

[العربية](#) | [中文](#) | [Français](#) | [Deutsche](#) | [Italiano](#) | [日本語](#) | [한국어](#) | [Język polski](#) | [Português](#) |  
[Русский](#) | [Castellano](#) | [Español \(Latino Am\)](#)

The CrossFit Training Department has developed an online Level 1 Course as a temporary offering in response to COVID-19 constraints on social gatherings. The purpose of this online course is to provide an option for those who need to revalidate or maintain their CrossFit trainer credentials.

CrossFit's seminar model is predicated upon gathering people together to provide movement and coaching instruction, as well as education on salient truths about health and fitness. Additionally, we place a premium on the in-person experience and connection that allows us to transmit the service, excellence, and camaraderie that is the hallmark of the CrossFit culture.

Accordingly, **at this time, the online version of the CrossFit Level 1 Course is only open to current CF-L1 or CF-L2 trainers seeking to revalidate their credential or CF-L3 and CF-L4 trainers seeking CEUs.** While we are hopeful that conditions will normalize soon, we have moved forward with this contingency plan to ensure we can best support our CrossFit trainer community should the restrictions on in-person gatherings persist.

The [online CrossFit Level 1 Course](#) can be completed at home and is comprised of two components:

1. The Level 1 Course presented in an online format, beginning with lecture-based and interactive instruction on the fundamental principles and movements of CrossFit and ending with a 50-question multiple-choice test.
2. A live webinar, where participants will engage in a live Q&A with CrossFit's top coaches as well as receive coaching through foundational movements in a small group setting.

Upon completion, participants are able to revalidate current CF-L1 or CF-L2 credentials, or attain 11 CEUs toward the maintenance of CF-L3 or CF-L4 credentials.

Current course requirements and pricing information are available on the [online Level 1 Course page](#). Additional policy information and FAQ can be found [HERE](#).

At this time, the online Level 1 Course and webinar are offered in English only, but we are working quickly to find solutions for our non-English-speaking community of trainers.

We understand the online course option may not appeal to everyone. Therefore, **current Level 1 and Level 2 trainers with a credential expiring between March 31, 2020, and September 1, 2020, have received an automatic extension of their credential through October 1, 2020.** This will allow additional time for trainers who prefer non-English or in-person options to revalidate their credentials at an in-person course at a later date. We will continue to monitor the situation closely and adjust credential expirations as needed should the prohibitions against social gatherings persist beyond this May.

For Level 2 Trainers, another option is to attain the [CF-L3](#) credential. In order to choose this option, you must meet the current eligibility requirements as outlined in the [CCFT Candidate Handbook](#) and submit a completed [application](#). Upon application approval, you must take and pass the exam prior to October 1, 2020. Currently, availability for testing is limited; however, we are accepting applications, and our team can facilitate exam scheduling to ensure the October 1 deadline is met. For additional information about this option, please email [certifications@crossfit.com](mailto:certifications@crossfit.com).

We value your continued participation in the CrossFit community, and we are available to assist with any further questions or concerns. Please feel free to email [seminars@crossfit.com](mailto:seminars@crossfit.com) for assistance from a member of our team.