

Your Guide to:

VIRTUAL REALITY RESOURCES



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SETTING UP A META ACCOUNT

1

NAVIGATE TO META

- Open the Meta Quest Mobile App on your phone
 - The app can be downloaded on your phone's app store

OR

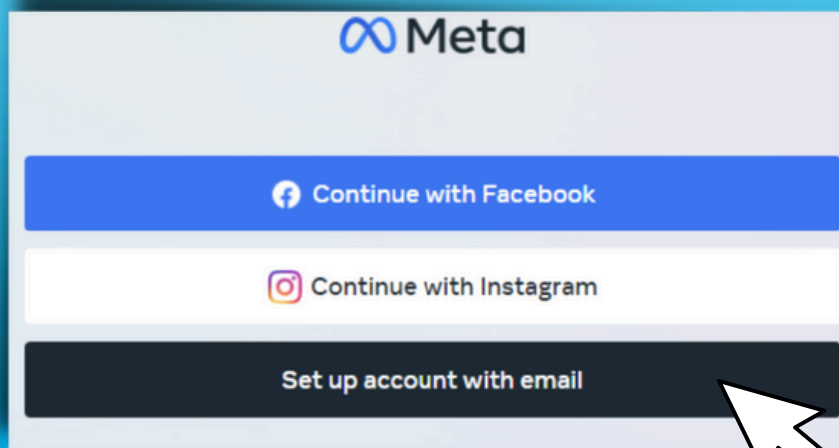
- Visit auth.meta.com on a desktop computer



2

SIGN UP WITH EMAIL

- Create one Meta account per email address
- NO Facebook or Instagram account needed





TECHNOLOGIES

SETTING UP A META ACCOUNT

3

PROVIDE ACCOUNT INFO

Enter your name

This name will be used for account recovery and for communication about your account. It won't be public.

First name

Last name

Next

What's your birthday?

Use your own date of birth, even if this account is for a business or something else. This information won't be public. [Why do I need to provide my birthday?](#)

Month Day Year

Next

4

CHOOSE PASSWORD

Create a password

Create a password with at least 8 letters and numbers. It should be something others can't guess.

Password

Next



TECHNOLOGIES

SETTING UP A META ACCOUNT

5

FINALIZE ACCOUNT

- Select email notification preference and create account

A screenshot of a mobile application form titled "Finish creating your Meta account". The form has a white background and is set against a blue gradient background. It contains several input fields: "Name", "Email", "Password" (with a masked password "*****"), and "Birthday". Below the fields, there is a section for email preferences with the text "Your Meta account information isn't public." and a radio button next to the option "I'm interested in receiving emails about Meta Quest releases, recommendations and sales." At the bottom of the form, there are two buttons: "Back" and "Create account". A purple mouse cursor is pointing at the radio button, and a white mouse cursor is pointing at the "Create account" button.



TECHNOLOGIES

SETTING UP YOUR HARDWARE

1

DOWNLOAD META QUEST APP

- Locate and download the Meta Quest App
- Log into the Meta Quest App using your newly created meta account



