



# Quest 3 Setup

## Power on

To turn on the Quest headset, 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

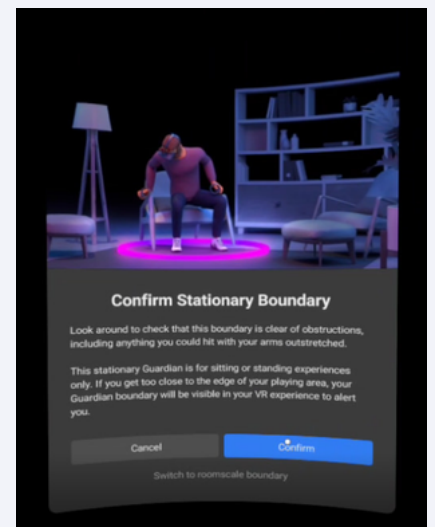
Select the **Bodyswaps App** and enter your access code from your Bodyswaps Go account to access content.

1

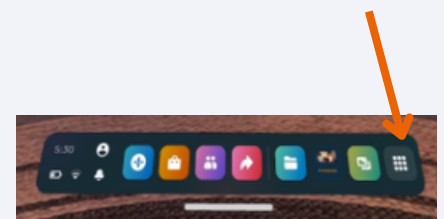


2

3



4



5



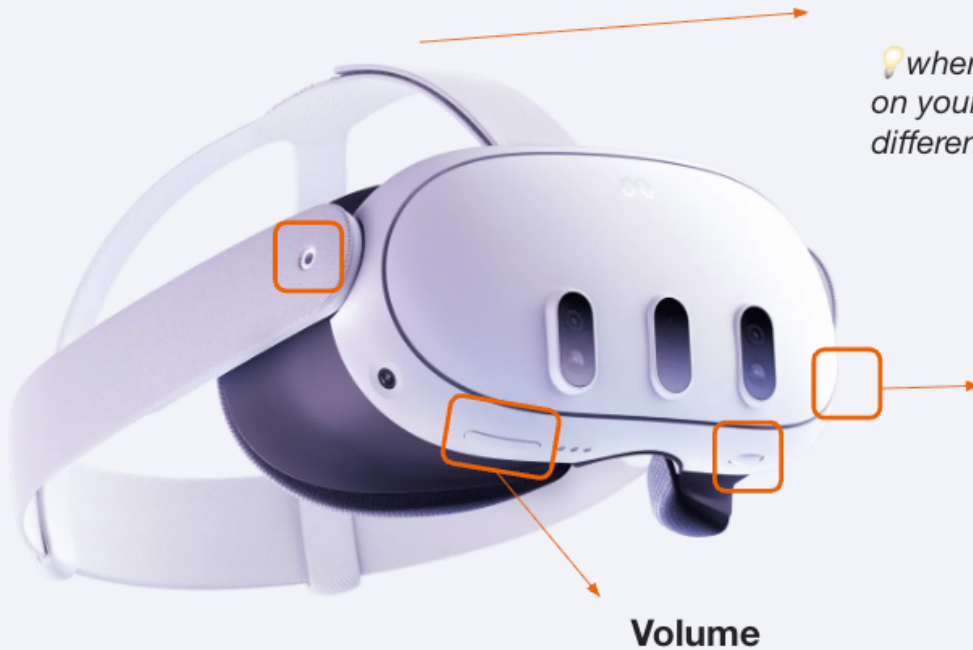


# Quest 3 Headset & Controllers

Finding the right **fit**:

- Adjust straps (snug fit)
- Adjust lens distance

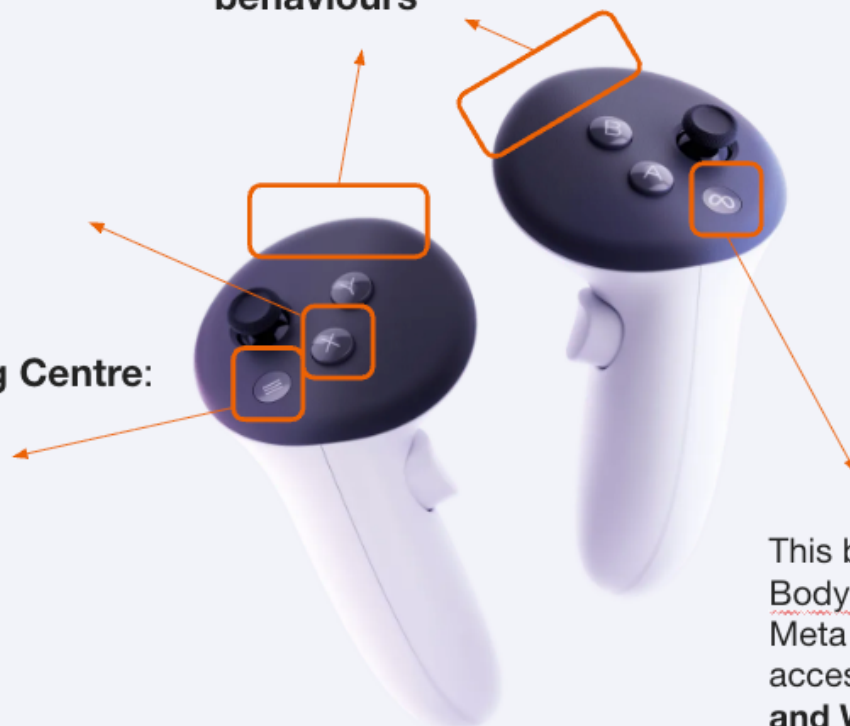
💡 where the headset is sitting on your forehead makes a difference



When in a **module**:

- Resume
- TV/Slide Focus
- VR Safe Space

Triggers to identify behaviours



When in the **Training Centre**:

- Settings
- User Profile
- Accessibility
- Quit

When in a **module**:

- Leave module



# Bodyswaps Controls for Quest 3

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 **Meta Button** on your right hand-held controller, then select Quit from the Oculus menu.