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CrossFit[®] TRAINING

CROSSFIT LEVEL 2 CERTIFICATE COURSE

PARTICIPANT HANDBOOK

VERSION 4.0

Effective Date 2024 MAY 1

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1. OVERVIEW

1.1. ABOUT CROSSFIT

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

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

1.2. MISSION

The mission of CrossFit's Training and Education Department is to develop and support a global community of CrossFit coaches, affiliate owners, members, and enthusiasts with world-class education, training, and certification.

1.3. CROSSFIT LEVEL 2 CERTIFICATE COURSE SCOPE

The CrossFit Level 2 Certificate Course is a two-day in-person course that builds on the concepts and movements introduced at the Level 1. Classroom instruction serves to enhance understanding of the CrossFit methodology, movements, class structure, program design, and implementation.

Practicals include small group training sessions where participants are provided with the opportunity to improve through specific instructor-led coaching drills and progress to participant-led individual and small-group training sessions where instructors and peers provide feedback and evaluation. Participants should come prepared to be heavily engaged.

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

Overview, continued

1.4. PURPOSE

This course is ideally suited for any CrossFit trainers seeking to improve their coaching. Participants enhance their understanding of how to apply the CrossFit methodology; program design, implementation, and assessment; and nutrition strategies for compliance and maintenance. They also work on improving their coaching skills through practice, application, and feedback in various group settings.

The Level 2 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.
6. Effective nutrition strategies for compliance and maintenance.

1.5. LEARNING OBJECTIVES

At the completion of the Level 2 Course, participants should be able to:

1. Identify and demonstrate the essential qualities of an effective trainer.
2. Identify and assess static and dynamic faults of functional movements.
3. Identify and describe common themes of functional movements.
4. Implement appropriate movement corrections using verbal, visual, and tactile cues.
5. Effectively communicate the points of performance for functional movements to individuals and groups.
6. Exhibit appropriate presence, attitude, and group management skills.
7. Design and assess the effectiveness of a program.
8. Assess an individual's current level of fitness and athletic capacity and apply appropriate scaling.
9. Understand, and implement the key components of an effective class.
10. Identify and discuss effective nutrition strategies for education, implementation, compliance, and maintenance.

1.6. LEVEL 2 ASSESSMENT

The purpose of the Level 2 assessment is for participants to demonstrate their knowledge of the concepts and methods presented at the course.

In addition to attending the two-day, in-person Level 2 Course, all participants must successfully complete the assessment in order to earn the CrossFit Level 2 Trainer (CF-L2) credential.

Participants will have access to the assessment portal for 30 days from the date of their course attendance. There is no limit to the number of attempts a participant can make to complete the assessment. **However, the assessment must be completed within the 30-day period.**

The assessment is only available after completion of the in-person course and requires a **personal electronic device and an internet connection.**

Overview, continued

The assessment consists of 40 questions, and participants must correctly answer all 40 questions to complete the requirement.

The assessment is based on the qualities of an effective trainer, program design and analysis, class structure, appropriate scaling, and nutrition strategies in accordance with CrossFit training methodology and measures participants' understanding of all these areas. All the material in the assessment comes directly from the course and the [CrossFit Level 2 Training Guide and Workbook](#).

The CrossFit Training and Education Department is responsible for assessment development and all policies governing eligibility and administration of the assessment.

Detailed instructions are issued following completion of the in-person course and can also be found [here](#).

1.7. INSTRUCTOR QUALIFICATIONS

All Level 2 Course instructors have earned the CF-L1, CF-L2, hold a current CrossFit Level 3 Trainer (CF-L3) credential or higher, and have worked at or owned a CrossFit affiliate for at least one year. Each instructor has been screened and developed and has demonstrated his or her competency through rigorous evaluation, Seminar Staff training, and on-going professional development. 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, law enforcement professionals, and many other arrays of experience and talent among the CrossFit instructor staff. For qualifications of a specific Level 2 Course instructor, please contact the instructor directly.

