



Innerspace Simulator

# USAGE MANUAL

Meta Quest 3



The steps in this document are designed to involve a trainer.  
However, they can also be carried out independently by the trainee.

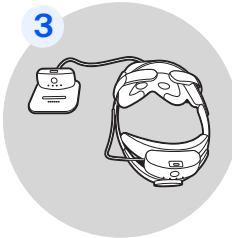
# Before Training



Ensure there are no obstacles in the training area, no direct sunlight, and no reflective surfaces.



Clean and disinfect the equipment.



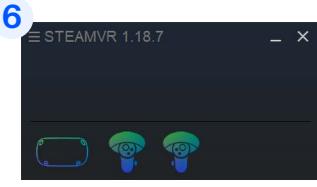
Place a fully charged battery from the charging dock into the slot on the rear of the headset.



Start the ALVR application on the laptop, which will automatically open the SteamVR application.



The ALVR Dashboard is now visible, indicating in the bottom left corner that SteamVR is connected.



In SteamVR, the headset and controller icons appear, but the hardware may be in standby mode since they're not actively in use.



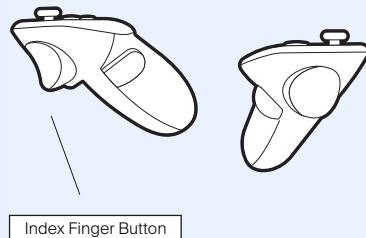
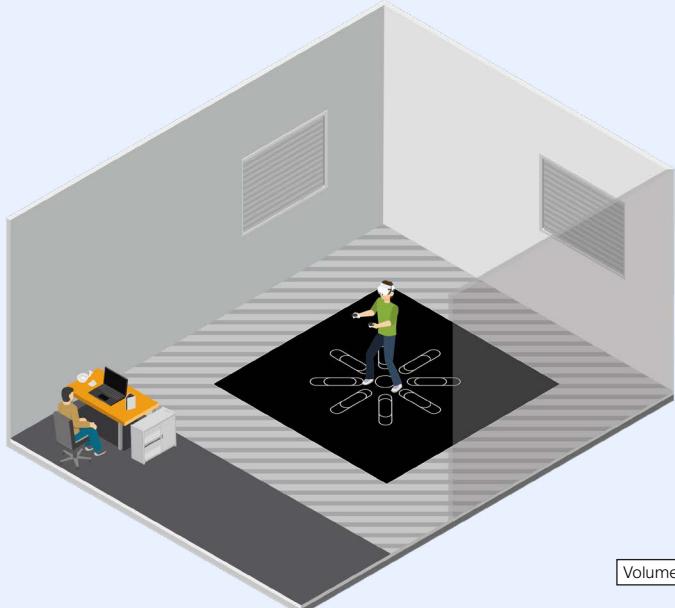
Start the Simulator Launcher Application on the VR Simulator Laptop.

## Questions?

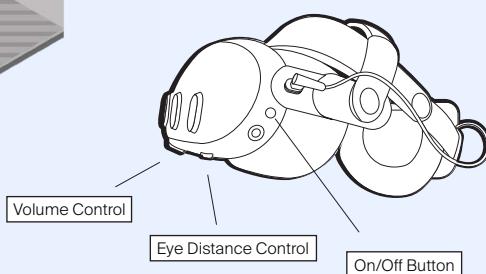
Our troubleshooting guides will help you solve your issues.

Visit our support portal [support.innerspace.eu](https://support.innerspace.eu) or contact our helpdesk at [support@innerspace.eu](mailto:support@innerspace.eu)

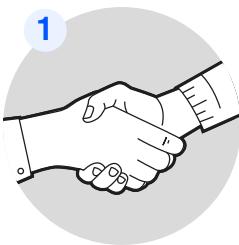
# ***During Training***



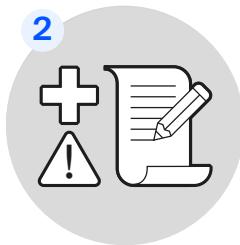
The controllers are the virtual hands of the trainee in the Simulator environment.



