

CrossFit[®] TRAINING

**CrossFit Level 2 Certificate Course
Participant Handbook
Version 1.8**

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1 OVERVIEW

1.1 ABOUT CROSSFIT

CrossFit is an open source, international business dedicated to the improvement of human health and athletic performance. CrossFit's foundation is a precise definition of fitness that can be measured, observed, and repeated. CrossFit is a real world, functional fitness program that has a unique capacity to humble the world's best athletes while at the same time remaining universally scalable to facilitate development at all ability levels. Through extensive practical application, study, and observation, CrossFit determined long ago that the needs of various populations differed in degree, not in kind. When exposed to CrossFit's prescription for training elite athleticism (constantly varied, high-intensity functional exercise), athletes of all ages and ability levels reap the benefits of improved work capacity across broad time and modal domains. This measurable and repeatable improvement in health and performance led to the adoption of CrossFit as the principal strength and conditioning program for many law enforcement and military units worldwide. CrossFit's open source nature and commitment to measurable results ensures the constant evolution of the program as better methods are discovered and validated.

CrossFit has several operating divisions. The Media and IT departments are responsible for maintaining [CrossFit.com](https://www.crossfit.com) and its associated websites, which offer extensive instruction and education on human movement, along with specific techniques, strategies, and workouts for both athletes and trainers. [The CrossFit Journal](#) is also updated daily by the Media department and is the world's leading resource for original written material and video instruction on athletic development. The Certification and Training department is the world's leading provider of performance-based training seminars and certifications. The Games department formalized the "Sport of Fitness" and crowns its champions the World's Fittest Man and Woman. The Affiliate department licenses the CrossFit trademark to qualified trainers for commercial purposes. Each of these divisions contributes directly to building and supporting a community of genuine fitness practitioners.

1.2 MISSION

The mission of the CrossFit Certification and Training Department is to establish and support an international community of authentic fitness practitioners through open-source publication, education, and accredited certification and certificate programs.

1.3 LEVEL 2 TRAINER CERTIFICATE SCOPE

The CrossFit Level 2 (CF-L2) Certificate Course is a two-day intermediate-level seminar that builds on the concepts and movements introduced at the Level 1 Certificate Course. The course includes classroom instruction on: CrossFit's concepts and methodology, functional movements, class structure and programming to optimize training results.

Practicals include small group training sessions where students lead individual and small-group training sessions, and classroom sessions are discussion based. Peers and instructors provide feedback and evaluation. Students need to come prepared to be heavily engaged.

Large group CrossFit workouts are conducted as an example of how to: conduct a CrossFit class, include necessary class components, hold a standard of proper technique under high intensity, and scale for any ability level.

1.4 PURPOSE

This course is ideally suited for any CrossFit trainer serious about improving their coaching. Students enhance their understanding of the CrossFit methodology, program design and implementation, and they advance their skills while coaching others in movements and workouts.

The Level 2 Certificate Course is intended to improve participants' understanding and implementation of:

1. Essential mechanics of functional movement
2. Fault identification and correction
3. Essential qualities of an effective trainer

4. Effective programming design and evaluation
5. Class management strategies for effective group workouts

1.5 LEARNING OBJECTIVES

Upon completion of the Level 2 Certificate Course, participants will be able to:

1. Describe essential mechanics of functional movement.
2. Demonstrate essential mechanics of functional movement.
3. Identify static and dynamic faults.
4. Define effective methods for correcting faults.
5. Demonstrate correction of faults using tactile, verbal, and visual cues.
6. Exhibit and assess effective presence and attitude.
7. Identify and demonstrate essential qualities of an effective trainer.
8. Describe strategies for designing a program and evaluating its effectiveness.
9. Outline and describe each key component of a class lesson plan.
10. Evaluate the group management skills of a trainer.
11. Evaluate an individual's athletic capacity and be able to scale workouts to the appropriate level as needed.

1.6 LEVEL 2 CERTIFICATE TEST

Beginning January 1, 2018 a test was added to the Level 2 Certificate Course. The purpose of the test is for participants to demonstrate their knowledge of the concepts and methods presented at the Level 2 Course.

In addition to the certificate requisites, passing the test is a requirement to earn the Level 2 Trainer Certificate (CF-L2) in all locations with the exception of the following: China, Greece, Hong Kong, Japan, Jordan, Kazakhstan, Korea, Poland, Russian Federation, Saudi Arabia, Taiwan, Turkey, and Ukraine.

In locations where the Level 2 test is not offered, passing the test is not a requirement to earn the Level 2 Trainer credential (CF-L2). This means that any participant, regardless of home of record, who attends a course in any of the locations where a test is not offered will not be required to take and pass a test to earn the Level 2 Trainer credential at this time. This policy is subject to change and any updates will be noted within this handbook.

The CrossFit Training Department is responsible for test development and all policies governing eligibility and administration of the test. They are also responsible for contracting with a professional testing agency for psychometric expertise. The external third-party agency is contracted to assist in the development, administration, scoring, and analysis of the CrossFit Level 2 Certificate test.

The current required minimum passing score for the test of 24/35 was determined through a rigorous psychometric analysis and approved by CrossFit's Training Department Directors. The required passing score is determined relative to the minimum knowledge that intermediate level CrossFit trainers should be able to demonstrate.

CrossFit administers computer and hand-held device based tests for its Level 2 Certificate Course using an application distributed by a third party service, ExamSoft. The test contains 40 multiple-choice questions, including 5 unscored questions that do not count towards the participants score. Participants are given 60 minutes to complete the test. It is a closed book, no-notes test. Under no circumstances does CrossFit release the exam questions. Scoring is done via the third party's (ExamSoft) web-based scoring platform. Participants receive their test results via email 5-7 days after the completion of the test.