1.8. PROGRAM UPDATES

Any changes to the CrossFit 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 handbook. The most current version will always be available [here](#).

2. REQUIREMENTS

2.1. ELIGIBILITY REQUIREMENTS

Participants are eligible for the Level 2 Certificate if they:

- are at least 18 years of age at the time of course attendance,
- currently hold or have previously held a CrossFit Level 1 Trainer Certificate,
- have no outstanding balances for prior CrossFit Certificate or Specialty Courses,
- have no pending legal cases with CrossFit, LLC,
- have no known documented violations of the Code of Conduct , and
- have no known documented violations of the CrossFit Trainer License Agreement.

2.2. CODE OF CONDUCT

The following are acts that CrossFit considers unacceptable. Any current CrossFit Trainer or candidate for the CF-L2 found engaging in them will be removed from the public [Trainer Directory](#) and prohibited from revalidating their CF-L1, CF-L2, 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 Course and assessment,
- sharing discount codes, including those for course registrations,
- selling scholarship spots, such as those allotted to a host for CrossFit courses,
- 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 qualification as a CF-L2 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

Level 2 Certificate issuance is based upon the fulfillment of the following program requisites:

- attendance for the entire two-day course from approximately 9 a.m.–5:30 p.m., both days, including:
 - 100% exposure to all lectures,
 - 100% participation in all practical sessions,
 - 100% participation in all workouts,
- successfully completing the Level 2 online assessment within 30 days of course attendance,
- signing the [CrossFit Level 2 Trainer License Agreement](#),
- agreeing to the policies in the Level 2 Participant Handbook,
- agreeing to the Waiver & Release of Liability,
- agreeing to the Confidentiality Agreement, and
- paying all course fees in full.

Requirements, continued

Only by fulfilling all of the above stated requisites will a participant be awarded a 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, they will not be granted access to the assessment until those certificate requisites are met. The participant is required to attend those select parts of the course within six months of original attendance and then complete the assessment. There is not an additional charge to attend the missed parts at a separate course.

Participation in all workouts is required to receive a Level 2 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

All participants are required to register for the [Level 2 Course](#) using the link for the specific event. **To comply with legal and licensing requirements, each participant must complete his or her own registration.** Participants must present a government-issued photo ID at check-in on day one of the course.

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.

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.

After agreeing to the policies, participants will be permitted to complete the process and submit payment for the course. Current fees are available on the [Level 2 Course page](#).

Upon completing registration, CrossFit will send participants a confirmation email. This email also contains the link to the most up-to-date [Level 2 Training Guide and Workbook](#).

3.2. FEES

Current fees can be found on the [Level 2 Course page](#).

Registration is available until the course is full or the start of the course, whichever comes first. A 20% fee will be added if registration takes place 14 days or fewer from the date of the course.

To inquire about discounts for first responders, full-time school teachers, and U.S. active duty and veteran military personnel, email seminars@crossfit.com.

3.3. REFUNDS, CANCELLATIONS, TRANSFERS, OR FAILURE TO APPEAR

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

If a registrant is unable to attend a course due to emergency or hardship, they may contact seminars@crossfit.com. Emergencies and/or hardships will be considered on a case-by-case basis.

Registrations canceled within seven days from the date of the course will be assessed a 10% cancellation fee. If a transfer or course credit is granted and a cancellation fee assessed, registrants are responsible for the difference in fees when applying the credit to an alternate course. Credits are valid for six months and are non-transferable.

Registrants who do not attend the course forfeit all fees.

Registration Process, continued

3.4. COURSE CANCELLATION

In cases where 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 or other costs incurred outside of course registration.

3.5. LANGUAGE

Unless otherwise specified, the default language for the Level 2 Course is English. In locations where English is not the primary language, courses may be presented in the local language or in English with real-time translation.

Courses administered in a local language will be presented entirely in the specified language. However, CrossFit reserves the right to adjust the language and administer these courses in English with real-time translation to accommodate the needs of all registrants.