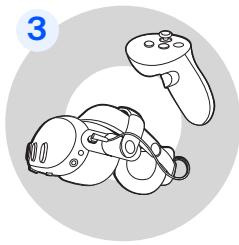
The headset of the trainee is the portal to virtual reality (VR).



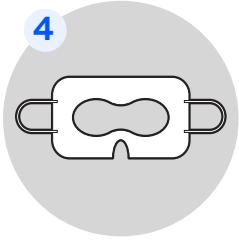
Welcome the trainee.



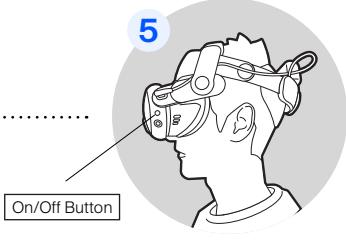
Ensure the trainee is familiar with the health and safety guidelines and understands the learning objectives of the module.



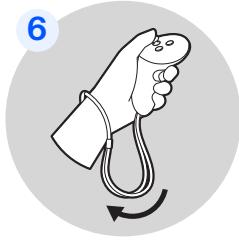
Introduce the trainee to the Simulator system and VR equipment.



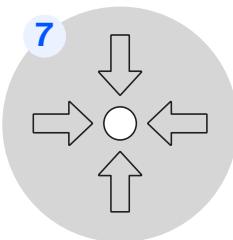
Ask the trainee to wear a new VR hygiene face mask, ensuring it covers the face while keeping the eyes free and securing the rubber bands over the ears.



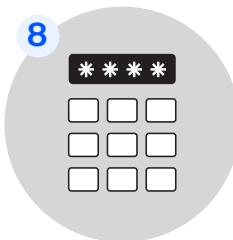
Help the trainee put on the headset. If the headset is turned off, turn it on by pressing the button for 2 seconds. Let the trainee adjust the headset to achieve a sharper image.



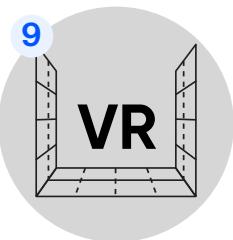
Give the controllers to the trainee. The straps must be placed around the wrist and tightened.



7  
Guide the trainee to the center of the room's play area. Ensure they face the equipment table with the streaming router for the best VR experience.



8  
You can now instruct the trainee to enter the PIN 0000 using the index finger button on the back of the controllers and press continue.

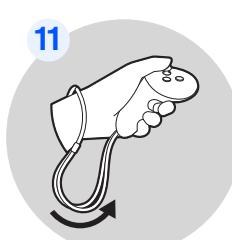


9  
After a few seconds, they will find themselves in a mountain environment. Guide and assist the trainee in moving around to test the VR boundaries.



10  
Start the training module on the VR Simulator Laptop and supervise the trainee throughout. Monitor the simulation and the trainee for safety and performance, offering assistance as needed.

Let the trainee play through the module



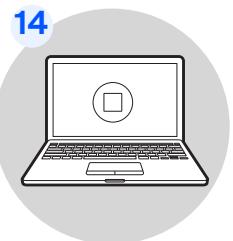
11  
After completing the training module, remove the controllers from the trainee's wrists and return them to the docking station. Assist in removing the headset and welcome the trainee back to reality.



12  
Discuss the training performance and address individual needs.

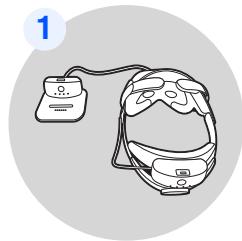


13  
Disinfect the VR hardware surfaces that were in direct contact with the trainee's skin.

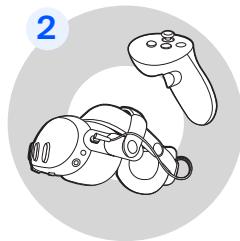


14  
Close the VR Application on the VR Simulator Laptop.

# After Training



Remove the battery from the rear of the headset and place it back on the charging dock to ensure it has sufficient energy for future training sessions.



Store and lock the VR headset equipment safely, keeping in mind that direct sunlight and moisture can cause damage.



Close all applications on the VR Simulator Laptop, but leave the laptop turned on.



Once all these steps have been completed, please clean the workspace accordingly.

## Questions?

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