CrossFit is not responsible for technical issues that occur if participant's device is not supported by ExamSoft, does not meet ExamSoft's [minimum system requirements](#) and/or if participant has failed to successfully take the Practice Test on the device used to take the Level 2 Test.

Any technical issues experienced on site must be reported immediately. CrossFit cannot and will not consider any technology related issues reported following the Level 2 Course and/or not observed by CrossFit Staff.

The test is based on the qualities of an effective trainer, effective program design, effective class structure and appropriate scaling as taught by CrossFit, and measures participants' understanding of these areas. All of the material used comes directly from the course and the [CrossFit Level 2 Training Guide & Workbook](#).

Participants who plan to test must bring a supported laptop computer or approved tablet (i.e., iPad or Windows Surface Pro) to the seminar with the ExamSoft testing application and the Level 2 test loaded on the device. Explicit instructions are issued with course registration but can also be found [here](#). ExamSoft's minimum system requirements can be found [here](#).

1.7 NON-SCORED TEST QUESTIONS

The CF-L2 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-L2 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.

1.8 INSTRUCTOR QUALIFICATIONS

All CrossFit Level 2 Course Instructors have passed the Level 1 test, the Level 2 test, at a minimum hold the CrossFit Level 3 Certified Trainer credential (CF-L3) and have worked at or owned a CrossFit Affiliate for at least 1-year. Each has been screened and developed and has demonstrated their competency through rigorous evaluation 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-L2 Instructor, please contact the instructor directly.

1.9 PROGRAM UPDATES

Any changes to the Level 2 Certificate Program's purpose, scope, requisites, and intended learning outcomes, 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 REQUIREMENTS

Participants are eligible for the CrossFit Level 2 Trainer Certificate if they:

- hold a current, valid CrossFit Level 1 Trainer Certificate,
- 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., and
- have no known documented violations of the Code of Conduct.

2.1.1 AGE

Participants under 18 are required to bring a waiver completed and signed by his or her parent or legal guardian. The waiver can be found in Section 8.3 of this handbook. Under-18 participants may not participate in the course without presenting the signed document at registration.

2.2 CODE OF CONDUCT

The following are acts that CrossFit considers unacceptable. Any current CrossFit Level 1 Trainer, Level 2 Trainer or candidate for the CF-L2 credential found engaging in them will be removed from the public [Trainer Directory](#) and prohibited from revalidating their Level 1, Level 2, 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 2 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 to include 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 2 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 2 Trainer Certificate issuance is based upon the fulfillment of the following program requisites:

Attendance for the entire two-day course from approximately 9AM-5:30 PM, both days, to include:

- 100% exposure to all lectures,
- 100% participation in all practical sessions,
- 100% participation in all workouts,

- in applicable locations, passing the Level 2 test in person (See Section 1.6 for locations where the test is not offered nor required), and
- signing the [Level 2 Trainer License Agreement](#).
- agree to the policies in the Level 2 Participant Handbook,
- agree to the Waiver & Release of Liability,
- agree to the Confidentiality Agreement, and
- pay all course/test fees in full.

Only by fulfilling all of the above stated requisites will a participant be awarded a CrossFit Level 2 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 2 Trainer Certificate. All workouts can and will be scaled appropriately to meet the needs and current fitness level of all participants. Please see the lead instructor at the beginning of Day 1 in order to arrange for appropriate scaling and accommodations.

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 2 Certificate Course at training.crossfit.com under the link for the specific event. **To comply with legal and licensing requirements, each participant must complete his/her own registration.**

The registration link will take the participant to a third-party registration system for registration and fee collection. Participants 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. For assistance, please email seminars@crossfit.com.

During the registration process, participants are required to provide their contact information and agree to the policies outlined in this Level 2 Participant Handbook, Confidentiality Agreement, and Waiver & Release of Liability. **Participants 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. Under-18 participants 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 process and submit payment for the course. Fees (in USD) are as follows:

- Level 1 Course \$1,000 USD (this includes the course and first test attempt)
- Level 2 Revalidation \$1000 USD (prior to expiration)
- Test Only Re-Test \$150 USD

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.

There is a 20% fee added if registered 14 days or less from the date of the course.

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

Email seminars@crossfit.com for discounts for active duty or retired military personnel, first responders, and full-time school teachers.

Upon completing registration, CrossFit will send participants a confirmation email. This email also contains the link to the most up to date CrossFit Level 2 Training Guide (study material for the course and test) and information necessary for taking the Level 2 test onsite, if applicable.

Participants must bring a government-issued photo ID. In order to be eligible to test, participants must also bring their laptop computer or approved tablet with the testing application and exam downloaded, and wired headphones.

3.2 IDENTITY AND TEST SECURITY

Individuals taking the CF-L2 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 2 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 photographed, copied, reproduced in part or whole by any means whatsoever, including memorization.

3.3 LANGUAGE

The default language for the Level 2 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 recommended 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 at least 2 weeks prior to the course date for approval.

Participants may request to use a foreign-language dictionary if English is not their primary language. to use a foreign-language dictionary. Permission for any language accommodations must occur ahead of time by emailing testing@crossfit.com at least 2 weeks prior to the course date. Translators will be allowed to translate during the course only. Translators cannot assist during the test.

Upon registration for the course or re-test, 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 2 weeks prior to the course or re-test.

If the Level 2 Test or Level 2 Training Guide is not available in a participant’s preferred primary language and the participant is not confident in their English comprehension, we strongly urge them to consider attending at a later date when their primary language is available. If their preferred test language is not available and a participant still decides to test and fails, the test results will be final, and the participant will be subject to all retest policies in section 3.4 of this handbook.

