The confirmation will contain the participant's name, the course location, the date of the course and test, and the participant's CrossFit ID (CFID). Participants must print and bring this confirmation to the course and test.

Organization of participants, distribution of test materials, and testing instructions will begin promptly at the posted start time. The total testing time is 60 minutes, not including time for instructions and materials collection.

For entry to the course, participants must present a government-issued photo ID (such as a valid driver's license or passport) along with their registration receipt. The name used for course registration must match the name on the government-issued photo ID (i.e., legal name). Course attendance is a prerequisite for on-site testing.

Participants who do not have a confirmation receipt or photo ID, or who miss part of the course will not be permitted to take the test and need to reschedule for a later date.

#### 4.5 TEST HANDLING

CrossFit will take all available precautions to ensure the appropriate and secure handling of completed tests. In the rare and extreme case in which the tests become lost or unreadable, participants will be required to undergo retesting but will not be charged a retest fee. Participants will be responsible for their own travel-associated expenses if travel is required for such a retest. **CrossFit is not responsible for any lost travel costs.**

#### 4.6 TEST IRREGULARITIES

Any problems, suspected instances of cheating, alleged inappropriate test administration, environmental testing conditions severe enough to cause disruption of the process, or other irregularities related to test administration should be addressed to the on-site instructors immediately. All such matters will be reported, investigated, and subject to further action based on policies and procedures adopted by CrossFit.

#### 4.7 TEST RULES

The following are the rules enforced at all test sites:

- All participants must have their registration receipt and proper government-issued photo ID to be admitted.
- Participants are admitted only to their assigned course and test.
- Participants arriving more than five minutes late for the test will not be admitted and will need to reschedule their test.
- No guests are permitted at the course or test.
- No unauthorized reference material, books, papers, or personal items (purses, phones, briefcases, coats, etc.) are allowed in the test area.
- No electronic devices are permitted during the test, including but not limited to cell phones, Blackberries, iPhones, signaling devices such as pagers and alarms, PDAs, and other hand-held computers.
- No copying, writing, photocopying, photographing, memorizing, or otherwise recording or transmitting of testing materials, including but not limited to test questions, answers, layout, or content, is allowed.
- No assisting or soliciting assistance from other participants or those responsible for the administration of the test.
- No test materials, documents, or memoranda of any sort are to be taken from the test site.

Participants may not communicate with other participants during the test. Proctors are authorized to maintain a secure and proper test administration environment, including relocation or expulsion of participants or guests.

Participants may not leave the testing room during the test, barring an emergency situation. In these extreme cases, as deemed by the Lead Instructor, participants may leave and will be escorted. Participants will not be allowed additional time to make up for time lost.

#### 4.8 VIOLATING TEST RULES

If a participant is caught violating testing rules, the participant will be dismissed from the test site and may be declared permanently ineligible for future CrossFit courses and tests. Test proctors are authorized to take immediate and appropriate measures against participants who are caught violating testing rules.

Receipt, possession, or transmission of CrossFit test materials, either before the test, on site, or in the future, including test questions in any form, is a breach of CrossFit policy and is strictly forbidden. CrossFit reserves the right to take whatever measures it deems necessary to protect the integrity of its tests. This could include, but would not necessarily be limited to, exclusion from a current course and test and future courses and tests, and suit for recovery of damages.

## 5 RESULTS PROCESS

### 5.1 RESULTS REPORTING

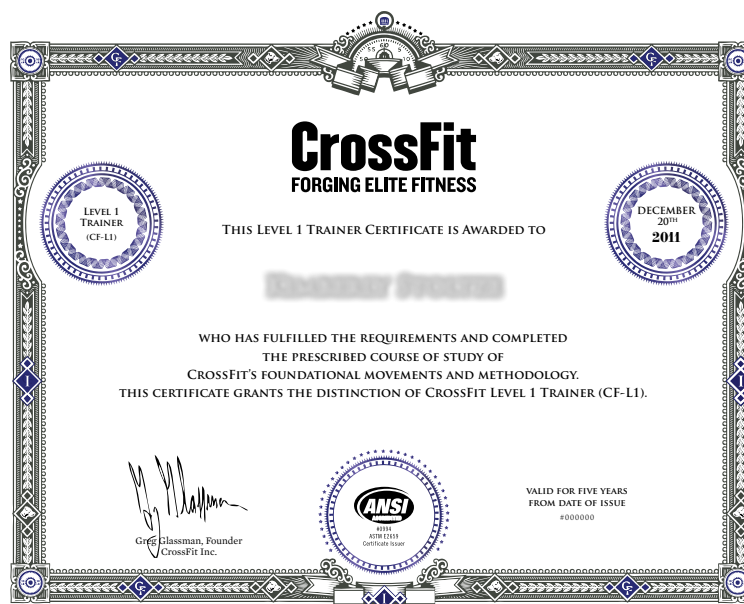
The CrossFit Certification and Training Department is solely responsible for the decision of issuing certificates.

Test results will be delivered to participants via email within five to seven days from the test date. Individuals will receive a result of pass or fail. No numerical score will be issued. Those who pass the test and meet all certificate requisites are required to sign the Level 1 [Trainer License Agreement](#) to receive their results, be a valid Level 1 trainer, and receive a Level 1 Trainer Certificate.

If an individual wants an additional copy of his or her certificate, or needs a replacement, requests can be sent to [certificates@crossfit.com](mailto:certificates@crossfit.com). There is a \$25 fee for each additional certificate.

### 5.2 PASSING

Participants who pass the Level 1 Certificate test and meet all eligibility requirements and certificate requisites will be awarded a CrossFit Level 1 Trainer Certificate, a sample of which is displayed below:



**DESIGNATION AND MEANING:**

The issuance of a CrossFit Level 1 Trainer Certificate confirms the participant has met all eligibility requirements and certificate requisites, including passing the test.

Attainment of the CrossFit Level 1 Trainer Certificate means individuals have demonstrated a basic understanding of the CrossFit fundamentals, both concepts and movements, presented in the CrossFit Level 1 Trainer Course. This can be a starting point to begin training others and continue successful development as a CrossFit Trainer. It affords the designation of CrossFit Level 1 Trainer (CF-L1 Trainer), meets CrossFit's requirement for training others using CrossFit methods, and provides the opportunity to apply for affiliation with CrossFit.

All certificates are nontransferable.

**5.2.1 CERTIFICATES**

Trainer certificates will be individually mailed and can take up to four weeks to arrive for those living in the United States and eight to 12 weeks for those living outside the United States. Certificates of Attendance (those who do not meet the Eligibility Requirements, Certificate Requisites and/or opt out of the test) are sent electronically to the email used to register for the course in the same time frame.

CrossFit will do its best to get a Trainer Certificate to the participant via regular post. In cases where attempts via regular post are not successful, the individual may elect to have the certificate shipped via FedEx or DHL. **The individual will be responsible for these carrier costs.** Individuals may also elect to pay for FedEx or DHL before any attempts via regular post. Email [certificates@crossfit.com](mailto:certificates@crossfit.com) for more information.

**5.3 AUTHORIZED USE OF THE LEVEL 1 CERTIFICATE**

A participant who has been awarded the CrossFit Level 1 Trainer Certificate may list the qualification on stationery, websites, business cards, and other materials as follows:

Your name, CrossFit Level 1 Trainer (CF-L1 Trainer)

The CF-L1 designation **does not** allow for the use of the CrossFit name, slogans, art work, photos, or content from the CrossFit Journal or website in any other business or promotional manner.

Only affiliation grants the legal right to use the CrossFit name for business or promotional purposes.