Meta Quest



2

TURN HEADSET ON

- Click the power button on the side of the headset



Quest 2



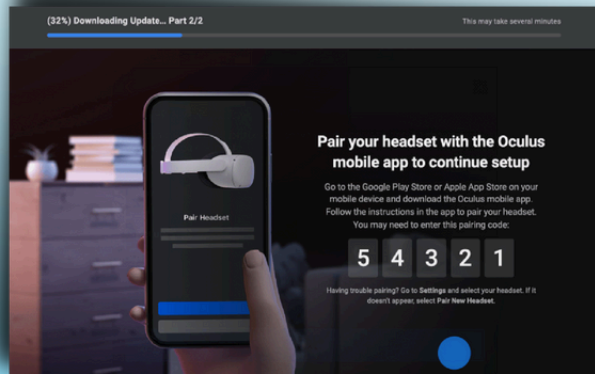
Quest 3

SETTING UP YOUR HARDWARE

3

5-DIGIT ACCESS CODE

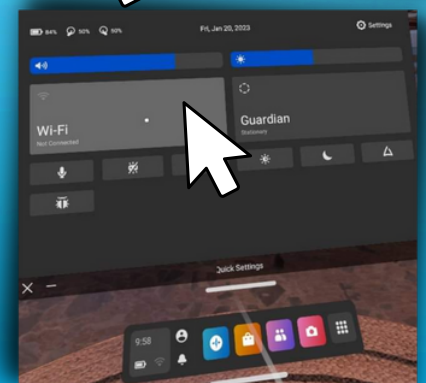
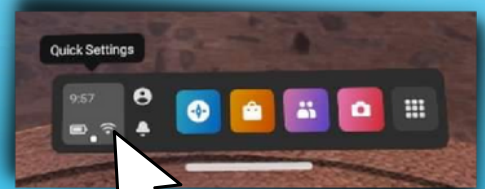
- You will be prompted to enter a 5-digit access code on the Meta Quest App that can be found on the headset



4

CONNECT TO WIFI NETWORK

- Connect the headset to the Wi-Fi network
 - Click on Quick Settings
 - Click Wi-Fi
 - Locate target network
 - Input credentials



IMPORTANT: Your phone and headset must be on the same Wi-Fi network before you attempt to pair them in the next few steps

SETTING UP YOUR HARDWARE

5

INITIAL HEADSET STARTUP

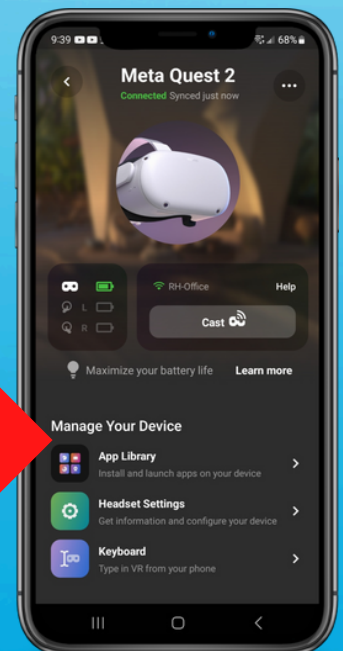
- Upon first use you will be required to view and acknowledge the safety and training video



6

PAIRING HEADSET

- You will be prompted to pair your headset to the Meta Quest App
- TROUBLESHOOT IF NECESSARY:
 - Check that your phone and headset are on the same network.
 - Turn on your phone's Bluetooth



SETTING UP YOUR HARDWARE

7

REPOSITIONING VIEW

- If at any time you feel the view in the headset is off press and hold the oculus button on the right controller to reposition your view