3.3.1 AVAILABLE LANGUAGES

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

- English
- French
- German
- Italian
- Portuguese (Brazilian)
- Spanish (Latin American & European)

The CrossFit Level 2 Training Guide (study material) is available in the following languages:

- Chinese (Simplified)
- English
- French
- Italian
- Portuguese (Brazilian)
- Spanish (Latin American)

The most up to date versions of the Level 2 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 as possible.

3.4 RETESTING: PARTICIPANT FAILS

Participants have one year from the date of their Level 2 Course attendance to pass the test. In the event that a participant fails the CF-L2 test, they will be required to retake the test via the “Test Only” option. Each retest attempt costs \$150 (US Dollars). There is no mandatory waiting period between test attempts.

If a participant is unable to pass the test within one year from the date of their course attendance, they must re-attend the full Level 2 Certificate Course. The fee for re-attendance is USD\$1000.

3.5 TEST ONLY: PARTICIPANT OPTS OUT

In the event that a participant must opt out of taking the CF-L2 test at the time of their course attendance due to technology issues that cannot be rectified on site, they have one year from the date of their Level 2 Course Attendance to pass the test via the test only option. The cost for each attempt following course attendance is \$150 (US Dollars). If the participant fails the first test attempt, each retest costs \$150 (US Dollars). There is no mandatory waiting period between attempts. Participants who do not pass the test within one year from the date of their course attendance must re-attend the full two-day Level 2 Certificate Course. The fee for re-attendance is USD\$1000 (\$1200 if registered within 14 days of the course date).

3.6 REVALIDATION: PARTICIPANT PASSES

Participants who fulfill the following requirements will be granted the Level 2 Trainer Credential:

- In tested locations, pass the CrossFit Level 2 Certificate Test and meet all certificate requisites, or;
- In non-tested locations (see Section 1.6), meet all certificate requisites.

Prior to their expiration date, CF-L2 Trainers must revalidate their credential by meeting the eligibility requirements and certificate requisites which include re-attending the full two-day course and passing the test in applicable locations (see section 1.6).

The fee for revalidating a Level 2 Trainer Certificate is \$1000 (US Dollars).

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 3 Trainer Certification](#) which nullifies the Level 2 Revalidation requirement. A current (unexpired) Level 2 Trainer Certificate is required to begin the CF-L3 application process. More information can be found [here](#).

3.7 REVALIDATION: PARTICIPANT FAILS

In applicable locations (see Section 1.6), Individuals that attend the Level 2 Certificate Course for purposes of revalidation and opt-out or do not pass the Level 2 test will lose their Level 2 Trainer status, if previously earned.

To maintain a valid CrossFit trainer credential, these individuals have two options:

Option 1 - Following attendance of the Level 2 Certificate course and upon receiving a fail on the Level 2 test, individuals can

register as a 'Test Only' for the Level 2. Eligibility for this option requires a **current, non-expired Level 1 or Level 2 Trainer Certificate**. Candidates who pass the Level 2 test prior to their expiration date will be granted the Level 2 Trainer Certificate, valid for five years from the date of issue.

Option 2 - Following attendance of the Level 2 Certificate course and upon receiving a fail on the Level 2 test, individuals can opt instead to re-acquire the Level 1 Trainer Certificate by re-attending the full two day course and passing the test. The cost to revalidate the Level 1 Trainer Certificate is \$500.. Eligibility for this option requires a **current, non-expired Level 1 or Level 2 Trainer Certificate**. Candidates who pass the Level 1 test prior to their expiration date will be granted a Level 1 Trainer Certificate, valid for five years from the date of issue.

3.8 PARTICIPANT CANCELLATION, TEST OR FEE REFUND, OR FAILURE TO APPEAR

CrossFit does not accommodate requests for refunds or transfers for courses or tests. Under extreme circumstances cancellations by the registered participant may be accepted and a transfer or course credit accommodated. Credits are valid for 6 months and non-transferrable.

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 they may contact seminars@crossfit.com. Approvals for refunds and transfers will be made on a case-by-case basis.

3.9 COURSE CANCELLATION

In the case that CrossFit needs to cancel the course due to circumstances outside of our control, we will refund all course fees. **CrossFit is not responsible for any lost travel costs.**

3.10 ACCOMMODATIONS

Reasonable accommodations for the course and/or test will be provided to participants with a diagnosed physical or learning disability. Forms to use when applying for 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 by contacting testing@crossfit.com at least two weeks prior to the date of the course. Last minute requests not submitted prior to the two week deadline cannot be guaranteed for approval. Requests for accommodations will not be approved by on-site staff.

4 TAKING THE TEST

4.1 TEST ADMINISTRATION

CF-L2 tests are administered at all Level 2 Course locations [worldwide](#) EXCEPT for courses held in the following countries:

- China
- Greece
- Japan
- Jordan
- Kazakhstan
- Korea
- Poland
- Russian Federation
- Saudi Arabia
- Taiwan
- Turkey
- Ukraine

For a list of current Level 2 Courses, Test Only locations and availability, see training.crossfit.com.

4.2 TEST CONDITIONS

Due to the nature of CrossFit facilities, testing conditions and accommodations may be more austere and/or non-traditional than typically found at other testing facilities. Participants concerned with environmental conditions affecting their results **must communicate this to the lead course 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 diagnosed with special medical/learning needs. Participants requiring accommodations must submit a written explanation of their needs to 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, 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 2 Course using their legal name as it appears on their government issued photo identification in order to sit for the test. **No retest 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 email will contain

the participant's name, the course location, the date of the course and test, and the participant's CrossFit ID.