Certificate holders may state they are a CrossFit Level 1 Trainer/CF-L1 Trainer but **shall not** state or imply that they are certified, registered, or licensed, nor shall they use any other titles or designations to signify the attainment of the certificate other than those identified in this Level 1 Participant Handbook.

**5.4 CERTIFICATE EXPIRATION**

CrossFit's information and methods continually evolve and improve with time. To ensure that individuals using CrossFit's training methods are current in their understanding of CrossFit's methodology and movement information, **CrossFit's Level 1 Trainer Certificate expires five years from the date of issue.**

At the end of that period, a trainer must revalidate the Level 1 Certificate by reattending the full two-day course and passing the test in order to regain his or her credential and continue use of the CF-L1 Trainer designation.

To remain a current CrossFit Trainer, individuals instead may choose to progress to a higher-level credential by earning the [CrossFit Level 2 Trainer Certificate](#) or the [CrossFit Level 3 Trainer Certification](#), which will nullify the Level 1 revalidation requirement.

**5.5 REQUEST FOR A DUPLICATE CERTIFICATE:**

Participants may request additional copies of their current certificate at any time. Requests must be sent via email to [certificates@crossfit.com](mailto:certificates@crossfit.com). Please allow up to four weeks within the United States or eight to 12 weeks for those living outside of the United States for the Trainer certificates to arrive. There is a \$25.00 fee for all duplicate certificates. Duplicates and replacements for expired Level 1 Trainer Certificates will not be issued.

CrossFit will do its best to get a Trainer Certificate to the participant via regular post. In cases where attempts via regular post are not successful, the individual may elect to have the certificate shipped via FedEx or DHL. **The individual will be responsible for these carrier costs.** Individuals may also elect to pay for FedEx or DHL before any attempts via regular post. Email [certificates@crossfit.com](mailto:certificates@crossfit.com) for more information.

## 5.6 INVALIDATION OF A CERTIFICATE

A certificate issued can be invalidated only under the condition that the certificate holder is found not to have fulfilled the program's requirements, including but not limited to attempting to attain the certificate through an unfair advantage or falsification or forgery of personal information.

If such information is found to suggest a participant was granted a certificate under false identity, it will be investigated and documented by the Appeals Board.

## 5.7 FAILING

Participants who fail the test will receive a Certificate of Attendance. A Certificate of Attendance simply documents attendance at a Level 1 Trainer Course and does not allow use of the CF-L1 Trainer designation.

Participants who fail the test will be notified via a diagnostic email within five to seven days from the test date. The diagnostic email will contain a graphic outline of performance in each of the main subject areas of the test. A sample diagnostic report is displayed below:

### CrossFit Level 1 Trainer Course Certificate

#### Test Results

**Administered on:** 02/23/2013

#### Test Form A1

**Name:** Joe Smith joesmith@email.com

**ID:** 35016652

**Result:** Fail

***A numerical score is not released, and we are unable to provide a list of questions answered incorrectly.***

#### Subject Area Analysis:

Subject Area	Your Score
What is CrossFit?	60%
What is Fitness?	60%
The Moves	50%
Technique	50%
Nutrition	40%
Programming & Legal	77%

Each of the subject areas is weighted differently, as indicated in the test blueprint in Section 7.3 of this handbook. **This means participants will not be able to average scores on the subject areas in an attempt to determine a specific score.**

Subject-area analysis is provided solely for the purposes of preparing for the next test.

Due to issues of test item security, CrossFit, its instructors and other representatives will not provide information on the exact questions that were answered incorrectly. If participants are having difficulty passing the test, we recommend reattending the course (\$500 including the full course and retest), or studying and working with a current CrossFit Trainer who has passed the test.

### 5.8 REQUESTS FOR MANUAL REVIEW

Should a participant feel there was an error in the scoring of their test, a manual review of the participant's scorecard by a member of Testing staff can be requested. Requests must be made no later than 21 days after the release of test results. Requests should be sent via email to [testing@crossfit.com](mailto:testing@crossfit.com). The fee for a manual review is \$25 .

On receipt of a written request and payment of the \$25 fee, the participant's answer sheet will be inspected and manually reviewed and scored by CrossFit's Testing staff. This process ensures that no stray pencil marks, multiple responses, or other conditions interfered with computer scoring. The manual review request is not an avenue to receive details on questions that were answered incorrectly, and at no time does CrossFit release test materials to the individual tester for review. The results and outcome of the manual review and scoring will be final.

### 5.9 APPEALS POLICY

An appeal is a formal request to CrossFit for special consideration for accommodation after the test has been scored. **It is not an avenue to petition for a CrossFit Level 1 Trainer Certificate using other credentials or personal achievements; it is a case based on perceived technical flaws of the test, test process, or supporting material.** Participants must provide a sound and logical rationale regarding the need for special consideration and must use the specified format (below) to have their appeal accepted for consideration and begin the process.

#### SUBMISSION OF AN APPEAL

An appeal must be lodged no later than 21 days after the release of test results. Letters of appeals shall be submitted via email to [testing@crossfit.com](mailto:testing@crossfit.com) or faxed to (202) 354-4889 within 21 days of the test with the word "Appeal" in the subject line of the email.

The Appeals Application is included in the Forms section of this handbook (Section 8.1). Appeals will not be accepted in any other format. Appeals shall include:

- Name of appellant
- Email address of appellant
- Telephone contact number(s) of appellant
- Test taken
- Test location
- Test date
- Reason for appeal. Include as much information as possible and a reasonable rationale for the appeal.
- Outcome desired

All relevant supportive documentation must be included or referenced in the appeal submission. The appeals process is detailed below.

#### APPEALS PROCESS

##### Initial Review:

The Training Department staff shall review appeals within seven business days of receipt, and a response will be sent to the appellant via email.

**Initial Response:**

The response will be one of the following:

- "Appeal Approved/Denied by Department Staff," along with an explanation for the decision. The denial will include information on appellant's further recourse if appellant wishes to pursue the appeal.
- "Appeal Forwarded to the Appeals Board," with information for the appellant about how he/she will be contacted to present the appeal.
- "Appeal Delayed" to allow time to gather further information. Within 30 days appellant will be sent either an "Appeal Denied," "Appeal Approved," or "Appeal Forwarded" notification.

**Appeals Board Composition:**

The Appeals Board shall consist of:

- CrossFit Legal Counsel (1)
- Level 1 Certificate Holders (2)
- An appointed (by the Training Director) member of the Advisory Panel (1)

**Final Response:**

Upon receipt of the appeal, the Testing Manager shall ask the Appeals Board to evaluate the appeal. The individuals who review the appeal must be impartial and have no conflict of interest with the appeal. Where conflict of interest exists, it will be disclosed, and the Appeals Board member will recuse him/herself from the case. The Training Director will then ask the Advisory Panel Chair to appoint a neutral member of the Advisory Panel to the appeal review.

The Appeals Board shall meet by teleconference within 30 days of receipt of the appeal. All determinations (Denied or Approved) regarding appeals shall be made by simple majority vote of the Appeals Board.

Written notice of the Appeals Board determination shall be provided to the appellant within 10 business days of the determination. The Appeals Board determination shall be final.

**5.10 COMPLAINTS**

Complaints are defined as any written communication submitted to any @crossfit.com email alias in which a customer/participant explicitly expresses dissatisfaction regarding any area of service related to the Level 1 Certificate Program but is not expecting a formal outcome. **Complaints are determined as such in that they are unsolicited (i.e., not a reply to a course feedback form, test result).**

Complaints will be handled primarily by the Training Department staff in an unbiased and timely manner. To ensure an unbiased response, if department staff members receive complaints directly related to themselves or their work functions, they will defer to another staff member in communications (depending on the circumstances). The timeliness and manner of response are monitored daily and assured by Training Department staff.

