CrossFit®
EDUCATION

LEVEL 1 TEST INFORMATION AND INSTRUCTIONS

VERSION 1.0

Effective Date 2025 April 1

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OVERVIEW

- Effective April 1, 2025, the Level 1 test will be administered in a post-course online format via a secure testing platform and will no longer be administered on-site at the end of Day 2 of the course.

- Our CrossFit Education Team continually seeks ways to evolve and improve our processes based on feedback from our trainers and prior Level 1 Course attendees. One of those areas of improvement is the delivery format and timing of the Level 1 test relative to the course experience.

- The minimum passing score, requirements, and total time allowed for the test are outlined in Section 1.7 of the **Level 1 Participant Handbook**.

- We recommend preparing for the test using the material presented in the course and in the **Level 1 Training Guide** as outlined in Section 7 of the **Level 1 Participant Handbook.**

TEST ADMINISTRATION

REQUIREMENTS AND PROCESS

- A laptop computer, desktop computer, or iPad and an internet connection are required to access and complete the test.

  - Both Windows and Mac operating systems are supported.

  - The platform does not support a mobile device or tablet (with the exception of an iPad) at this time.

- The platform requires installation of a test administration program that secures the test by locking the computer or iPad while the test is active. See the applicable sections below for instructions:

  - **COMPUTERS - WEBLOCK**

  - **iPADS - LOCKDOWN BROWSER**

- During the test administration, the device will remain locked, preventing access to any applications while the test is active.

- **This is a timed test.** The total time permitted is outlined in the **Level 1 Participant Handbook**.

- The total time remaining during the test is displayed in the top corner of the test screen.

- The platform permits navigation to any question while the test is active up until the test is submitted. This means that during the allotted test time, testers may go back and review questions prior to submitting, and/or the total time expires, whichever occurs first.

- Once the test is complete and submitted, the test can no longer be accessed and the secure platform will be closed.

TIMING

- Within 48 hours after completion of the full two-day, in-person course, an email notification will be sent to the email address on file for your course registration.

- The email notification will come from **noreply@fasttestweb.com** with the subject line ***"Info for your exam with CrossFit Training"*** and will contain:

  - A link to access the test via the FastTest Assessment Systems platform

  - A unique access code linked to your individual name, email, and CrossFit ID

- **The test must be completed within 8 days following the course.** No exceptions or extensions will be permitted.

- If the test is not completed by 12 a.m. PT on the ninth day, the participant's testing status will be considered as an "OPT OUT" of the test for their course attendance.

- See the "**OPT OUT**" section below.

SCORING AND RESULTS

- **This is a scored test.** The minimum passing score is outlined in Section 1.7 of the **Level 1 Participant Handbook**.

- Any questions skipped and/or left unanswered will be scored as incorrect. We recommend ensuring all questions are answered prior to submitting and/or the total time expires.

- Once the test is submitted, a copy of the **unofficial test results** will be displayed immediately following the test administration.

- Once the eight-day submission deadline has passed, all unofficial results and test data will be reviewed and validated.

- Participants will receive an **official test results email** within 48 hours after the submission deadline (10 to 12 days after the course) from **noreply@crossfit.com**.

TEST RESULTS – PASS

- **Official test results** will be released within 48 hours after the eight-day submission deadline (10 to 12 days after the course).

- Individuals who meet all Certificate Requirements outlined in Section 2.4 of the **Level 1 Participant Handbook**, including passing the secure, scored, and timed format of the Level 1 test will earn the CrossFit Level 1 Trainer credential (CF-L1).

- The CF-L1 is valid for five years from the date of issue.

- Individuals who pass must complete the digital signature process for the Level 1 Trainer License Agreement to receive and access their results email.

- A separate email with a link to access the digital version of the Level 1 Trainer Certificate will also be sent following the **official test results**.

TEST RESULTS – FAIL

- **Official test results** will be released within 48 hours after the eight-day submission deadline (10 to 12 days after the course).

- Individuals who do not pass the test are subject to the retest policy outlined under Section 3.4 of the **Level 1 Participant Handbook**.

- Participants eligible for a retest **must receive their official test results PRIOR to registering for a retest**. Participants who have not received their official test results email will NOT be permitted to register for a retest.

OPT OUT

- The test must be completed **within 8 days following the course**. No exceptions or extensions will be permitted.

- If the test is not completed by 12 a.m. PT on the ninth day, the participant's testing status will be considered as an "OPT OUT" of the test for their course attendance.

- Participants who choose to opt out and/or are assigned an opt out status by default due to missing the test submission deadline are subject to the retest policy outlined under Section 3.5 of the **Level 1 Participant Handbook**.