Participants will also receive instructions via email specific to the Level 2 test. These instructions will include information regarding the required device (laptop or approved tablet) for the course, instructions for loading the testing application (Examplify) and instructions for downloading the Level 2 test on the compatible device.

Organization of participants 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). 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 without a confirmation receipt, government-issued photo ID, or who are absent for part of the course will not be permitted to take the test and will need to reschedule for a later date.

CrossFit is not responsible for technical issues that occur if participant's device is not supported by ExamSoft, does not meet ExamSoft's [minimum system requirements](#) and/or if participant has failed to successfully take the Practice Test on the device used to take the Level 2 Test.

Any technical issues experienced on site must be reported immediately. CrossFit cannot and will not consider any technology related issues reported following the Level 2 Course and/or not observed by CrossFit Staff. In the event that technical issues cannot be resolved prior to the start of the test, the participant must "opt out" of the test at that time and will be subject to the Opt Out policy in Section 3.5 of this handbook.

4.5 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.

4.6 TEST RULES

The following are the rules enforced at all test sites:

- All participants must have proper government-issued photo ID to be admitted.
- **All participants must have a supported personal electronic device meeting ExamSoft's [minimum system requirements](#), wired headphones, ExamSoft testing application and Level 2 test pre-loaded prior to the test.** Participants who select to test and do not check in with the required materials (i.e., no laptop, tablet or headphones) forfeit the ability to test and must register as a test-only at a future course date and location.
- 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 forfeit their fees.
- 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. Participants may not use or return to their personal items until the end of the exam portion of the course.
- **No electronic devices other than the device to be used for the test** are permitted during the test, including but not limited to cell phones, Blackberries, iPhones, smart watches, signaling devices such as pagers and alarms, PDAs, electronic translators, and other handheld 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 is permitted.
- 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.

4.7 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, **which includes accessing the participant's electronic device with the exam application. Participants must allow any instructor access to their device with the exam at any time during the test process.**

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

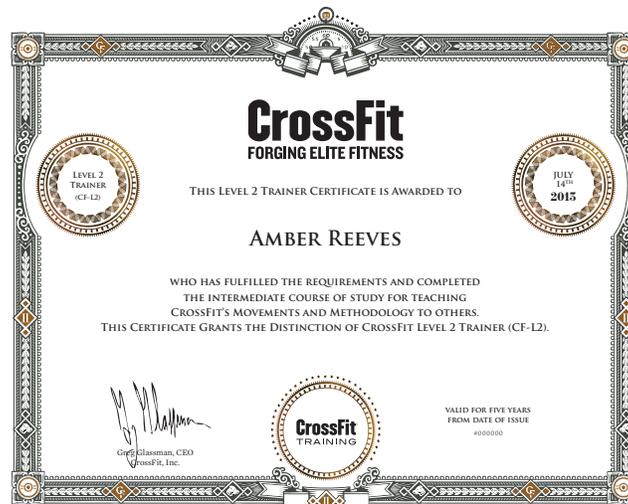
5.1 RESULTS REPORTING

Test results will be delivered to participants via email within 5-7 days from the test date. Individuals will receive a result of pass or fail. No numerical score will be issued. In locations where the Level 2 test is administered, those who pass the exam are required to sign the Level 2 Trainer License Agreement prior to receiving their results, using the designation of CrossFit Level 2 Trainer (CF-L2), and receiving a certificate. In locations where the Level 2 test is not administered (see Section 1.6), all participants that meet applicable certificate requisites will be required to sign the [Level 2 Trainer License Agreement](#) prior to using the designation CrossFit Level 2 Trainer (CF-L2) and receiving a certificate.

In applicable locations (see Section 1.6), individuals must pass the Level 2 test to earn the designation CrossFit Level 2 Trainer (CF-L2) if taking the Level 2 course for revalidation to maintain their Level 2 Trainer status and/or to progress to their CF-L3.

5.2 PASSING

In applicable locations (see Section 1.6), participants who pass the Level 2 Certificate test will be awarded a CrossFit Level 2 Trainer Certificate. In locations where a test is not administered, participants that meet all other certificate requisites will also be awarded a CrossFit Level 2 Trainer Certificate, a sample of which is displayed below:



DESIGNATION AND MEANING

The issuance of a CrossFit Level 2 Trainer Certificate confirms the participant has met all all eligibility requirements and certificate requisites including passing the Level 2 test, where applicable. Attainment of the CrossFit Level 2 Trainer Certificate means individuals have demonstrated an intermediate understanding of the CrossFit fundamentals, both concepts and movements, presented in the CrossFit Level 2 Certificate Course. This is an intermediate step to promote necessary development as a CrossFit Trainer. It affords the designation of CrossFit Level 2 Trainer (CF-L2 Trainer), meets CrossFit's requirement for training others using CrossFit methods, and provides the opportunity to apply for affiliation with CrossFit.

Certificates of Attendance do not grant any of these privileges.

All certificates are non-transferrable.

5.2.1 CERTIFICATES

Trainer certificates will be individually mailed and can take up to 4 weeks to arrive for those living in the United States and 8-12 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 for more information.

If an individual wants an additional copy of their Certificate, or needs a replacement, requests can be sent to certificates@crossfit.com. There is a \$25 fee (US Dollars) for each additional certificate.

5.3 AUTHORIZED USE OF THE LEVEL 2 CERTIFICATE

A participant who has been awarded the CrossFit Level 2 Trainer Certificate may list the qualification on stationery, websites, business cards, and other materials as follows:

Your name, CrossFit Level 2 Trainer (CF-L2 Trainer)

The CF-L2 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 licensed CrossFit affiliation grants the legal right to use the CrossFit name for business or promotional purposes.