**5.11 PARTICIPANT FEEDBACK**

After the course, all participants will receive an email from CrossFit's Training Department soliciting feedback on all aspects of the course. Additionally, participants can contact [coursefeedback@crossfit.com](mailto:coursefeedback@crossfit.com) at any time with course or test feedback.

**6 PARTICIPANT PRIVACY AND STATUS VERIFICATION****6.1 PARTICIPANT PRIVACY**

CrossFit shall safeguard the privacy of individuals, where applicable, and shall hold in confidence and in a secure manner the information obtained in the course of Certificate Program activities at all levels of the organization, including the activities of all personnel (paid, subcontracted, or volunteer) acting on its behalf. Except as required by CrossFit's internal policies and procedures,



information about a particular individual is considered confidential information and shall not be disclosed to a third party by CrossFit personnel (paid, volunteer, or subcontractor) without prior written consent of the individual. Where the law requires information to be disclosed to a third party, the individual shall be notified beforehand of the information provided.

To aid in trainer verification (Section 6.2), CrossFit maintains a [Trainer Directory](#) that lists all current CF-L1 Trainers. All individuals who earn the designation of CF-L1 Trainer (i.e., take the course and pass the test) are listed in this database. The database is publicly accessible and lists full name, city, state, and all CrossFit qualifications for those with a valid CF-L1 Trainer Certificate. Contact information is not listed. However, an option to contact listed trainers through CrossFit's messaging service is provided. By agreeing to the policies and procedures within this handbook, participants agree to be listed in this database. **If a CF-L1 trainer does not want to be listed, he or she needs to contact [testing@crossfit.com](mailto:testing@crossfit.com) and express this in writing or follow the instructions on the [Trainer Directory](#) homepage.**

Upon applying for CrossFit affiliation, a participant's certificate status and contact information may be shared with CrossFit Affiliate Department employees. Affiliate Department personnel shall handle the information securely and in confidence and only for the purpose of verification of eligibility for CrossFit affiliation.

CrossFit may develop and publish statistical data regarding the exams; however, the identities of individual participants will not be divulged.

## 6.2 CERTIFICATE VERIFICATION

CrossFit maintains a [Trainer Directory](#) that lists all current CF-L1 Trainers. All individuals who earn the designation CF-L1 Trainer by meeting all eligibility requirements and certificate requisites are listed in this database. The database is publicly accessible and lists full name, city, state, and all additional CrossFit qualifications for those with a valid CF-L1 Trainer Certificate or higher. Contact information is not listed. However, an option to contact listed trainers through CrossFit's messaging service is provided. By agreeing to the policies and procedures within this handbook, participants agree to be listed in this database. **If a CF-L1 trainer does not want to be listed, he or she needs to contact [testing@crossfit.com](mailto:testing@crossfit.com) and express this in writing.**

Third-party requests sent to [testing@crossfit.com](mailto:testing@crossfit.com) for verification of an individual's certificate status shall be responded to electronically. Only an indication of whether or not an individual holds a current Trainer Certificate shall be provided and, if so, the certificate term. We do not disclose scores or the status of unsuccessful candidates (i.e., we do not say participants have failed).

Participants/certificate holders may contact [testing@crossfit.com](mailto:testing@crossfit.com) at any time for verification of their own status, term of validity, to obtain a duplicate/replacement certificate, or to update his/her contact information. The Test Coordinator and/or Assistant Registrar will address all such inquiries.

## 7 PREPARING FOR THE TEST

### 7.1 LEARNING OBJECTIVES

This is a detailed content outline by lecture topic that specifies the learning objectives for each aspect of the course. After attending the course and reading the Level 1 Training Guide, a participant should know/be able to complete these objectives. An outline of the total time spent on each is presented in Section 7.2.

#### What is CrossFit?

- Define CrossFit
- Articulate the characteristics of functional movements:
  - Natural
  - Universal Motor Recruitment Patterns
  - Essential

- Safe
- Compound yet Irreducible
- Core to Extremity
- High-Power Producing
- Identify the most important characteristic of functional movements
- Define and calculate work
- Define and calculate power
- Understand how relative changes in force, distance and time change power output
- Describe intensity and how it is related to power
- Articulate the relationship between intensity and results
- Define variance
- Define general physical preparedness
- Explain the concept of “failing at the margins of your experience” and how it relates to variance in CrossFit
- Articulate the difference between specialization and CrossFit

#### **What is Fitness?**

- Articulate CrossFit’s definitions of fitness and health and explain their relationship
- Define the four supporting models of this definition: 1) 10 General Physical Skills; 2) The Hopper; 3) Metabolic Pathways; and 4) Sickness-Wellness-Fitness Continuum
- Identify how each model could be used to assess fitness and to determine the fittest individual
- Articulate what each model illustrates in relation to CrossFit’s definition of fitness
- Identify and define the 10 General Physical Skills
- Differentiate training from practice and explain the adaptations developed under both
- Identify and articulate the time domains of the three metabolic pathways
- Define and differentiate aerobic and anaerobic training and pathways
- Describe the Sickness-Wellness-Fitness Continuum
- Articulate how the Sickness-Wellness-Fitness Continuum model relates health to fitness
- Identify and interpret the power curve
- Define work capacity and how it is illustrated by the power curve
- Explain the goal of CrossFit in relation to the power curve
- Explain how CrossFit’s definitions of fitness and health differ from conventional definitions
- Explain the concepts of measurable, observable, and repeatable and how they lend themselves to CrossFit being an evidence-based fitness program

#### **Technique**

- Define technique
- Articulate how technique affects work accomplished and energy expended
- Explain the relationship of coordination, accuracy, agility, and balance to practice and technique
- Explain the relationship of technique to optimizing results
- Explain the relative demand on the neurological system as load increases

- Differentiate traditional definitions of strength from CrossFit’s definition of strength
- Define productive application of force
- Define threshold training and threshold speed
- Explain how to use threshold training as a tool for practicing and improving technique while maximizing speed
  - Articulate why this is inextricably bound to optimizing results
  - Know how to apply threshold training within a workout
- Articulate the factors included in the charter—mechanics, consistency, and intensity—and know how to apply them to a client
- Define and differentiate safety, efficiency, and efficacy in relation to evaluating a fitness program
- Describe how to optimize safety, efficiency, and efficacy in applying CrossFit to clients

### **Nutrition**

- Articulate the importance of diet for fitness and health
- Identify and give examples of the three macronutrients
- Describe the relationship between the macronutrients and hormones
- Describe the roles of hormones, like insulin and glucagon, for blood-sugar control
- Articulate the effects a highly refined and processed carbohydrate diet can have on health
- Define hyperinsulinemia
- Articulate the dangers of chronically elevated insulin levels.
- Identify the recommended diet for avoiding sickness
- Identify the CrossFit recommendation for optimizing performance
- Understand how to follow the Zone diet (e.g., determining a block prescription, the amount of macronutrients in a block, how to create a meal, the caloric breakdown of macronutrients, when to change the prescription)
- Articulate the benefits of eating high-quality foods and a “Paleo” diet
- Articulate the benefits of weighing and measuring foods
- Articulate the primary benefit of fish oil supplementation

### **Glute-Ham Developer (GHD)**

- Define core strength and midline stabilization
- Identify the primary role of the abdominals
- Identify the primary muscles of the core
- Define and identify flexion and extension about a given joint
- Articulate the foundational GHD exercises used in CrossFit and how to perform them
- Describe a progression for introducing an athlete to the GHD
- Describe how to scale the foundational GHD exercises for any level of athlete
- Identify primary points of performance for the foundational GHD exercises
- Identify which musculature is used and how for the foundational GHD exercises
- Understand how the movements of the GHD are similar or dissimilar to the nine foundational movements
- Articulate the benefits of the GHD foundational exercises

