

Bodyswaps

Facilitation Guidance

Facilitation Considerations

These are **suggestions only**. Where possible, personalise your experience based on who your learners are.

Guardians

- Set the [guardians](#) up beforehand, set them to stationary and rest the headset on the chair - if you move the headset, the guardian may need resetting, **or**
- Inform users on how to create guardians.

Learner Spaces

- Ideally, provide a private or semi-private area for the learner.
- If running a group workshop make sure it learner has enough space to limit disruption to their experience and if possible, provide headphones so no one can hear each other.
- Consider marking a rule that anyone in the room must be in a headset (apart from the facilitator).

Casting

- Identify learners who might need extra support and [cast their experience](#) on your phone/screen so you can guide them through, if needed.

Cleaning

- Sanitise the headsets with antibacterial wipes between sessions (or follow another process like UV cabinets).

Set Up

1. Make sure you have downloaded Bodyswaps to each device and that the app is up-to-date. **please make sure that your Quest headsets are not linked to the same Meta account.*
2. Ensure headsets are charged and have been cleaned.
3. Set up the space to ensure learner privacy and set the guardians as stationary.
4. Generate Access Codes:
 - a. Pre-registered Learners: Add the user to **Bodyswaps Go** as a Learner and instruct them to create an account. To generate a code they'll need to log onto Bodyswaps Go and navigate to the learner tab.
 - b. Self-Enrolled Learners: **Create a class** in Bodyswaps Go and either send the class invite link (URL or QR code) in advance of the session or place next to the headset. Learners will need to:
 - click the link or scan the QR code with their phones,
 - register for their class,
 - generate their own code (they will be auto redirected to the code generation page or can access a link via email).

Top Tip: if your learners are new to VR, consider introducing the Virtual Reality environment with [Meta's First Steps app](#) or a passive 360 experience.



Example Instructions

You're about to jump into virtual reality and develop essential **soft skills**.

In Bodyswaps, you'll be asked to identify, interact and engage (using your own words) with avatars.

Your response **will not be** stored or assessed. This session will be a safe space for you to learn new skills.

Basic Controls & Instructions:

- You can interact and select options by reaching out and touching with your virtual hands (no buttons to press).
- When asked to identify behaviours, use the triggers on the controllers (ask your facilitator if you are unsure).
- Every new user will go through an onboarding process in app so you can get used to the controls.
- You do not need to pick an avatar that looks like you for this training - you are in VR, why not try something new.
- Please make sure you are in a space where you feel comfortable and have enough space.

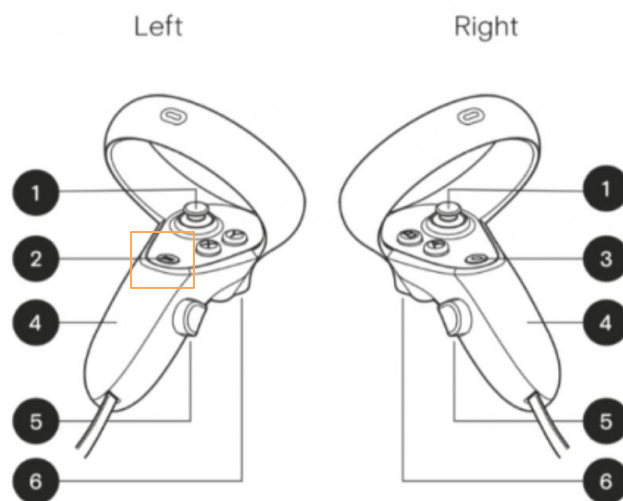
Navigating the Bodyswaps app

In Bodyswaps, you navigate with the user interface with your virtual hand.

Change Settings

To change your settings, you must return to the lobby (Virtual Training Centre) before pressing the MENU BUTTON (2) and selecting Settings. This allows you to control features like:

- App analytics
- Voice recognition
- Learner data
- Shared device
- Language (French or English)
- Avatar Selection (in User Profile section)



1. Thumbsticks
2. Menu button
3. Oculus button

4. Battery covers
5. Grip buttons
6. Triggers

Navigating the Bodyswaps app

Reset your Position

Please feel free to remove your headset at any time if you need to take a break or adjust your position (from sitting to standing, for example) or to make notes if you wish to do so.

If you find that your position within the simulation has changed when you put the headset back on, you can reset it by pressing down on the left hand joystick (1).

Leaving a module

Press the Menu Button (2) when in a module to pause the experience.

Select **Leave Module** to exit the module or click the **X** in the top right-hand corner when you are ready to continue.

Quit

To quit the Bodyswaps app, press the Oculus Button (3) on your right hand-held controller, then select **Quit** from the Oculus menu.