SECURE TEST PLATFORM

PLATFORM OVERVIEW

- The Level 1 test is administered via a secure browser application. FastTest WebLock and LockDown Browser are secure testing platforms that will display a custom browser when it is started. There are two options for taking the test:
    - Laptop and desktop computers: FastTest WebLock secure browser
    - iPad: LockDown Browser

- Both browser applications create a "locked" testing environment that include the following features:
    - Tests are displayed full-screen and cannot be minimized.
    - Tests cannot be exited until submitted by users for grading.
    - Task switching or access to other applications is prevented.
    - Printing functions are disabled.
    - Print Screen and capturing functions are disabled.
    - Copying and pasting anything to and from a test is prohibited.
    - Right-click menu options are disabled (Windows); key + click options are disabled (Mac).
    - Browser menu and toolbar options are disabled except Back, Forward, Refresh, and Stop.
    - Function keys (F1-F12) are disabled.
    - Source code for the HTML page cannot be viewed.
    - URLs cannot be typed by the user.
    - Screen capture, messaging, screen-sharing, and network monitoring applications are blocked from running.
    - Pages from the test are not cached or stored in the browser's history listing.

COMPUTERS – WEBLOCK

INSTALLING WEBLOCK – COMPUTERS
- Before you start, ensure that:
    - You have **admin rights** to the computer that will be used.
    - The computer is **connected to the internet**.
- Go to: **https://app.fasttestweb.com/FastTest/browserlockdown/app#/weblock/download**
- Select **Download Weblock**.
- Run the installation program and select "**Yes**" or "**Continue**" for all prompts. The installation will check whether you have Mac or Windows and install appropriately.
- Select "**Run**" on the first screen. The setup installer will then download.
- Select "**Run**" on the next screen. The installer will then open. Select "Next."
- Select "**Next**" to install in the default folder.
- Select "**Install**" to run the installer.
- Select "**Finish**" to close the installer and return to the browser.

LAUNCHING WEBLOCK – COMPUTERS
- Before you start, ensure that:
    - The computer is **connected to the Internet**.
    - All other programs are **closed** on the computer.
- Go to: https://weblock.fasttestweb.com/testing/pr/20/9
- Enter the **Test Code**.
- Select "**Click here to launch FastTest WebLock and continue to the testing system**."
- Select "**Allow**" or "**Open LockDown Browser OEM**" if prompted, depending on the operating system.
- You will have to close any programs that are running like Google Desktop and other auto-start programs to start the test. Select "**Close Applications**" if prompted.
- The WebLock browser will then open to the examinee login screen.
- Enter the **Test Code**, and select "**Login**."

CLOSING AND UNINSTALLING WEBLOCK – COMPUTERS

- After the test is submitted, your unofficial test results will be displayed.

- After viewing the results select "**Return to the examinee login page**." You can then leave the testing system by clicking "**Exit**."

- If the specific computer is only being used for one test and no other test will be given via WebLock, you can uninstall the program.

  - In Windows XP, this can be found under Start -> Control Panel -> Add or Remove Programs.

  - In Windows Vista and Windows 7, it is located at Start -> Control Panel -> Programs and Features.
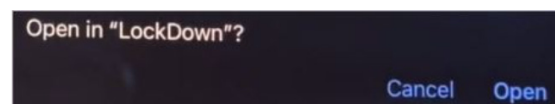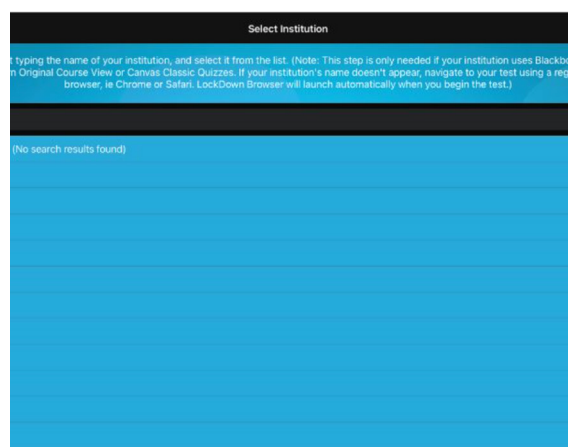
IPADS – LOCKDOWN BROWSER

INSTALLING LOCKDOWN BROWSER – IPAD

- Ensure you are connected to the internet. You will need an internet connection established **PRIOR** to downloading and launching the app. Your device must remain connected to the internet in order to complete the test.

- You must download LockDown Browser Respondus Inc. (WebLock) on your iPad before you take the test. It can be uninstalled when the test process is complete.

- Download LockDown Browser Respondus Inc. (WebLock) from the AppStore.

- Select "Open."

- Select Institution message: There will be no Institution listed. Skip and open a new browser.

- Open a new Browser (e.g., Safari or Chrome).

- Enter the Examinee login page **https://app.fasttestweb. com/testing/pr/20/2** and enter the **Test Code** from the email.

- Select "**Login**."

- Select "**Step 2 — Launch WebLock**."

- Open in "LockDown"? — Select "**Open**."

- Confirm the App Self-Lock — Select "**Yes**" to confirm.

- The test will launch. At the end of the test, do not forget to click on the "I Am Done" button.