### Programming

- Articulate the goal of CrossFit programming
- Define and give examples of the three major movement modalities
- Define and give examples of common workout formats (i.e., scheme and priority)
- Identify how to measure an increase in power in workouts
- Identify the scope of the movements used in CrossFit programming (i.e., functional movements)
- Identify the factors that can be varied, which are the most important factors, and how to apply variance to workouts
- Demonstrate an understanding of movement functions and redundancy
- Understand the goal of scaling and how to scale workouts for all populations
- Identify the purpose of rest days and how and when they should be programmed
- Identify how one assesses the effectiveness of a program

### Responsible Training & Legal

- Understand the [Trainer License Agreement](#) signed as part of the results process
- Understand the proper credential name and use earned from meeting the certificate requisites (Section [2.4](#))
- Define rhabdomyolysis and the common causes
- Recognize the most common symptoms of rhabdomyolysis
- Know when to refer an athlete for medical treatment
- Be aware of factors affecting athlete safety, such as equipment condition and arrangement, and know how to correctly spot athletes
- Understand which clients need to be cleared for exercise
- Understand CrossFit's hydration recommendations

### Foundational Movements

**Classroom Instruction:** 1) air squat/front squat/overhead squat, 2) shoulder press/push press/push jerk, and 3) deadlift/sumo deadlift high pull/medicine-ball clean

- Understand and articulate why CrossFit teaches these nine movements.
- Describe common movement themes of functional movements.
- Identify (verbally and visually) the primary points of performance for each movement and their violations.
- Articulate and demonstrate corrections for movement faults.

**Practical Instruction:** 1) air squat/front squat/overhead squat, 2) shoulder press/push press/push jerk, and 3) deadlift/sumo deadlift high pull/medicine-ball clean

- Practice the foundational movements.
- Receive hands-on coaching and individual prescription for improving performance in these movements.
- Receive exposure to the fundamentals of teaching, seeing and correcting these movements with other athletes.
- Articulate a progression (where applicable) used for teaching these movements and the rationale for each step in the progression.

### Additional Movements (e.g., snatch, muscle-up, kipping pull-up, thruster)

- Practice the additional movements.
- Receive hands-on coaching and individual prescription for improving performance in these movements.

- Receive exposure to the fundamentals of teaching, seeing and correcting these movements with other athletes.
- Identify (verbally and visually) the primary points of performance and their violation for each of the movements.
- Articulate a progression used for teaching these movements and the rationale for each step in the progression.
- Identify the benefits of learning these movements beyond the foundational nine movements.

**Workouts**

- Participate in the course workouts for the experience of being instructed, being corrected under intensity, and/or having a workout appropriately scaled for oneself.
- Learn the appropriate format of a class.
- Receive exposure to coaching others under intensity.
- Receive exposure to appropriate scaling modifications.

**Written Test**

- Demonstrate a fundamental understanding of CrossFit's movements and methodology via a 55-question, multiple choice written test.

**7.2 COURSE OUTLINE**

The CrossFit Level 1 Certificate Course is a two-day course comprised of four segments:

1. Methodology Lectures
2. Movement Lectures and Practicals
3. Workouts
4. Trainer Assessment

Details regarding these components, and total time of each, are outlined below. The course is a two-day course (9 a.m.–5 p.m.) with **a total number of 14 content hours.**

## 1. METHODOLOGY LECTURES

COMPONENT	HOURS ALLOTTED (PERCENT OF COURSE)
Defining CrossFit <ul style="list-style-type: none"> <li>Introduces the program definition</li> <li>Explains the concepts of functionality, intensity (power), and variance</li> </ul>	0.8 (5%)
Defining Fitness <ul style="list-style-type: none"> <li>Introduces four models used in definition of fitness: 10 general physical skills, the “Hopper,” bioenergetic pathways, and lifestyle choices</li> <li>Explains work capacity and “power curve”</li> <li>Defines “health” in relation to “fitness”</li> </ul>	0.8 (5%)
Technique for Fitness <ul style="list-style-type: none"> <li>Defines technique</li> <li>Explains technique’s relationship to work capacity</li> <li>Discusses metrics to evaluate a fitness program</li> </ul>	0.6 (4%)
Nutrition for Wellness and Fitness <ul style="list-style-type: none"> <li>Explains how to eat for wellness and fitness/health</li> <li>Explains how to optimize performance with diet</li> </ul>	1.0 (7%)
Defining Midline Stabilization <ul style="list-style-type: none"> <li>Outlines the musculature of the core</li> <li>Defines “core strength” and how to develop it</li> </ul>	0.4 (3%)
Programming for Fitness <ul style="list-style-type: none"> <li>Defines terminology used in workouts</li> <li>Explains how to create effective single and sequential workouts</li> <li>Discusses how to scale workouts for all populations</li> <li>Identifies common programming pitfalls</li> </ul>	1.2 (8%)
<b>METHODOLOGY TOTAL</b>	<b>4.8 HOURS (33%)</b>

## 2. MOVEMENT LECTURES AND PRACTICALS

COMPONENT	HOURS ALLOTTED (PERCENT OF COURSE)
Foundational Movement Lectures <ul style="list-style-type: none"> <li>• Teaches the nine foundational movements with detailed explanation and demonstration of their mechanics</li> <li>• Discusses the movements in three lecture segments:                             <ul style="list-style-type: none"> <li>◦ Squat: air squat/front squat/overhead squat</li> <li>◦ Press: shoulder press/push press/push jerk</li> <li>◦ Deadlift: deadlift/sumo deadlift high pull/medicine-ball clean</li> </ul> </li> </ul>	1.7 (12%)
Foundational Movement Practicals <ul style="list-style-type: none"> <li>• Teaches participants how to execute the nine foundational movements in small groups with individual instruction</li> <li>• Allows for hands-on learning of the proper mechanics of movements taught in the lectures</li> <li>• Focuses on moving safely and efficiently</li> <li>• Teaches corrections for common faults</li> <li>• Demonstrates methods for instructing others in the movements</li> </ul>	2.8 (20%)
Additional Movements Instruction and Practicals <ul style="list-style-type: none"> <li>• Teaches participants four additional movements: kipping pull-up, thruster, snatch, and muscle-up</li> <li>• Demonstrates how to effectively warm up and prepare for a workout</li> <li>• Demonstrates methods for instructing others in the movements</li> <li>• Focuses on moving safely and efficiently</li> <li>• Allows for hands-on learning of the proper mechanics of each movement taught</li> </ul>	1.8 (13%)
<b>MOVEMENT TOTAL</b>	<b>6.3 HOURS (45%)</b>

### 3. WORKOUTS

COMPONENT	HOURS ALLOTTED (PERCENT OF COURSE)
<ul style="list-style-type: none"><li>• Administers two workouts (one each day)</li><li>• Puts concepts and movements into practice</li><li>• Validates fitness model</li><li>• Demonstrates how to structure a CrossFit class</li><li>• Demonstrates how to scale appropriately</li><li>• Fosters camaraderie and a competitive sporting environment</li><li>• Introduces participants to coaching others</li></ul>	1.5 (11%)
<b>WORKOUT TOTAL</b>	<b>1.5 HOURS (11%)</b>

### 4. TRAINER ASSESSMENT

COMPONENT	HOURS ALLOTTED (PERCENT OF COURSE)
<ul style="list-style-type: none"><li>• Administers Level 1 Certificate Course exam</li></ul>	1.5 (11%)
<b>ASSESSMENT TOTAL</b>	<b>1.5 HOURS (11%)</b>



### 7.3 LEVEL 1 TEST BLUEPRINT

Topic	Number of Items	Percent of Total
What is CrossFit?	5	10%
What is Fitness?	5	10%
The Moves	22	44%
Technique	4	8%
Nutrition	5	10%
Programming, Responsible Training, and Legal	9	18%
<b>Totals</b>	<b>50</b>	<b>100%</b>

In addition to 50 questions on the items specified above, each exam will include five unscored items covering two or more of the content domains.