Courses administered in English with a translator provided will have all course aspects, including lectures and group practicals translated in real time.

Courses administered in a local language or with a translator are specified in the “Language” section on the [Courses Near You](#) page and on the individual course registration page. Unless indicated in the “Language” sections, no translator will be provided and the course will be in English only.

Participants who wish to bring a translator to a course must contact seminars@crossfit.com at least two weeks prior to the course date for approval. Additional fees may apply.

Upon registration for the course, participants are prompted to select their preferred assessment language.

If the Level 2 assessment or [Level 2 Training Guide and Workbook](#) is not available in a participant’s preferred primary language and the participant is not confident in his or her English comprehension, we strongly urge the participant to consider attending at a later date when his or her primary language is available. If the participant’s preferred assessment language is not available and he or she still decides to attend the Level 2 course and attempt the assessment, the participant is still subject to all certificate requisites outlined herein.

Registration Process, continued

3.5.1. AVAILABLE LANGUAGES

Currently, the online assessment is offered in the following languages:

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

The [Level 2 Training Guide and Workbook](#) (study material) is available in the following languages:

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

The most up-to-date versions of the Level 2 Training Guide and Workbook in each language can always be found [here](#). The English version should be considered the most current and complete information for the course.

3.6. ACCOMMODATIONS

Reasonable accommodations for the course shall be provided to participants with a diagnosed physical or learning disability. Participants are required to submit a written explanation of their needs along with the appropriate medical documentation.

Requests and accommodations must be submitted to seminars@crossfit.com at least two weeks prior to the course. Last-minute requests cannot be guaranteed for approval. Required forms to apply for special course accommodations are included in the [Forms](#) section of this handbook ([Section 8.1](#)).

4. THE LEVEL 2 ASSESSMENT

4.1. ASSESSMENT ADMINISTRATION

All Level 2 Certificate Course participants must successfully complete the post-course online assessment to earn the CrossFit Level 2 Trainer (CF-L2) credential. Participants who complete the two-day Level 2 Course are automatically enrolled in the online assessment within 48 hours of course completion.

Participants must complete the assessment on a personal electronic device. An internet connection is required. Participants will have access to the assessment for a period of 30 days from the date of their course attendance. Assessments can be accessed [here](#).

The assessment consists of 40 questions, and participants must correctly answer all 40 questions to complete the assessment. There is no limit to the number of attempts a participant can make to complete the assessment. However, the assessment must be completed within the 30-day period. Detailed instructions are issued following completion of the in-person course and can also be found [here](#).

Participants are enrolled in the Level 2 assessment in the language requested during Level 2 course registration. Participants who require a language change should email seminars@crossfit.com immediately.

4.2. ASSESSMENT DEADLINE

Participants will have access to the online assessment portal for a period of 30 days from the date of their enrollment. If a participant is unable to complete the assessment prior to the 30-day deadline due to an emergency or hardship, he or she must contact seminars@crossfit.com.

Extension requests must be submitted to seminars@crossfit.com for review at least one week prior to the 30-day deadline. **Participants submitting a request for extension are subject to [assessment extension fees](#).**

Emergencies and/or hardships will be considered on a case-by-case basis.

4.3. ASSESSMENT TECHNICAL ASSISTANCE

Participants who require technical assistance with their assessment should email seminars@crossfit.com.

Requests for assistance should include the following:

- Name as it appears on their course registration
- CrossFit ID email address
- Course location and date
- Selected assessment language
- Preferred assessment language (if different from selected)
- Description of technical issue or request
- Device information
- Internet browser(s)

5. LEVEL 2 CREDENTIAL

5.1. DESIGNATION AND MEANING

Participants who meet all certificate requisites will be granted the CrossFit Level 2 Trainer (CF-L2) designation and awarded a CrossFit Level 2 Certificate, a sample of which is displayed below:



The Level 2 Trainer Certificate confirms that all eligibility requirements have been met and all certificate requisites have been completed.

