



Quest 2 Setup

Power on

To turn on the Quest 2, hold down the power button for 3 seconds. You will feel the controllers buzz once on.

Headset

Place the headset on your head. Adjust the straps as needed. You can also adjust the lenses (IPD) by gently pushing them together or apart.

Set Boundary

We recommend that you use the **Stationary Boundary** when completing Bodyswaps modules. Look around to check that the boundary is correctly positioned and clear of any obstructions. Select **Confirm** with the trigger, A or X button on the controller. If the boundary needs to change, select **Change**.

Confirm the floor level by lining up the grid with the floor. Move the grid by moving the thumb stick or touching the floor with your controller. Click **Confirm**. Select **Switch to Stationary Boundary**. Confirm Stationary boundary - look around and make sure there is nothing you can hit with your arms or less. Select **Confirm**.

App Library

Select the **App Library** icon in the bottom menu bar. It appears as a gray box with 9 dots.

Bodyswaps App

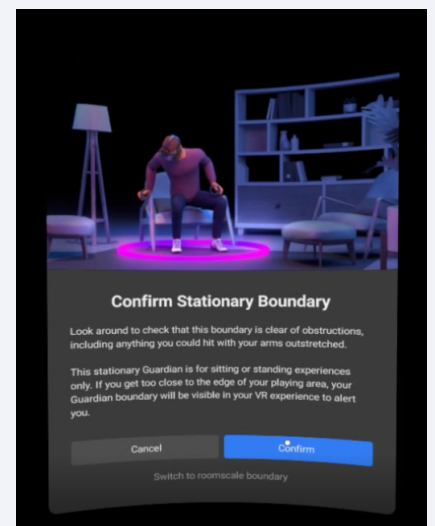
Select the **Bodyswaps App** and enter your access code from your Bodyswaps Go account to access content.

1

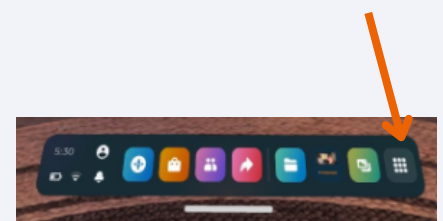


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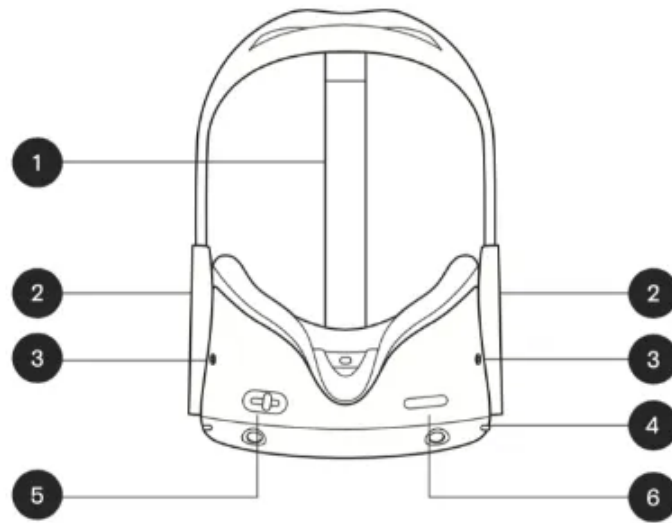


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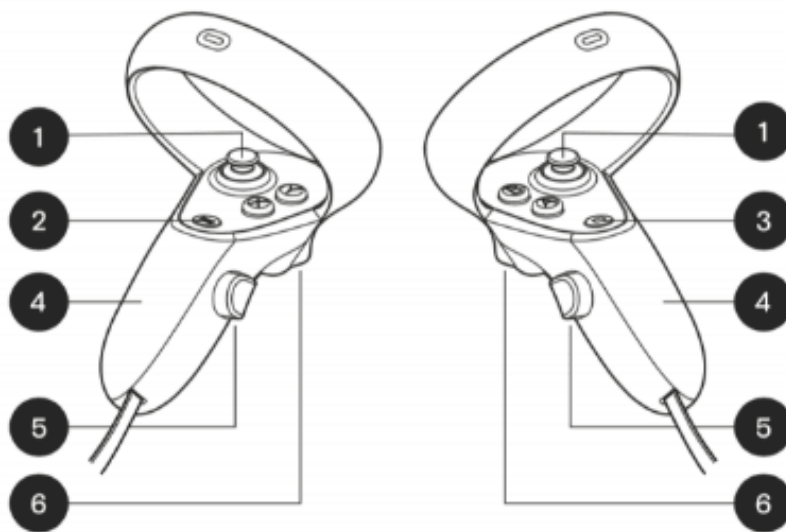
Quest 2 Headset & Controllers



- 1. Top strap
- 2. Side straps
- 3. Headphone jacks
- 4. Power/standby
- 5. Lens spacing
- 6. Volume

Left

Right



- 1. Thumbsticks
- 2. Menu button
- 3. Oculus button
- 4. Battery covers
- 5. Grip buttons
- 6. Triggers



Bodyswaps Controls for Quest 2

In Bodyswaps, you interact with the user interface by clicking the options with your virtual hand.

Pausing or exiting a module

Press the **Menu Button** to access the menu. This effectively pauses the experiences.

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

Learning Journal and Checkpoints

You can access learning notes, jump between checkpoints or report a bug by turning your left palm towards you when you're in a module.

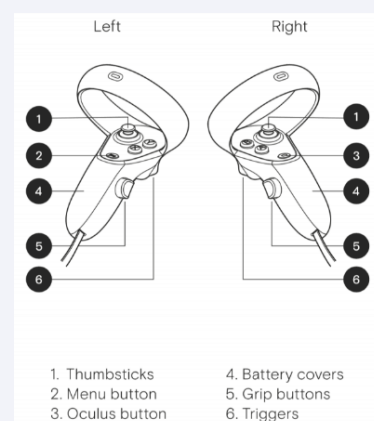
Reset your Position

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**

Change Settings

To change your settings, you must return to the lobby before pressing the **Menu Button** and selecting **Settings**. This allows you to control features like:

- App analytics
- Voice recognition
- Learner data
- Shared device
- Language (French or English)



Quit

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