### 7.4 STUDYING FOR THE TEST

- Attend the CrossFit Level 1 Trainer Course (required).
- Review the sample test questions (Section 7.5).
- Study the [CrossFit Level 1 Training Guide](#). Be sure to use this link, as it contains updates from all previous versions.
  - Use the pictures in the [Level 1 Training Guide](#) and/or self-study of human movement to critically analyze the anatomical positions and relationships found in functional movement. Be able to apply our concepts and methodology to coaching others.
- The content outline in Section 7.1 can also be used as a study tool for the CF-L1 test, where individuals can attempt to answer each objective as if it were posed as a question.
- **The Responsible Training article and summary of the Trainer License Agreement in the [Level 1 Training Guide](#) are covered in the test but are not specifically discussed at the course.**

The test is based on the CrossFit Level 1 material, which is comprised of BOTH the Level 1 Certificate Course and the [Level 1 Training Guide](#). Neither by itself is considered the entirety of the material from which the questions are derived.

### 7.5 TEST-TAKING STRATEGIES

We recommend that participants read each question carefully and be sure to pay attention to key phrases like 'best,' 'most important,' 'least,' etc. Try not to overanalyze the test questions; they are written to be as straightforward as possible. While more than one answer may contain correct CrossFit terminology or methodology, there is only one correct answer in relation to the question. We are looking for the most obvious answer. **There are no trick questions or hidden meanings.**

Some incorrect answers may be plausible answers according to other fitness-related sources, but the test of the Level 1 Certificate Course is specific to CrossFit. **The goal is to assess a participant's understanding of CrossFit methodology, terminology, and movements as presented at the Level 1 Course and in the Level 1 Training Guide.** The Level 1 test questions are not derived from or based on any other fitness source, related fields, or materials.

## 7.6 SAMPLE TEST QUESTIONS

These are items (i.e., test questions) similar to those that may appear on the Level 1 Course Certificate Test. These specific example items do not appear on the test.

The CrossFit prescription of “relative intensity” refers primarily to scaling workouts based on:

- a) The force and time of the workout.
- b) The nutrition of the athlete.
- c) The amount of recovery between workouts.
- d) The physical and psychological tolerances of the individual.

Preparing an athlete for the unforeseen, unknown, and unknowable aspects of life, sport, and combat is best accomplished through which of the following?

- a) Intensity
- b) Functional movements
- c) Power
- d) Variance

The element in the push jerk that differentiates it from other pressing variations is the

- a) flexion of the hips and knees in the receiving position.
- b) elbows slightly in front of the bar in the rack position.
- c) extension of the hips.
- d) width of the grip on the barbell.

The cue in the image shown below is BEST used to fix which fault:



- a) Lack of hip extension
- b) Pulling early with the arms
- c) Curling the ball
- d) Receiving with low elbows

## 8 FORMS

### 8.1 LEVEL 1 CERTIFICATE TEST APPEALS APPLICATION

Appeals will not be accepted in any format besides that shown here.

#### APPEALS APPLICATION

##### Appellant Information

Name of appellant: \_\_\_\_\_

Postal address of appellant: \_\_\_\_\_

Email address of appellant (required): \_\_\_\_\_

Telephone contact number(s) of appellant: \_\_\_\_\_

##### Test Information

Test taken: \_\_\_\_\_

Test location: \_\_\_\_\_

Test date: \_\_\_\_\_

Lead instructor's name: \_\_\_\_\_

##### Reason for Appeal

Include as much information possible: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Outcome Desired:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**8.2 ACCOMMODATIONS REQUEST FORMS**

Participants diagnosed with medical and/or learning needs that require special accommodations must complete the Special Testing Accommodations Request form and have an appropriate licensed health-care professional complete the Documentation of Disability-Related Needs by Qualified Provider form in order for their accommodations request to be processed. All documentation needs to be submitted at least two weeks in advance of the scheduled course date. Both forms appear on the following pages.

**SPECIAL TESTING ACCOMMODATIONS REQUEST**

**Participant Information**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip code: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Email Address: \_\_\_\_\_

**Special Testing Accommodations**

Test date and location (test center) for which you are requesting accommodation: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip code: \_\_\_\_\_

I would like to request the following testing accommodation(s):

Circle answers in test booklet

Extended testing time (75 minutes)

Large-print test (please provide point size): \_\_\_\_\_

Reader

Separate testing area

Special seating (please describe): \_\_\_\_\_

Wheelchair-accessible testing site

Other special accommodations (please specify): \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Participant signature: \_\_\_\_\_

**DOCUMENTATION OF DISABILITY-RELATED NEEDS BY QUALIFIED PROVIDER**

A licensed health-care provider or an educational or testing professional must complete this form. The nature of the disability, identification of the test(s) used to confirm the diagnosis, a description of past accommodations made for the disability, and the specific testing accommodations requested must be included.

**Professional Documentation:**

I have known \_\_\_\_\_ since \_\_\_\_\_  
(name of participant) (date)

in my capacity as a(n) \_\_\_\_\_  
(professional title)

The participant discussed with me the nature of the test being administered. It is my opinion that because of this participant's disability, described below, he/she should be accommodated with the special arrangements listed on the Special Testing Accommodation Request Form.

**Comments on Disability:**

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Signature: \_\_\_\_\_

Title: \_\_\_\_\_

Organization: \_\_\_\_\_

License # (if applicable): \_\_\_\_\_

Phone Number: \_\_\_\_\_

Date: \_\_\_\_\_

**Participant Instructions:**

Return this form with a copy of the Special Testing Accommodation Request Form to [testing@crossfit.com](mailto:testing@crossfit.com) or fax to (202) 354-4889. All documentation needs to be submitted at least two weeks in advance of the scheduled course date. Please write "Accommodations Request" in the subject line of the email or cover page of the fax.

### 8.3 WAIVER

*If you are under 18 years old, you must print and bring a copy signed by a legal guardian.*