Attainment of the CF-L2 credential means individuals have demonstrated an intermediate-level understanding of the CrossFit fundamentals, both concepts and movements, presented in the Level 2 Course. This is an intermediate step to promote necessary development as a CrossFit trainer.

The CF-L2 trainer designation and Level 2 trainer certificate meet CrossFit's requirement for training others using CrossFit methods, and provides the opportunity to apply for or maintain affiliation with CrossFit. Certificates of Attendance do not grant any of these privileges.

All certificates are nontransferable.

Level 2 Credential, continued

5.2. CERTIFICATE DELIVERY

Trainer certificates are issued digitally. An email notification providing access to the certificate is sent to the email used to register for the Level 2 Course within 48 hours after completion and submission of the online Level 2 assessment.

Upon receipt of the notification, trainers are able to access their certificate online and will have the option to download, print, and share a copy of their certificate.

Certificates of Attendance are issued to participants who do not meet the eligibility requirements, certificate requisites, and/or do not successfully complete the assessment and are sent electronically to the email used to register for the course.

5.3. AUTHORIZED USE OF THE LEVEL 2 CREDENTIAL

Individuals who have been awarded the Level 2 Trainer credential and 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, artwork, 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 Trainers 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. 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, the Level 2 Certificate expires five years from the date of issue.

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](#).

At the end of that period, but prior to the Level 2 Certificate expiration date, a trainer must revalidate their credential in order to retain and use the CF-L2 Trainer designation and status as an active CrossFit trainer.

CrossFit does not issue copies of expired certificates.

Level 2 Credential, continued

5.5. REVALIDATION

Prior to their expiration date, CF-L2 trainers must revalidate their credential in order to retain and use the CF-L2 Trainer designation and their status as an active CrossFit trainer.

Revalidation requirements for the CF-L2 currently include meeting all eligibility requirements and certificate requisites by re-attending the full two-day course and completing the post-course online assessment. Current fees can be found on the [Level 2 Course page](#).

To maintain a current CrossFit Trainer status, individuals may instead opt to progress to the [CrossFit Level 3 Trainer \(CF-L3\) credential](#) which nullifies the CF-L2 revalidation requirement. The CCFT/CF-L3 credential is valid for three years and is maintained through meeting continuing education and coaching hours requirements. A current (unexpired) Level 2 Certificate is required to begin the CCFT/CF-L3 application process. More information can be found [here](#).

5.6. CERTIFICATE EXTENSIONS

Level 2 Trainers who, due to extenuating circumstances, cannot meet revalidation requirements prior to the expiration of their certificate may request an extension. Trainers must submit a written statement to the Training and Education Department staff outlining the specific reasons for the delay, as well as their preferred method of revalidation (including timeline).

Upon review and approval, CrossFit may grant up to one six-month extension. Revalidation must be completed prior to the extension date. Trainers who do not revalidate prior to the approved extension date are considered to have an expired credential and will no longer be able to use the CrossFit Level 2 Trainer (CF-L2) designation.

If the CrossFit Training Department approves a trainer's extension request, the trainer may continue to use the CF-L2 trainer designation, actively train others, and where applicable, maintain their status as the licensee of a CrossFit affiliate.

5.6.1. EXTENSION REQUEST PROCESS

Trainers must submit extension requests at least 30 days prior to the expiration date of their credential. Requests must be submitted via email to testing@crossfit.com with the words "Level 2 Extension Request" in the subject line of the email.

Formal requests for a certificate extension will not be accepted in any other format and must include:

- Name of the trainer
- Email address of the trainer
- Current city and country of residence
- Current expiration date
- Reason for the delayed revalidation
- Preferred option for maintaining current CrossFit Trainer status (i.e., Level 2 revalidation or progressing to the Level 3)

Level 2 Credential, continued

Training Department staff will review certificate extension requests within seven business days of receipt, and a response will be sent to the trainer via email. Possible responses include:

- “Extension Approved,” along with the approved extension date and explanation for the decision.
- “Extension Denied,” along with an explanation for the decision. The denial will include information on the trainer’s options for revalidation going forward.
- “Under Review” to allow the Training Department staff time to gather additional 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. 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.