Certificate holders may state they are CrossFit Level 2 Trainers/CF-L2 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 Handbook.

5.4 REQUEST FOR DUPLICATE CERTIFICATE

Any participant may request additional copies of his or her certificate at any time prior to the expiration date of the credential. Requests must be sent via email to certificates@crossfit.com. Please allow up to 4–6 weeks within the United States or 8-12 weeks for those living outside of the United States for the Trainer certificate(s) to arrive. There is a \$25.00 fee for all duplicate Certificates.

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 for more information.

5.5 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 2 Certificate expires after five years from the date of issue.** At the end of that period, but prior to the Level 2 Certificate expiration date, a trainer must retake the Level 2 Certificate Course and pass the test, in applicable locations (see Section 1.6), in order to re-attain his or her qualification and use the CF-L2 Trainer designation ("revalidation"). Individuals may instead choose to obtain the CrossFit Level 3 (CF-L3) credential which nullifies the revalidation requirement and instead has continuing education requirements.

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

In locations where a test is administered, participants who fail the test or chose not to test at the time of course attendance will receive a Certificate of Attendance. A Certificate of Attendance simply documents attendance at a Level 2 Certificate Course, does not allow use of the CF-L2 Trainer designation, and does not expire.

Participants who fail the test will be notified via a diagnostic email within 5-7 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 2 Trainer Course Certificate

Test Results

Administered on: 01/07/2018

Name: Joe Smith (joesmith@email.com)

CrossFit 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
Class Structure Knowledge	63%
Correcting	60%
Effective Training	85%
Group Management	67%
Programming	83%
Scaling	80%
Seeing	90%
Teaching & Knowledge	72%

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 re-attending the course or studying and working with a current CrossFit Trainer who has passed the test.

5.8 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 Level 2 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.** The student must provide a sound and logical rationale regarding the need for special consideration and must use the specified format (below) to be considered an appeal and begin the process.

SUBMISSION OF AN APPEAL

An appeal must be lodged no later than 30 days after notification by CrossFit of the test results. Letters of appeals shall be submitted via email to testing@crossfit.com or faxed to (202) 354-4889 within 30 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 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 7 business days of receipt and a response will be sent to the appellant via email.

Initial Response:

The response will be one of:

- Appeal Approved or 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 to the appellant about how he/she will be contacted to present the appeal.
- Appeal Delayed to provide time to gather further information. Within 30 days appellant will be sent either an Appeal Denied, Approved or Appeal Forwarded notification.

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 inform the Appeals Board to evaluate the appeal. The individuals 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 appoint a neutral member of the Advisory Panel to the appeal.

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.

5.9 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 2 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 handed primarily by the Training Department staff in an unbiased and timely manner. To ensure an unbiased response, if a department staff member received a complaint directly related to him/her or his/her work function, he/she will defer to another staff member and/or involve another staff member in communications (depending on the circumstance). The timeliness and manner of response is monitored daily and assured by Training Department managers.

5.10 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 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-L2 Trainers. All individuals who earn the designation CF-L2 Trainer (i.e., take the Level 2 course and pass the Level 2 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 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/CF-L2 trainer does not want to be listed, he or she must to contact 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 the CrossFit Affiliate Department. 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 participant information will not be divulged.

6.2 CERTIFICATE VERIFICATION

CrossFit maintains a Trainer Directory that lists all current CF-L2 Trainers. All individuals who earn the designation CF-L2 Trainer (i.e., take the Level 2 course and pass the Level 2 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 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-L2 trainer does not want to be listed, he or she needs to contact testing@crossfit.com and express this in writing.**

Third-party requests sent to 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 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

Upon the completion of the Level 2 Certificate Course, participants will be able to:

1. Describe essential mechanics of functional movement.
2. Demonstrate essential mechanics of functional movement.
3. Identify static and dynamic faults.
4. Define effective methods for correcting faults.
5. Demonstrate correction of faults using tactile, verbal, and visual cues.
6. Exhibit and assess effective presence and attitude.
7. Identify and demonstrate essential qualities of an effective trainer.
8. Describe strategies for designing a program and evaluating its effectiveness.
9. Outline and describe each key component of a class lesson plan.
10. Evaluate the group management skills of a trainer.
11. Evaluate an individual's athletic capacity and be able to scale workouts to the appropriate level as needed.

7.2 COURSE OUTLINE

The CrossFit Level 2 Certificate Course is a two-day course comprised of 3 segments:

- Methodology Lectures
- Methodology Practicals
- Coaching Development

Details regarding these components, and total time of each, are outlined below. The course is a two-day course (9 AM–5:30 PM) with **a total number of 13.5 content hours** (in tested locations).