## **ASSUMPTION OF RISK /WAIVER OF LIABILITY /PUBLICITY RELEASE (the “Agreement”)**

**YOU ARE WAIVING CERTAIN LEGAL RIGHTS AND ARE COMPLETELY RELEASING POTENTIAL CLAIMS.**

**PLEASE READ IT CAREFULLY.**

#### ASSUMPTION OF RISK /WAIVER OF LIABILITY

1. **Consideration for Waiving Liability.** In consideration for the opportunity to attend, participate in or volunteer at the CrossFit Level 1 Certificate Course, CrossFit Level 2 Certificate Course, any CrossFit Specialty Course, seminar, or other workout, fitness or exercise related competition or event, and any related activities, use of any equipment, any related competitions, tests, promotional events, training, seminars, workouts, exercise, entertainment, demonstrations, instruction, ceremonies and exhibitions (collectively, the “**CrossFit Event**”), whether manufactured, conducted, owned, leased, organized, operated, managed, supported, sanctioned or sponsored by or on behalf of CrossFit, Inc., and each of their respective officers, directors, agents, assistants, contractors, volunteers, staff, representatives, guests and employees, as well as coaches, instructors, judges, trainers, the owners, lessors, lessees or operators of any gym, CrossFit-licensed affiliate gym (commonly known as a CrossFit affiliate), CrossFit Event sponsors, exhibitors and vendors (collectively, the “**CrossFit Parties**”), or any other venue, location or equipment used in or with any part of a CrossFit Event (collectively, the “**Venue**” and together with the CrossFit Parties, the “**Released Parties**” and each a “**Released Party**”), with or without supervision and whether such activities take place at or near the Venue, traveling to or from the Venue or otherwise, and for other good and valuable consideration, the receipt and sufficiency of which are hereby acknowledged, by clicking the appropriate box and agreeing to this Agreement, I, for myself, my heirs, executors, next of kin, successors in interest, guardians, legal representatives, assigns and administrators, agree as follows:
  2. **Dangerous Activity.** I agree and acknowledge that the CrossFit Event may involve danger and risk, that the risk of injury from the CrossFit Event is significant, that the CrossFit Event can be unpredictable, including, but not limited to, the risk of property damage, serious personal injury, paralysis, rhabdomyolysis, musculoskeletal injuries, cardiovascular injuries, cardiovascular trauma, injury to my fetus (if pregnant), neurological impairment, heart attack, stroke and even death, falls which can result in serious injury or death, injury or death due to negligence on the part of myself or other people around me, and injury or death due to improper use or failure of equipment. I also understand that the use of alcohol and/or drugs may increase or exacerbate these risks and dangers. I understand and agree that neither my actions, nor the actions of any other person, can necessarily be controlled, and that my safety and health cannot be guaranteed while participating in or observing the CrossFit Event and related activities or visiting the Venue.
  3. **Representation as to Physical Condition.** I have consulted with a qualified physician about my desired participation in the CrossFit Event, and will adhere to the guidelines that my doctor recommends; I am physically able to participate in the CrossFit Event; I do not suffer from ANY health condition which may be aggravated by participating in the CrossFit Event, including, but not limited to, heart conditions or high blood pressure, back, neck or other skeletal, muscular, respiratory or circulatory problems.
  4. **Consent to Medical Treatment.** I consent to receive first aid, medical and/or surgical treatment, or any other services rendered to me in the event of an injury, accident, or illness I incur during my direct or indirect involvement with the CrossFit Event. I agree and acknowledge that the Released Parties are under no obligation to provide such medical treatment. I ACKNOWLEDGE THAT ANY INJURIES THAT I SUSTAIN MAY BE COMPOUNDED BY NEGLIGENT FIRST AID OR EMERGENCY RESPONSE OF THE RELEASED PARTIES OR OTHER INDIVIDUALS OR MEDICAL OR EMERGENCY PERSONNEL
  5. **Assumption of Risks.** Understanding, acknowledging and agreeing to all the risks and hazards involved with the CrossFit Event, I freely and voluntarily choose to participate in the CrossFit Event, travel to, enter and use the Venue, and I HEREBY

VOLUNTARILY AND EXPRESSLY AGREE TO ACCEPT AND ASSUME ALL RISK OF LOSS, DAMAGES, THEFT, INJURY OR DEATH THAT MAY OCCUR TO ME OR MY PROPERTY AS A RESULT OF OR INCIDENT TO MY PARTICIPATION IN THE CROSSFIT EVENT OR FROM ANY PRIZES THAT MAY BE AWARDED TO ME IN CONNECTION WITH THE CROSSFIT EVENT, INCLUDING THE RISK I MAY BE INJURED BY THE ACTIONS OR NEGLIGENCE OF THE RELEASED PARTIES, OTHER PARTICIPANTS OR THIRD PARTIES WHILE PARTICIPATING IN THE CROSSFIT EVENT OR VISITING, TRAVELING TO OR FROM OR USING OR VISITING THE VENUE. I understand and agree that by agreeing to this Agreement, I am assuming full responsibility for any and all risk of death, serious personal injury, temporary or permanent disability, or property loss and/or damage suffered by me or my property in connection with the CrossFit Event or while visiting, traveling to or using the Venue. I understand and agree that this Agreement will be binding on me, my spouse (or registered domestic partner), my guardians, the executors or administrators of my estate, my heirs, my personal representatives, my assigns, my successors in interest, my children, and any guardian ad litem for said children (collectively, the **"Releasors"**). I accept full and complete responsibility for the safety of myself, any guests, observers or other individuals who I have invited to the Venue, and property, and I assume the risk of damage, theft, loss or injury caused by others to me, my guests and property.

6. **Liability Release and Waiver of Claims.** On behalf of the Releasors and in consideration for being allowed to participate in the CrossFit Event and/or use of the Venue, I HEREBY WAIVE, RELEASE AND FOREVER DISCHARGE ANY AND ALL CLAIMS OR CAUSES OF ACTION, NOW KNOWN OR HEREAFTER KNOWN IN ANY JURISDICTION THROUGHOUT THE WORLD, AGAINST THE RELEASED PARTIES, INCLUDING, WITHOUT LIMITATION, ANY BODILY INJURY OR DISABILITY, ILLNESS OR DISEASE, ACCIDENT, DEATH, FINANCIAL LOSS, PROPERTY LOSS, DAMAGE, DESTRUCTION, DELAY, INCONVENIENCE OR OTHER HARM OF WHATEVER NATURE THAT MAY BE DIRECTLY OR INDIRECTLY RELATED TO, ARISING FROM OR SUSTAINED FROM PARTICIPATION IN THE CROSSFIT EVENT AND/OR TRAVEL TO OR FROM OR VISIT TO OR USE OF THE VENUE OR ACTIVITIES RELATED THERETO, NEGLIGENT FIRST AID OR EMERGENCY RESPONSE OF THE RELEASED PARTIES OR OTHER NEGLIGENT ACT OR OMISSION OR BREACH OF ANY EXPRESS OR IMPLIED WARRANTY OF ANY RELEASED PARTIES OR OTHERWISE, provided that nothing in this Section 6 shall be deemed to release any Released Party from liability arising from their own willful or intentional injury to me or my property. The claims released hereby include, but are not limited to, any claims I may now have or may hereafter acquire resulting from injury, death, or property damage sustained by me, or to any property that I may own or have rented, leased or borrowed or have in my possession.

I expressly waive the provisions and protections of Section 1542 of the California Civil Code and any similar law of any jurisdiction. I understand that Section 1542 provides as follows:

**A general release does not extend to claims which the creditor does not know or suspect to exist in his or her favor at the time of executing the release, which if known by him or her must have materially affected his or her settlement with the debtor.**

I expressly acknowledge and understand the significance, effects and consequence of a waiver of Section 1542 and hereby assume full responsibility for such a waiver.

7. **Unpredictability of Cause; Personal Responsibility.** I understand that injuries and harm may result from the CrossFit Event, including working with and around weightlifting, exercise and fitness equipment and apparatus, climbing ropes, walls, sports, music or entertainment equipment and machinery from a variety of causes, including the acts or omissions of other persons, weather, ice, snow, ocean or water conditions, ground and environmental conditions and other causes not necessarily predictable or within anyone's control. I agree and acknowledge that the Released Parties do not accept any responsibility for injury, illness, loss, or damages suffered by me and that obtaining insurance to cover these risks is my own responsibility. I assume all risk of personal injury, sickness, or death, and damage to or loss of my belongings and property, and any and all other delay, inconvenience, damage, loss or other expenses I may suffer as a result of or in connection with the CrossFit Event. I agree to be fully responsible for my actions. I assume responsibility for my safety and that of others, including injuries, property damage and harm, to the fullest extent possible and regardless of the acts or omissions of others.
8. **Personal Property.** I agree that I am responsible for the security and safety of my own property and any personal effects I use, bring to or leave at the Venue or otherwise related to the CrossFit Event, and that the Released Parties cannot guaranty the security or safety of my property. Should I leave any property at the Venue or otherwise in the custody of the Released Parties, I do so at my sole and absolute risk. None of the Released Parties shall have any liability to me or anyone else in the event of loss, damage, destruction or use, whether authorized or not, by any person or theft of any such property.