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

5.9. PARTICIPANT FEEDBACK

Immediately following the course, all participants will receive an email from CrossFit’s Training and Education Department soliciting feedback on all aspects of the course. Additionally, participants can contact coursefeedback@crossfit.com at any time with course or assessment 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.

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 participants 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 successfully complete the assessment) 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 or higher credential. 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, they must contact seminars@crossfit.com and express this in writing or follow the instructions on the [Trainer Directory](#) homepage.**

Third-party requests sent to seminars@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 details related to the assessment.

Participants/certificate holders may contact seminars@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.

7. PREPARING FOR THE ASSESSMENT

7.1. COURSE GOALS

The Level 2 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.
6. Effective nutrition strategies for compliance and maintenance.

7.2. LEARNING OBJECTIVES

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

1. Identify and demonstrate the essential qualities of an effective trainer.
2. Identify and assess static and dynamic faults of functional movements.
3. Identify and describe common themes of functional movements.
4. Implement appropriate movement corrections using verbal, visual, and tactile cues.
5. Effectively communicate the points of performance for functional movements to individuals and groups.
6. Exhibit appropriate presence, attitude, and group management skills.
7. Design and assess the effectiveness of a program.
8. Assess an individual's current level of fitness and athletic capacity and apply appropriate scaling.
9. Understand, and implement the key components of an effective class.
10. Identify and discuss effective nutrition strategies for education, implementation, compliance, and maintenance.

7.3. SEMINAR CONTENT OUTLINE

The Level 2 is a two-day course comprised of three segments:

- Methodology Lectures
- Coaching Development Practicals
- Workouts and Demonstrations

Details regarding these components and the total time of each are outlined below. The course is a two-day course (9 a.m. to approximately 5:30 p.m.) with a total number of 13.2 contact hours.

Preparing For The Assessment, continued

1. METHODOLOGY LECTURES

COMPONENT	HOURS	PERCENT OF COURSE
Course Overview and Introduction	0.3	2%
Foundations of Effective Training <ul style="list-style-type: none"> Six criteria for effective training development 	0.5	4%
Common Movement Themes for Functional Movements <ul style="list-style-type: none"> Review themes common to most movements Learn how to identify and assess these themes Understand how the themes support safety and performance benefits 	0.7	6%
Class Structure and Lesson Planning <ul style="list-style-type: none"> Identify components of an effective class Plan for an effective class Review best practices for execution of an effective class using a lesson plan. 	0.7	6%
Program Design and Scaling <ul style="list-style-type: none"> Analyze programming for effectiveness Review how to effectively apply variance in CrossFit programming Understand scaling considerations for a diverse population of clients 	1.0	7%
Nutrition <ul style="list-style-type: none"> Identify appropriate strategies for compliance Understand how to apply appropriate compliance strategies Monitor maintenance of successful strategies 	1.0	7%
METHODOLOGY LECTURE TOTAL	4.2 HOURS	32%

Preparing For The Assessment, continued

2. COACHING DEVELOPMENT PRACTICALS

COMPONENT	HOURS	PERCENT OF COURSE
Teaching and Seeing <ul style="list-style-type: none"> Assess and apply effective teaching strategies Identify movement faults 	1.2	9%
Seeing and Correcting <ul style="list-style-type: none"> Identify and assess movement faults Assess faults and apply effective verbal, visual, and tactile cues to improve movement 	1.2	9%
Teach Back: One-on-One Coaching Development <ul style="list-style-type: none"> Apply effective training criteria with one individual Receive assessment and feedback on coaching 	1.3	10%
Teach Back: Group Coaching Development <ul style="list-style-type: none"> Apply effective training criteria to a small group Receive assessment and feedback on coaching 	2.6	20%
COACHING DEVELOPMENT PRACTICALS TOTAL	6.3 HOURS	48%

