



To ensure a safe and enjoyable VR experience, please review and complete the following checklist before starting your VR session. This checklist is designed to minimize risks such as vertigo, epilepsy, and other potential health issues.

1. Health and Wellness

- General Health Check: Ensure you are feeling well and do not have any pre-existing conditions that VR usage could exacerbate.
- Epilepsy and Seizure History: Confirm you have no history of epilepsy or seizures. If you do, consult a doctor before participating.
- Pregnancy: If you are pregnant, consult with your healthcare provider before using VR equipment.
- Medications: Verify that you are not under the influence of drugs or medications that could impair your balance, coordination, or judgment.

2. Environmental Safety

- Play Area Setup: Clear the play area of obstacles, including furniture, pets, and other potential hazards. Ensure there is enough space to move freely without the risk of tripping or knocking into objects.
- Floor Surface: Use VR on a flat, dry, and non-slippery surface.
- Lighting: Ensure adequate lighting in the room to prevent tripping or falling when you take off the headset.
- Ventilation: Make sure the room is well-ventilated to prevent overheating.

3. Equipment Check

- Headset: Inspect the VR headset for any signs of damage. Adjust the headset for a comfortable and secure fit.
- Cables and Wireless Setup: Ensure all cables are securely connected and positioned to avoid tripping. If using wireless, check the battery levels.
- Controllers: Check that the controllers are charged and functioning properly.
- Cleanliness: Wipe down the headset and controllers with disinfectant wipes, especially if sharing equipment.

4. Personal Readiness

- Hydration: Stay hydrated by drinking water before starting your session.
- Comfort: Wear comfortable clothing that allows free movement.
- Glasses and Contacts: Ensure your glasses fit comfortably under the headset or consider using contact lenses if applicable.
- Motion Sickness: Be aware of your sensitivity to motion sickness. If you have a history of motion sickness, take necessary precautions such as using anti-nausea medication or starting with short sessions.

5. Session Management

- Session Length: Plan to take regular breaks every 30 minutes to prevent eye strain and fatigue.
- Emergency Plan: Familiarize yourself with the layout of the room and ensure you know where to go in case of an emergency.
- Companion Presence: If possible, have a companion present to assist in case you experience any discomfort or need help.

6. Initial Calibration and Setup

- Initial Setup: Follow the VR system's instructions for initial setup and calibration.
- Orientation: Complete the VR system's orientation or tutorial to become familiar with the controls and environment.
- Sensory Adjustment: Allow a few minutes for your senses to adjust to the VR environment.

By completing this checklist, you help ensure a safer and more enjoyable VR experience. If at any point during the session you feel unwell or disoriented, stop immediately and remove the headset. Safety first!

Participant Name: _____

Signature: _____ Date: _____

Instructor Name: _____

Signature: _____ Date: _____

This checklist should be reviewed and signed before each VR session. Thank you for helping us maintain a safe environment for all participants!