9. **Indemnification.** I AGREE TO INDEMNIFY, DEFEND AND HOLD HARMLESS THE RELEASED PARTIES, JOINTLY AND SEVERALLY, FROM AND AGAINST ANY AND ALL CLAIMS, ACTIONS, DEMANDS, RIGHTS, LOSSES, COSTS, DAMAGES, EXPENSES, SETTLEMENTS, JUDGMENTS, CAUSES OF ACTION AND LIABILITIES OF ANY KIND WHATSOEVER, WHETHER FORESEEN OR UNFORESEEN, INCLUDING ATTORNEYS' FEES, IN LAW OR IN EQUITY, ARISING OUT OF OR RESULTING FROM ANY CLAIM RELATED TO MY PARTICIPATION IN THE CROSSFIT EVENT, INCLUDING WITHOUT LIMITATION MY BREACH OF THIS AGREEMENT OR THE CROSSFIT EVENT RULES AND POLICIES, OR FROM ANY INDIVIDUAL I INVITE TO THE CROSSFIT EVENT OR VENUE OR ANY OTHER THIRD PARTY CLAIM RELATED TO THE CROSSFIT EVENT.
10. **Promise Not to Bring Suit.** I hereby agree and covenant not to, and shall cause the Releasors not to, bring a claim against, sue, demand compensation from or attach the property or assets of the Released Parties or any of them, for any loss or damage arising or resulting from my participation in the CrossFit Event or my travel to or from or presence at the Venue, and forever release and discharge the Released Parties or any of them from liability under such claims.
11. **Guests.** I assume all risk of damage or injury to any individuals that I invite as guests at the CrossFit Event or Venue, whether I am present or not, and hereby agree to fully indemnify the Released Parties against any claims for damages or injury suffered by my invited guests.

#### PUBLICITY RELEASE

12. **Nature and Scope of Publicity Release.** For good and valuable consideration, the receipt of which is hereby acknowledged, I (by affirmatively agreeing by clicking the appropriate box), hereby irrevocably grant to the CrossFit Parties, the irrevocable, perpetual and unrestricted (except as expressly set forth below) right and permission, but not the obligation, throughout the universe, with or without my knowledge, to use, re-use, permit the use of, distribute, reproduce, upload, download, edit, dub, copy, digitize, synchronize, create derivatives, in whole or in part, publish, and re-publish, display, perform, exhibit, transmit and/or broadcast or otherwise use my appearance, photograph, signature, likenesses, actions, pictures, name, nickname/sobriquet, team/affiliate name, age, voice, conversation, sounds, biographical and personal data (including, without limitation, hometown, age, gender, gym and workout and nutrition information), interviews (including, but not limited to a written transcript), sound recordings, spoken word, rendering, silhouette or other reproduction by drawing, data, audio, illustration, animation, graphics, tape, film, video and/or images of me or in which I may be included, in whole or in part, in combination with or in composite, or distorted in character or form, without restriction as to changes, modifications (including blurring, distortion, or composite), or alterations, and including pictures, images, video and audio uploaded or provided by me or my gym ("**Publicity Rights**"), in conjunction with my own or a fictitious name, voice, or reproductions thereof in color or otherwise, made through any medium at their studios or elsewhere, and in any and all media now or hereafter known, including, but not limited to, all formats of computer readable electronic magnetic, digital, laser or optical-based media, on websites, social media, trailers, DVDs, Blu-Ray discs, radio, print, and all forms of television (regardless of format and in any form distributed, including, but not limited to: standard and non-standard television, "over the top", and home video distribution), satellite, internet, online, streamed, downloaded, uploaded, and in film, video, photographs, tape or otherwise, in or in connection with the CrossFit Parties, the CrossFit Event, the CrossFit Parties' goods, products or services, CrossFit, Inc.'s affiliate gym program, or any related activities to any of the foregoing (whether online or offline), including, without limitation, any related videos, competitions, events, tests, promotional events, ceremonies, demonstrations, instruction and exhibitions and all activities related thereto, and the promotion and exploitation (in any form or media) thereof (all such medium in which the Publicity Rights are used shall be referred to as the "Pictures"), for illustration, promotion, marketing, sales, merchandising, art, editorial, advertising, trade, or any other commercial purpose whatsoever, including without limitation, publicity, promotional, media, marketing, promotion of third-party sponsors, and advertising materials for the CrossFit Parties, and their goods, products and services, courses and seminars, without royalty, payment or other compensation to me. For such use of the Publicity Rights and the Pictures, I understand and agree that I will not be entitled to any compensation or consideration beyond my participation in the CrossFit Event. I further agree that the CrossFit Parties may edit, alter, digitize, synchronize, reproduce or otherwise change the Pictures for any such purpose. I acknowledge that I shall have no ownership, authorship or moral rights in the Pictures or any part thereof.
13. **Publicity Waiver.** I hereby waive all rights and release, discharge and shall neither sue nor bring any proceeding (including, without limitation, seeking any form of injunctive relief) against the CrossFit Parties and agree to indemnify, defend, and



hold harmless the Released Parties from and against any and all claims, demands, actions or causes of action, liabilities, costs, dues, sanctions, fees, penalties or expenses (including reasonable attorneys' fees), of any kind, nature or description, which I or any of my successors or assigns may now, or at any time, have or claim to have, now known or unknown, arising out of or alleged to arise out of or related to any use of the Publicity Rights and/or the Pictures, including, without limitation, any blurring, distortion, alteration, modification, optical illusion, or use in composite or any other form of the Publicity Rights, whether intentional or otherwise, that may occur or be produced in connection with the Pictures, or in any subsequent processing, broadcasting, distribution, exhibition, display, dissemination or other exploitation or use thereof, including without limitation any claims of libel, defamation, public disclosure, invasion of privacy, misappropriation or infringement of my name or likeness or right to publicity, false light or any similar matter, or based upon or relating to the use and exploitation of the Publicity Rights and the Pictures. In no event shall I have any right to injunctive or other equitable relief against any of the Released Parties in connection with the Publicity Rights and/or Pictures.

14. **Copyrights.** The rights granted to the CrossFit Parties herein include, without limitation, all rights of every nature whatsoever in connection with use of the Pictures, including without limitation all copyrights (and any other intellectual property rights) therein and renewals and extensions thereof. I acknowledge and agree that all copyrights and rights of every other kind relating or pertaining to the Pictures described above are the sole property of CrossFit, Inc. and I have no claim to the copyrights in the Pictures. To the extent that any right, title and interest to the Pictures may not vest in CrossFit, Inc. I hereby irrevocably assign and transfer to CrossFit, Inc. all right, title, and interest therein, and agree to use my best efforts in cooperating with CrossFit, Inc. in effecting such assignment.
15. **Binding Effect; Artistic Rights.** This publicity release shall inure to the benefit of, and shall be binding upon, my respective successors, licensees, assigns, heirs and personal representatives. I agree and acknowledge that the CrossFit Parties will have complete artistic and creative freedom and discretion and that CrossFit, Inc. has the right, but not the obligation, to use, assign, license and sub-license the Pictures or any such related materials (in whole or in part) throughout the world, through any means or method of distribution whether now known or hereafter to become known, in perpetuity.
16. **No Assignment or Inspection Rights.** I agree that I may not assign my rights and obligations under this Agreement. I hereby waive any right that I may have to inspect or approve the Pictures or any other finished product or products and the copy, text, narration or other matter that may be used in connection with the Publicity Rights and/or Pictures or the use to which it may be applied. All determinations made by CrossFit, Inc. in this regard shall be final.
17. **California Law, Jurisdiction.** This Agreement shall be governed by and construed under the laws of the State of California, U.S.A., notwithstanding its conflict of law provisions. Any action or proceeding brought to enforce the terms of this Agreement or adjudicate any dispute arising out of this Agreement shall be exclusively brought in the County of San Diego, State of California. The parties will not raise in connection therewith, and hereby waive, any defenses based upon venue, the inconvenience of the forum, the lack of personal jurisdiction, the sufficiency of service of process or the like in any such action, suit or proceeding brought in the State of California. This Agreement fully, completely, and exclusively sets forth my agreement with the Released Parties on the matters set forth herein and may only be amended in a writing executed by both the Released Parties and myself.