3. WORKOUTS AND DEMONSTRATIONS

COMPONENT	HOURS	PERCENT OF COURSE
Workout—Day One <ul style="list-style-type: none"> Effectively coach other athletes under load Assess and apply scaling and threshold training 	1.2	9%
Workout—Day Two <ul style="list-style-type: none"> Participate in an example of an effective class Evaluate class components Discuss best practices for an effective class 	1.2	9%
Training Demonstration <ul style="list-style-type: none"> Observe demonstration of effective application of criteria for effective training 	0.3	2%
WORKOUT TOTAL	2.7 HOURS	20%

Preparing For The Assessment, continued

4. CONTENT TOTALS

COMPONENT	HOURS	PERCENT OF COURSE
Methodology Lectures	4.2	32%
Coaching Development Practicals	6.3	48%
Workouts and Demonstrations	2.7	20%
TOTAL CONTACT HOURS	13.2 HOURS	100%

7.4. LEVEL 2 ASSESSMENT BLUEPRINT

SUBJECT AREA	NUMBER OF ITEMS	PERCENT OF TOTAL
Effective Training	2	5%
Teaching & Knowledge	7	18%
Seeing	9	23%
Correcting	7	18%
Group Management	4	10%
Class Structure	4	10%
Programming	3	8%
Scaling	1	3%
Nutrition	3	8%
TOTAL	40	100%

Preparing For The Assessment, continued

7.5. STUDYING FOR THE ASSESSMENT

- Attend the Level 2 Course (required).
- Study the [Level 2 Training Guide and Workbook](#). Be sure to use this link, as it contains the most current version of the course materials.
- 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 Online [Scaling](#), [Lesson Planning](#) and [Spot the Flaw](#) courses.
- Film your classes and practice evaluating your athletes' movement.
- The assessment is based on the Level 2 material, which is comprised of both the Level 2 Course and the [Level 2 Training Guide and Workbook](#). Neither by itself is considered the entirety of the material from which the questions are derived.

7.6. ASSESSMENT-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 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 Level 2 assessment 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 and Workbook](#).** The assessment questions are not derived from or based on any other fitness source, related fields, or materials.

8. FORMS

8.1. ACCOMMODATIONS REQUEST FORMS

Participants diagnosed with medical and/or learning needs that require special accommodations must complete the Special Accommodations Request form and have an appropriate licensed health-care professional complete the Documentation of Disability-Related Needs by Qualified Provider form in order for their accommodations request to be processed. All documentation needs to be submitted at least two weeks in advance of the scheduled course date. Reasonable requests for accommodations will be reviewed and approved based on their potential to adhere with the course format and policies.

SPECIAL ACCOMMODATIONS REQUEST

Participant Information

Name: _____

Address: _____

City: _____ State: _____ Zip code: _____

Home Phone: _____ Cell Phone: _____

Email Address: _____

Special Accommodations

Course date and location for which you are requesting accommodation: _____

Address: _____

City: _____ State: _____ Zip code: _____

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

Sign Language Interpreter (please specify preferred language): _____

Special seating (please describe): _____

Wheelchair-accessible facility _____

Other special accommodations (please specify): _____

Participant signature: _____

Forms, continued

DOCUMENTATION OF DISABILITY-RELATED NEEDS BY QUALIFIED PROVIDER

A licensed health-care provider or an educational professional must complete this form. The nature of the disability, confirmation of diagnosis, and known history for past accommodations made should be included.

Professional Documentation:

I have known _____ since _____
(name of participant) (date)

in my capacity as a(n) _____
(professional title)

The participant has provided me with information regarding the certificate requisites and the anticipated nature of the course. It is my opinion that because of this participant’s disability, described below, he/she should be accommodated with the special arrangements selected on the attached Special Accommodations 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 Accommodation Request Form to testing@crossfit.com. All documentation needs to be submitted at least two weeks in advance of the scheduled course date. Please write “Accommodations Request” in the subject line of the email.