1. METHODOLOGY LECTURES

COMPONENT	HOURS ALLOTTED (PERCENT OF COURSE)
Foundations of Effective Training <ul style="list-style-type: none"> Six criteria needed for effective training 	0.7 (5%)
Common Movement Themes for Functional Movements <ul style="list-style-type: none"> Major themes common to most all movements How a trainer can assess these themes in movement How these themes confer safety and performance benefits 	1.2 (9%)
Class Structure <ul style="list-style-type: none"> Components of an effective class Evaluating a class based on these factors Discussion of best practices 	0.5 (4%)
Effective Program Design <ul style="list-style-type: none"> Effective programming and how to evaluate Common pitfalls Programming considerations for groups and how best to optimize individual's' fitness with a GPP program (e.g., scaling and weakness work) 	0.9 (7%)
METHODOLOGY LECTURES TOTAL	3.3 HOURS (24%)*

2. METHODOLOGY PRACTICALS

COMPONENT	HOURS ALLOTTED (PERCENT OF COURSE)
Example Class <ul style="list-style-type: none"> Components of effective training across an entire CrossFit class Sample template to follow at your own affiliate 	1.0 (7%)
Group Programming Analysis & Lesson Plan Development <ul style="list-style-type: none"> Program Design Task Put methodology into practice Develop an appropriate lesson plan for a CrossFit class 	1.7 (12%)
Training Demonstrations <ul style="list-style-type: none"> Apply course concepts in a one on three and group format 	0.7 (5%)
METHODOLOGY PRACTICALS TOTAL	3.3 HOURS (25%)*

3. COACHING DEVELOPMENT

COMPONENT	HOURS ALLOTTED (PERCENT OF COURSE)
Seeing Practical	1.3 (9%)
<ul style="list-style-type: none"> Fault recognition skills 	
Correcting Practical	1.3 (10%)
<ul style="list-style-type: none"> Fault correction skills 	
Teach Back – One on Three Coaching	1.2 (9%)
<ul style="list-style-type: none"> Coaching practice time with three individuals Coaching assessment based on the criteria of effective training 	
Teach Back – Group Coaching	2.0 (15%)
<ul style="list-style-type: none"> Coaching practice time of multiple individuals Coaching assessment based on the criteria of effective training 	
Coaching Under Load	1.2 (9%)
<ul style="list-style-type: none"> See and correct athletes using intensity 	
COACHING DEVELOPMENT TOTAL	6.9 HOURS (51%)*

* In Non-Tested locations, content hour totals are as follow:

- Methodology Lectures: 3.3 hours (22%)
- Methodology Practicals : 3.2 hours (21%)
- Coaching Development: 8.4 hours (57%)

7.3 LEVEL 2 TEST BLUEPRINT

Topic	Number of Items	Percent of Items
Class Structure Knowledge	3	7%
Correcting	9	23%
Effective Training	3	7%
Group Management	2	5%
Programming	7	18%
Scaling	2	5%
Seeing	10	25%
Teaching & Knowledge	4	10%
Total	40*	100%

* 5 items are un-scored. Un-scored item categories are not disclosed.

7.4 STUDYING FOR THE TEST

- Attend the CrossFit Level 2 Certificate Course (required).
- STUDY the CrossFit [Level 2 Training Guide & Workbook](#). 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 CrossFit's concepts and methodology to coaching others.
- Review the feedback received during the course to better understand components of effective training.
- Take the practice test on Exemplify (or current testing application) to better understand how to use the application during the test process.
- Take the Online [Scaling](#), [Lesson Planning](#) and [Spot the Flaw](#) courses.
- The test is based on the CrossFit Level 2 material, which is comprised of BOTH the Level 2 Certificate Course and the [Level 2 Training Guide & Workbook](#). Neither by itself is considered the entire 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 unless otherwise indicated. 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 2 Certificate Course is specific to CrossFit. The goal is to assess a participant's understanding of CrossFit's methodology, terminology, and movements as presented at the Level 2 Course and in the [Level 2 Training Guide & Workbook](#). The Level 2 test questions are not derived from or based on any other fitness source, related fields, or materials.

8 FORMS

8.1 LEVEL 2 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 ADA ACCOMMODATIONS REQUEST FORMS

Participants with disabilities covered by the Americans with Disabilities Act (or Canadian/Australian equivalent) 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 to testing@crossfit.com at least 2 weeks in advance of the scheduled course date. Both forms appear on the following pages. Reasonable requests for accommodations will be reviewed and approved based on their potential to adhere with the current test format and policies. Requests for alternate testing formats that do not meet the specific requirements within the confines of the chosen digital testing platform cannot be supported or approved at this time.

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):

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 by providing the special arrangements listed on the Special Testing Accommodation Request Form

Comments on Disability:

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 or fax to (202) 354-4889. All documentation needs to be submitted at least 2 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”)

READ THIS AGREEMENT FULLY AND CAREFULLY. IT AFFECTS YOUR LEGAL RIGHTS. AGREEING TO THE TERMS OF THIS AGREEMENT IS A CONDITION OF ACCESS TO ANY CROSSFIT EVENT, VENUE OR OTHER FACILITY.

THIS AGREEMENT COVERS IMPORTANT LEGAL MATTERS INCLUDING, WITHOUT LIMITATION: (i) ASSUMPTION OF ALL RISKS BY YOU, (ii) CONSENT TO PARTICIPATE AND MEDICAL TREATMENT, (iii) WAIVER OF LIABILITY AND RELEASE OF ALL CLAIMS, (iv) INDEMNITY BY YOU, and (v) PUBLICITY RELEASE AND WAIVER.