I UNDERSTAND THAT THE TERMS OF THIS ASSUMPTION OF RISK /WAIVER OF LIABILITY /PUBLICITY RELEASE MEAN THAT I AM WAIVING CERTAIN IMPORTANT RIGHTS THAT I MIGHT OTHERWISE HAVE UNDER CALIFORNIA LAW.

18. **Severability.** In the event that any provision of this Agreement (or portion thereof) is determined by a court of competent jurisdiction to be invalid or otherwise unenforceable, such provision (or part thereof) shall be enforced or, if incapable of such enforcement, shall be deemed to be deleted from this Agreement, while the remainder of this Agreement shall continue in full force and remain in effect according to its stated terms and conditions.
19. (a) I UNDERSTAND AND ACKNOWLEDGE THAT BY AGREEING TO THIS AGREEMENT, I AM GIVING UP CERTAIN LEGAL RIGHTS, INCLUDING PUBLICITY RIGHTS, THE RIGHT TO RECOVER DAMAGES IN CASE OF INJURY, DEATH OR PROPERTY LOSS OR DAMAGE. I UNDERSTAND THAT THIS DOCUMENT IS A PROMISE NOT TO SUE AND A RELEASE OF AND INDEMNIFICATION FOR ALL CLAIMS.  
  
(b) I HAVE READ THIS ENTIRE AGREEMENT CAREFULLY, AND FULLY UNDERSTAND ALL OF ITS TERMS AND CONDITIONS. I AM PROVIDING MY ACKNOWLEDGMENT AND AGREEMENT THAT I HAVE HAD AN OPPORTUNITY TO CAREFULLY

READ THE ENTIRE AGREEMENT AND TO HAVE ANY QUESTIONS ANSWERED TO MY SATISFACTION.

I hereby represent, warrant and covenant to the Released Parties that each of the following is true and accurate:

- I am at least 18 years of age and I have the right to contract in my own name or if I am under 18 my Parent or Guardian may contract on my behalf.
- I have read the above statements, understand the words and language in this Agreement and agree to them.
- I have read, understand, and agree to abide by the CrossFit Event Rules and Policies.
- I am aware of and voluntarily participate despite the potential dangers inherent to the CrossFit Event.

Participant's Name: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

*Participant or legal guardian, if the participant is under the age of 18*

Parent/Guardian Print Name: \_\_\_\_\_

## Confidentiality Agreement

I understand, acknowledge and agree to the following:

- The questions and answers of the test are the exclusive and confidential property of CrossFit, Inc., and are protected by CrossFit's intellectual property rights;
- I will not disclose the test questions or answers, or discuss any of the content of the test materials with any person, without prior written approval of CrossFit;
- I will not remove from the examination room any test materials of any kind provided to me, or any other material related to the test, including, without limitation, any notes or calculations;
- I will not copy or attempt to make copies (written, photocopied, photographed, or otherwise) of any test material, including, without limitation, any test questions or answers;
- I will not sell, license, distribute, give away, or obtain from any other source other than CrossFit the test materials, questions or answers.
- I agree that my obligations under this Agreement shall continue in effect after the test and, if applicable after the expiration of my certificate.
- I agree that any violation of this Agreement shall be considered a breach of the Code of Conduct outlined in the Level 2 Participant Handbook prohibiting me from revalidating the Level 2 Trainer Certificate and/or obtaining additional credentials with CrossFit.

Print Name:

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Date:

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Signature:

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## 9 PROGRAM UPDATES

This section contains updates to the Level 1 Certificate Program scope, purpose, learning objectives, eligibility requirements, certificate requisites, and fees and the effective date of change.

- Effective March 1, 2018—Update to retest policy, section [3.4 RETESTING: PARTICIPANT FAILS](#), and section [3.5 TEST ONLY: PARTICIPANT OPTS OUT](#): Maximum allowable amount of test attempts was updated from unlimited to four (one test with the course and three retest attempts) within one year from the date of course attendance.
- Effective January 24, 2018—Update to Learning Objectives, section [1.5 LEARNING OUTCOMES](#): Changed from “Describe methods to apply the CrossFit Program safely and effectively to trainees” to “Apply the CrossFit Program safely and effectively.”
- Effective January 24, 2018—Update to Certificate Requisites, section [2.4 CERTIFICATE REQUISITES](#): Updated to include additional requisites of:
  - agree to the policies in the Level 1 Participant Handbook,
  - agree to the Waiver & Release of Liability,
  - agree to the Confidentiality Agreement,
  - and pay all course/test fees in full.
- Effective January 24, 2018—Update to Eligibility Requirements, section [2.1 ELIGIBILITY REQUIREMENTS](#): Updated to include having no outstanding balances for prior CrossFit Certificate or Specialty Courses, having no pending legal cases with CrossFit, Inc., and having no known documented violations of the Code of Conduct.
- Effective January 24, 2018—Update to Code of Conduct, section [2.2 CODE OF CONDUCT](#): Updated to include Breaching confidentiality agreements, such as the Confidentiality Agreement signed during the registration process for the Level 1 Certificate Course & Test, sharing discount codes, including those for course registrations, selling scholarship spots, such as those allotted to a host for CrossFit seminars, wrongful use of the CrossFit name, such as marketing CrossFit services without affiliation, and/or false representation of CrossFit Trainer credentials to include altering or forging Trainer Certificates.
- Effective June 1, 2018—Update to Age, section [2.1.1 AGE](#): Minimum age for attendees included to state that individuals under the age of 14 are not permitted to attend the course.
- Effective December 15, 2018—Update to section [5.8 REQUESTS FOR MANUAL REVIEW](#): Deadline to submit the request for manual review updated to 21 days from the release of test results. Previous deadline was 30 days.
- Effective December 15, 2018—Update to section [5.9 APPEALS POLICY](#): Deadline to submit appeals updated to 21 days from the release of test results. Previous deadline was 30 days.
- Effective February 1, 2019—Update to section [1.7 LEVEL 1 CERTIFICATE TEST](#): Updated to reflect current minimum passing score for non-English tests.
- Effective February 1, 2019—Update to section [1.7 LEVEL 1 CERTIFICATE TEST](#): Updated to include total test time of 75 minutes for tests administered in a non-English language.
- Effective February 1, 2019—Update to section [3.3.1 AVAILABLE LANGUAGES](#): Current test languages no longer include Afrikaans, Dutch, Hebrew, Icelandic, and Norwegian.
- Effective February 1, 2019—Update to section [2.1 ELIGIBILITY](#): Additional requirement for Level 1 certificate eligibility to include having no known documented violations of the [CrossFit Level 1 Trainer License Agreement](#).