Forms, continued

8.2. 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, CrossFit Kids or Educators Course, other CrossFit seminars, workouts, fitness or exercise related competition or event, 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 owned, operated, managed, sanctioned or sponsored by or on behalf of CrossFit, LLC, or any of their respective owners, officers, directors, agents, assistants, contractors, volunteers, staff, representatives, guests and employees, as well as coaches, instructors, trainers, 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, including the danger and risk of: (i) PHYSICAL INJURY AND/OR DEATH including minor injuries and major injuries such as joint and back injuries, broken bones, concussions, rhabdomyolysis, musculoskeletal injuries, cardiovascular injuries, heart attack, stroke, brain injury and injury to my fetus (if pregnant); (ii) exposure to, and sickness from, infectious viruses, bacteria and disease, including

Forms, continued

but not limited to, COVID-19; and (iii) property damage. 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.

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 of 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

Forms, continued

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, 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

Forms, continued

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. 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.

Forms, continued

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 guarantee 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, to use and publish my appearance (“**Publicity Rights**”) in any and all media now or hereafter known in connection with the CrossFit Parties, the CrossFit Event, the CrossFit Parties’ goods, products or services, CrossFit, LLC’s affiliate gym program, or any related activities to any of the foregoing (all such medium in which the Publicity Rights are used shall be referred to as the “**Pictures**”), for any commercial purpose whatsoever, 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.

Forms, continued

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. 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, LLC and I have no claim to the copyrights (or any other intellectual property rights) in the Pictures.

15. **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. 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.

16. **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, LLC 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.

17. **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.

Forms, continued

18. 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's 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 Print Name: _____

Signature: _____

Date: _____

Forms, continued

LEVEL 2 PARTICIPANT CONFIDENTIALITY AGREEMENT

I understand, acknowledge and agree to the following:

- The questions and answers of the assessment are the exclusive and confidential property of CrossFit, LLC, and are protected by CrossFit's intellectual property rights;
- I will not disclose the assessment questions or answers, or discuss any of the content of the assessment materials with any person, without prior written approval of CrossFit;
- I will not copy or attempt to make copies (written, photocopied, photographed, or otherwise) of any assessment material, including, without limitation, any assessment questions or answers;
- I will not sell, license, distribute, give away, or obtain from any other source other than CrossFit the assessment materials, questions or answers;
- I agree that my obligations under this Agreement shall continue in effect after the assessment and, if applicable after the expiration of my certificate; and
- 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 Certificate and/or obtaining additional credentials with CrossFit.

Print Name: _____

Date: _____

Signature: _____

9. PROGRAM UPDATES

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

- Effective September 17, 2019—Update to section [8.2 WAIVER](#). Updated to reflect current Assumption of Risk/Waiver of Liability/Publicity Release document.
- Effective January 1, 2020—Update to section [1.5 LEARNING OBJECTIVES](#). Revised to reflect updated course content.
- Effective January 1, 2020—Update to section [1.6 LEVEL 2 ASSESSMENT](#). Revised requirement to remove on-site testing at the course. This was replaced with the post-course assessment requirement to be completed within 30-days after the date of course attendance.
- Effective January 1, 2020—Update to section [2.4 CERTIFICATE REQUISITES](#). Revised to reflect updated certificate requisite to include successful completion of post-course Level 2 assessment.
- Effective January 1, 2020—Update to section [3.1 REGISTRATION](#). Updated discount criteria from active duty and retired military personnel to U.S. active duty and veteran military personnel.
- Effective January 1, 2020—Update to section [3.5.1 AVAILABLE LANGUAGES](#). Revised to reflect the addition of all available languages for the assessment and Level 2 Training Guide and Workbook.
- Effective January 1, 2020—Update to section 4 COMPLETING THE ASSESSMENT. Revised to reflect update to the assessment requirement and its administration.
- Effective January 1, 2020—Removal of appeals policy. No longer necessary due to the format of the assessment.
- Effective January 1, 2020—Removal of requests for manual review policy. No longer necessary due to the format of the assessment.
- Effective January 1, 2020—Update to section [7.2 LEARNING OBJECTIVES](#). Revised to reflect updated course content.
- Effective January 1, 2020—Update to section [7.3 SEMINAR CONTENT OUTLINE](#). Revised to reflect complete update to course content and schedule.
- Effective January 1, 2020—Update to section [7.4 LEVEL 2 ASSESSMENT BLUEPRINT](#). Revised to reflect changes to course content and composition of the assessment.