ASSUMPTION OF RISK / WAIVER OF LIABILITY

1. Consideration for Waiving Liability. In consideration for the opportunity to attend, participate in, compete 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 (including, but not limited to, the CrossFit Open, CrossFit Regionals and/or CrossFit Games), and any related activities, use of any equipment, tests, promotional events, training, seminars, workouts, exercise, entertainment, demonstrations, instruction, ceremonies and exhibitions (collectively, the “**CrossFit Event**”), whether conducted, owned, leased, organized, operated, managed, supported, sanctioned or sponsored by or on behalf of CrossFit, Inc., or any of their respective officers, directors, agents, assistants, contractors, volunteers, staff, representatives, guests and employees, as well as coaches, instructors, judges, trainers, owners, lessors, lessees or operators of any gym or CrossFit-licensed affiliate gym (commonly known as a CrossFit affiliate), CrossFit Event sponsors, exhibitors, vendors, spectators, media and medical personnel present at the CrossFit Event (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 (sometimes referred to herein as “**Participant**”), for myself, my heirs, executors, next of kin, successors in interest, guardians, legal representatives, assigns and administrators, agree as follows:

2. Dangerous Activity.

2.1. Inherent and Additional Risks. I agree and acknowledge that participating in the CrossFit Event may involve inherent danger and risk, that the risk of injury from the CrossFit Event is significant, that the CrossFit Event can be unpredictable, and that such risks and dangers include, without limitation, the danger and risk of (i) PHYSICAL INJURY AND/OR DEATH; (ii) falling, jumping, landing, misdirected equipment, colliding with staff, guests, media personnel and spectators; (iii) minor injuries, such as scratches, bruises and sprains; (iv) major injuries, such as joint and back injuries, broken bones, dislocated shoulders, concussions, rhabdomyolysis, musculoskeletal injuries, cardiovascular injuries, cardiovascular trauma, heart attack, stroke, and injury to my fetus (if pregnant); (v) catastrophic injuries, such as brain injury and paralysis; and (vi) property damage. With respect to any Participant acting as a volunteer for the CrossFit Event or Venue, the activities at the CrossFit Event may also include, without limitation, (a) assisting with, preparing for or tearing down a venue; (b) participating in the administration, monitoring or governance of an event or activity; (c) competing in, assisting participants and/or their families in preparing and training for an event or activity; (d) teaching or instruction, equipment preparation or maintenance; (d) directing traffic and people; (e) performing administrative tasks, and/or (f) participating in any other duties or uses of the CrossFit Event and Venue. 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. By signing this Agreement, I freely accept and fully assume responsibility for all such dangers and risks and the possibility of personal injury, death, property damage or loss resulting therefrom. I acknowledge and understand that the description of the risks and dangers listed above is not complete and that participating in the CrossFit Event involves additional risks and dangers, which may include, without limitation, encounters with motor vehicles and equipment,

limited access to and/or delay of medical attention, mental distress from participation, and negligence of others. I understand that there are risks involved in the decision-making and conduct of the CrossFit employees and volunteers involved with the CrossFit Event, including, but not limited to, the risk that a coach, instructor, staff or volunteer may misjudge a participant's abilities, conditioning, or mental, emotional or physical condition, misjudge weather, terrain, facilities, equipment, location, or misjudge some other aspect of the CrossFit Event that may make a certain portion of any CrossFit Event inappropriate for Participant.

2.2. **Equipment.** I agree to inspect before use all equipment offered for use at the CrossFit Event and the Venue, including without limitation, exercise and fitness equipment and apparatus or other equipment (the "**Equipment**") and to ask questions of the CrossFit Event employees and/or instructors if I do not fully understand how to use either the Equipment or the Venue. I warrant that information provided to CrossFit Event employees, instructors, seminar technicians and personnel will be accurate and complete. If I am under the age of 18, my parent or guardian being at least 18 years old and agreeing to this Agreement on my behalf ("**Adult**"), understands that he/she may not be available or present when my Equipment is provided, fitted or adjusted and hereby waives the opportunity to inspect the use and fitting of the Equipment and authorizes the CrossFit Event agents or employees to oversee the use and fitting of the Equipment. I understand that, although I may be wearing protective or support gear, as applicable, such gear cannot guarantee my safety or protect the wearer against all potential injuries or prevent all injuries. I accept for use "AS IS" any Equipment used for a CrossFit Event and agree to identify or return either before use or promptly after discovery for replacement or repair any Equipment that I believe may be damaged or defective in any way. If I am under the age of 18, Adult accepts full responsibility for the care of the Equipment used for a CrossFit Event and agrees that Adult will be responsible for the replacement at full retail value of any Equipment damaged or not returned. I understand that additional fees may be required for use of the Venue, Equipment, or other services provided by the CrossFit Event and that age, height, and ability restrictions may apply to limit participation in the CrossFit Event and use of some or all of the Venue.

3. Duties of Participant and Representation as to Physical Condition. I agree to, or if I, as the Participant, am under the age of 18, Adult agrees to read and, if necessary, explain to me, all posted signs and warnings. I must maintain control at all times while participating in the CrossFit Event. I am responsible for reading, understanding and complying with all signage, including, without limitation, instructions for the use of the Venue. I acknowledge that I have the physical dexterity and knowledge to safely engage in the CrossFit Event and use the Venue. I acknowledge and agree that I am solely responsible for evaluating my physical fitness, mental fitness, technical skills and experience in order to assess my suitability to engage in the CrossFit Event. I acknowledge that I have consulted with a qualified physician about my desired participation in the CrossFit Event, and will adhere to the guidelines that my physician recommends. I acknowledge that 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. I acknowledge that I may be required to wear protective gear appropriate to the CrossFit Event at certain times while participating in any CrossFit Event.

