Basics of using VR

Safety when using VR (Virtual Reality)

- Always clear play space of any obstructions.

- Stay in the boundary in VR when the headset is on.

- Don't get to close to someone using VR they may not can see you.

- Always put on the wrist straps if using controllers.

- If you feel sick take off the headset.

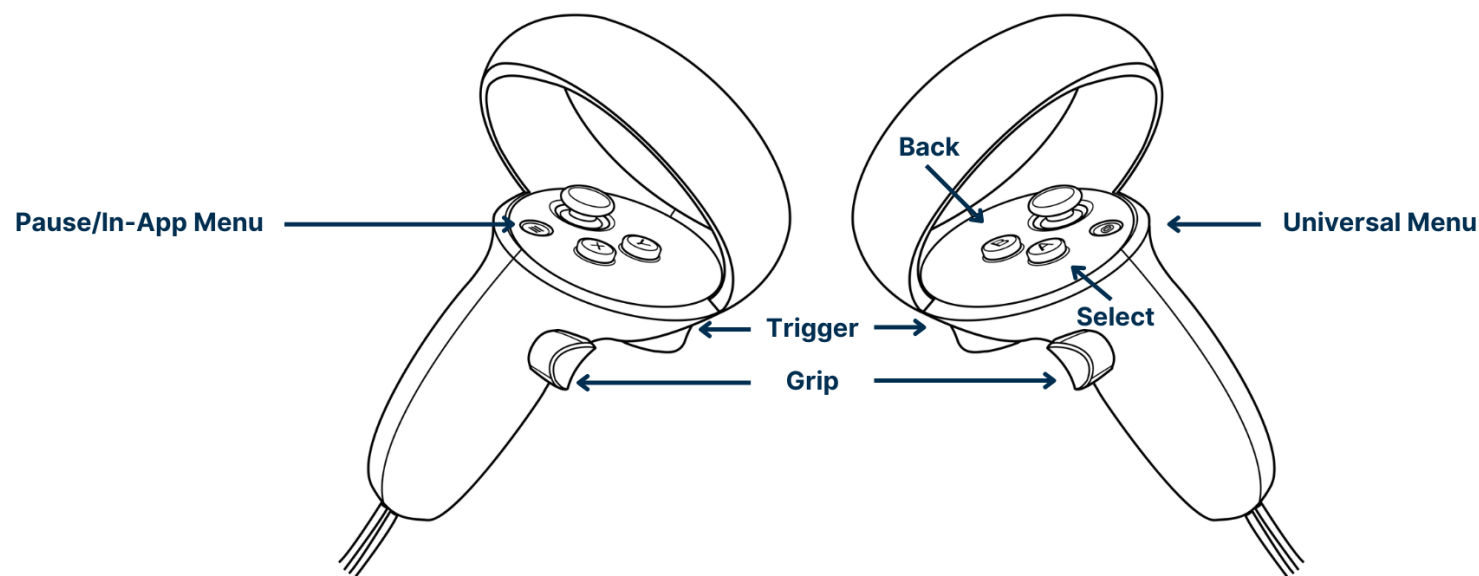- Try and keep your feet planted on the ground.

Putting on the Meta Quest 2

Controllers

Must wear straps at all times

Make sure index finger is on the trigger of the controller.

Know where the universal menu button is located, it can pull up the menu and recenter your view when held.

Quest Touch Controllers

Back

Pause/In-App Menu

Universal Menu

Select

Trigger

Grip

How to redraw the boundary

- Press the universal menu button on the right controller.
- Select boundary to redraw or switch to stationary.

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