Program Updates, continued

- Effective April 8, 2020 — Update to include: COVID-19 POLICY - LEVEL 2, Frequently Asked Questions, and online Level 1 Participant Confidentiality Agreement.
- Effective June 23, 2020 — Update to section [3.1 REGISTRATION](#). Removal of policy regarding 20% fee added for participants registering 14 days or less prior to the course date.
- Effective October 1, 2020 — Update to FREQUENTLY ASKED QUESTIONS-ONLINE LEVEL 1: Updated to reflect new policy for first-time credential availability to individuals with permanent residence in locations where new in-person Level 1 Certificate Course offerings have temporarily ceased due to COVID restrictions.
- Effective December 4, 2020 — Update to FREQUENTLY ASKED QUESTIONS-ONLINE LEVEL 1: Updated to reflect new policy for first-time credential availability to individuals worldwide due to COVID restrictions.
- Effective December 21, 2020 — Update to FREQUENTLY ASKED QUESTIONS-ONLINE LEVEL 1: Updated to reflect new policy for test only eligible individuals.
- Effective March 1, 2021 — Added section [5.6. CERTIFICATE EXTENSIONS](#): Added to include policy for requesting an extension to a current credential.
- Effective March 1, 2021 — Added section [5.6.1. EXTENSION REQUEST PROCESS](#): Added process for trainers to request an extension to their current CF-L2.
- Effective May 14, 2021 — Update to COVID-19 POLICY - LEVEL 2: Revised to reflect the addition of all available languages for the Online Level 1 Course.
- Effective May 14, 2021 — Update to section [8.2 WAIVER](#). Updated to reflect current Assumption of Risk/Waiver of Liability/Publicity Release document.
- Effective May 14, 2021 — Update to reflect current Online Level 1 Participant Confidentiality Agreement.
- Effective May 1, 2024 — Update to remove COVID-19 Policy.
- Effective May 1, 2024 — Updated to remove the use of the Online Level 1 for revalidation of the Level 2 Trainer credential.
- Effective May 1, 2024 — Update to section [2.1. ELIGIBILITY REQUIREMENTS](#). Added a requirement that participants are at least 18 years of age at the time of course attendance.
- Effective May 1, 2024 — Update to section [2.1. ELIGIBILITY REQUIREMENTS](#). Updated requirement to state that participants must currently hold or have previously held a CrossFit Level 1 Trainer Certificate.

Program Updates, continued

- Effective May 1, 2024 — Added section [3.2 FEES](#). Included standard late registration policy as stated on the course website that a 20% fee is added if registration takes place 14 days or fewer from the date of the course.
- Effective May 1, 2024 — Updated section [3.3. REFUNDS, CANCELLATIONS, TRANSFERS, OR FAILURE TO APPEAR](#). Updated cancellation policy to reflect that registrations canceled within seven days from the date of the course will be assessed a 10% cancellation fee. If a transfer or course credit is granted and a cancellation fee assessed, registrants are responsible for the difference in fees when applying the credit to an alternate course. Credits are valid for six months and are non-transferable.
- Effective May 1, 2024 — Updated section [3.5. LANGUAGE](#). Updated to reflect policy for courses delivered in local language.
- Effective May 1, 2024— Updated section [5.2. CERTIFICATE DELIVERY](#). Updated certificate policy to reflect that certificates are no longer printed and shipped. Certificates are now issued electronically.
- Effective May 1, 2024— Updated section [5.4. CERTIFICATE EXPIRATION](#). Include policy that CrossFit does not issue copies of expired certificates.