4. Consent to Medical Treatment. In connection with any injury that I may sustain or illness or other medical conditions that I may experience during my presence at the CrossFit Event or the Venue or otherwise while engaging directly or indirectly in the CrossFit Event, I authorize and consent to receive any emergency first aid, medication, medical and/or surgical treatment deemed necessary by the attending personnel and/or the CrossFit Event employees and agents. I acknowledge that the Released Parties are under no obligation to provide such medical treatment or services, and the Released Parties do not warrant or make any representation concerning the adequacy or continuation of such medical services, nor can the Released Parties be deemed responsible or held liable for any claims arising out of the provision of such medical services or the failure to provide or to continue to provide such medical services. I further authorize the attending personnel and/or the CrossFit Event employees or agents to execute on my behalf any permission forms, consents or other appropriate documents relating to medical attention and to act on my behalf if not able or immediately available to do so and the same is urgent as determined in their sole discretion. I ACKNOWLEDGE AND AGREE THAT EMERGENCY ASSISTANCE AND/OR TREATMENT MAY BE RENDERED BY PERSONS WITH TRAINING OR EXPERIENCE WHICH MAY NOT BE ADEQUATE FOR CERTAIN MEDICAL SITUATIONS AND/OR THE INJURIES SUSTAINED BY ME, WHICH INJURIES MAY BE COMPOUNDED BY NEGLIGENT FIRST AID OR EMERGENCY RESPONSE OF THE RELEASED PARTIES OR OTHER INDIVIDUALS OR MEDICAL OR EMERGENCY PERSONNEL AND WAIVE ANY CLAIM IN RESPECT THEREOF IN ACCORDANCE WITH SECTION 6 BELOW. I expressly acknowledge that if the CrossFit Event and Venue are located some distance from medical facilities, that such distance may exacerbate any injury or condition sustained by me. I shall be responsible for all costs associated with such medical care and related transportation.

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, OMISSIONS, REPRESENTATIONS 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 whether or not described in this Agreement, known or unknown, inherent or otherwise, 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 we have brought to the Venue, and I assume the risk of damage, theft, loss or injury caused by others to me, my guests and our property. I also accept full and complete responsibility for the consequences of taking unreasonable risks while participating in the CrossFit Event or using the Venue, including, without limitation, attempting activities that I am not qualified to perform safely, causing any other participants/spectators an unreasonable risk of harm, or failing to follow correct safety procedures when using the Venue and participating in the CrossFit Event.

6. Liability Release and Waiver of Claims. On behalf of myself and 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.

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, peg boards, walls, sports, music or entertainment equipment and machinery from a variety of causes, including the acts or omissions of other persons, weather, ice, snow, hills, mountains, terrain, 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 acknowledge and agree that it is my responsibility to have any insurance including, without limitation, medical, accidental disability and death coverage and liability insurances, that I may wish to have or it is advisable to have in relation to my being present at the CrossFit Event and Venue. I acknowledge that (i) the Released Parties and any other person at the CrossFit Event and Venue do not, and will not have, insurance that covers me in connection with my attendance at the CrossFit Event and Venue, and (ii) I am not relying on the existence of the same in the decision to be present at the CrossFit Event and Venue at any time

hereafter. Any insurance any of the Released Parties may have shall in no way diminish my obligation to obtain insurance coverage applicable to me while being present at the CrossFit Event and Venue. The foregoing does not diminish the requirement of any party to have any insurance required by law. I understand and agree that I am solely responsible for any medical costs and expenses (including insurance costs) incurred directly and/or indirectly by me as a result of my attendance at the CrossFit Event and Venue for any reason. With respect to any Participant acting as a volunteer for the CrossFit Event or Venue, I acknowledge and agree that such volunteer is not an employee of the CrossFit Event and Venue regardless of any non-cash remuneration for time and services they may receive. I further understand and agree that volunteers are not covered by Workers' Compensation, and accordingly, volunteers are encouraged to obtain their own medical insurance coverage. 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 shall 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 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 SHALL 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, 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, by clicking the appropriate box and agreeing to this Agreement, I 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, 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/"box" 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/"box" ("**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, promotion of third-party sponsors, and advertising materials for the CrossFit Parties, and their goods, products and services, courses and seminars, in each case, without royalty, payment or any other compensation whatsoever 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, and hereby expressly disclaim, any 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 (or any other intellectual property rights) in the Pictures. To the extent that any right, title or 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 shall 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 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. Acknowledgment. If Participant is under 18 years of age, Adult acknowledges that they are not only signing this Agreement on Adult's own behalf, but that Adult is also signing this Agreement on behalf of Participant and that Participant is bound by all the terms of this Agreement. Additionally, by signing this Agreement as the parent or legal guardian of Participant, Adult understands that they are also waiving rights on behalf of Participant that Participant otherwise may have. Adult agrees that Participant would not be permitted to participate in the CrossFit Event or use the Venue if Adult did not sign this Agreement on Participant's behalf. By

signing this Agreement without a parent or legal guardian's signature, Participant, under penalty of fraud, represents that they are at least 18 years of age. Adult represents that they are a legal parent or guardian of Participant.

18. 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 CrossFit, Inc. 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.

19. 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.

20. Additional Acknowledgement of Participant.

(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 years of age, my Parent or Guardian may contract on my behalf.
- I have read this entire Agreement, understand the words and language in this Agreement, and agree to all of the terms and conditions of this Agreement.
- 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 and risks inherent to the CrossFit Event.

Participant Name: _____

Signature: _____ Date: _____

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

As the parent or guardian of Participant whose name appears above, I hereby confirm that I have read this Agreement and accept each and every provision of this Agreement on behalf of myself (as if a direct signatory to this Agreement) as well as on behalf of Participant, intending that this Agreement be irrevocably binding upon me, upon Participant, and upon each of my and Participant's respective heirs, executors, administrators and assigns. I represent and warrant that I am at least 18 years of age, that I am the parent or legal guardian of the above Participant, and that I have legal authority to enter into this Agreement and to bind the Participant.

Parent/Guardian Name: _____

Signature: _____ Date: _____

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:

Date:

Signature:

9 PROGRAM UPDATES

This section contains updates to the Level 2 Certificate Program scope, purpose, learning objectives, eligibility requirements, certificate requisites, and fees and the effective date of change.