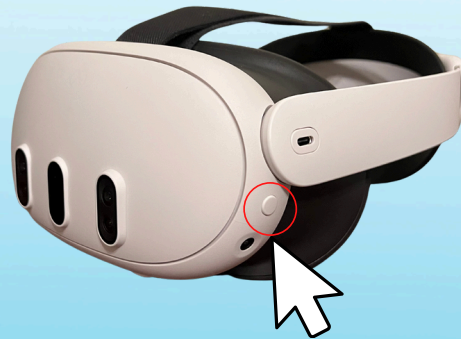


STUDENT OWNED HEADSET SETUP

1

PUT ON HEADSET

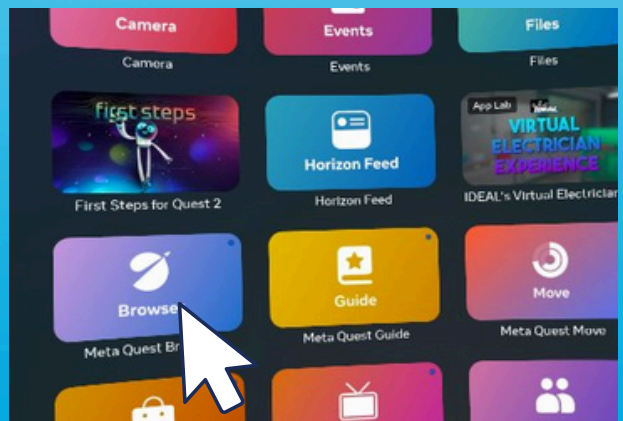
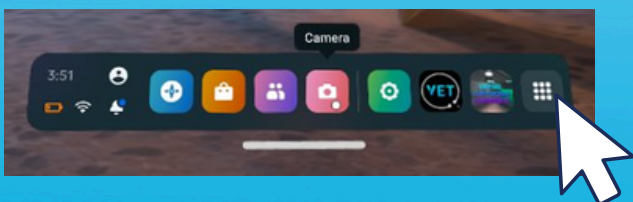
- Click the power button on the side of your Quest 2 or Quest 3 headset



2

NAVIGATE TO BROWSER

- Navigate to the app library on your headset.
- Locate and click the Browser app in the app library



STUDENT OWNED HEADSET SETUP

3

TYPE WEBSITE IN BROWSER

- Type the desired app website in the address bar

- IVEE link

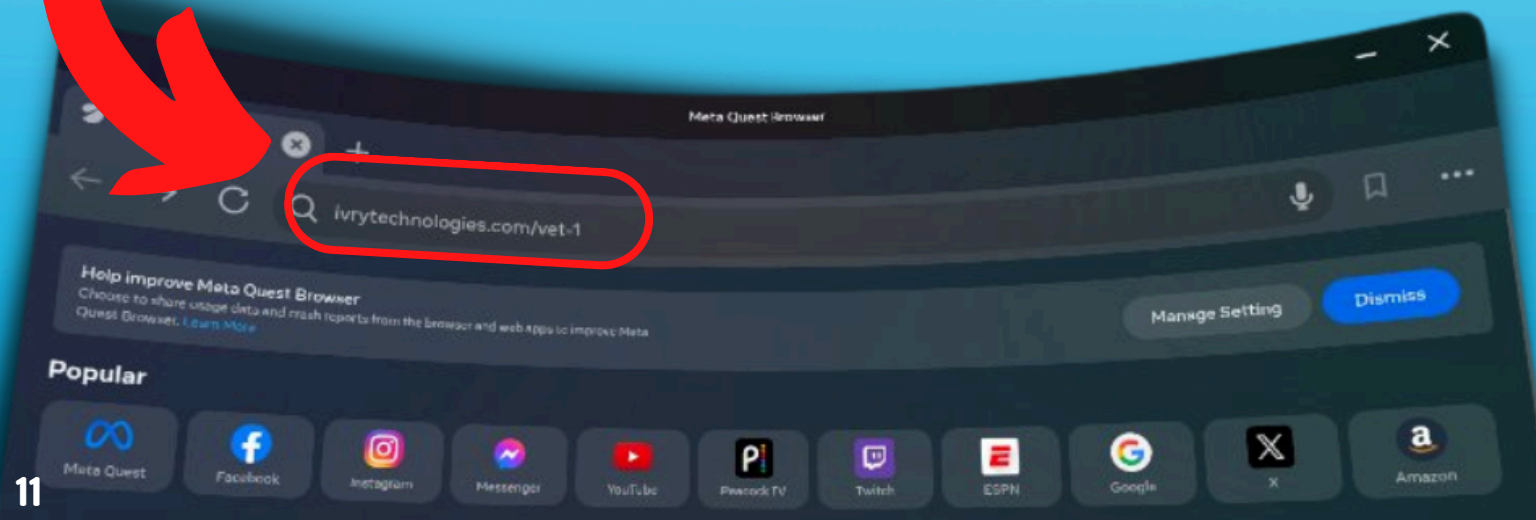
ivrytechnologies.com/ivee

- VET1 link

ivrytechnologies.com/vet-1

- VET2 link

ivrytechnologies.com/vet-2

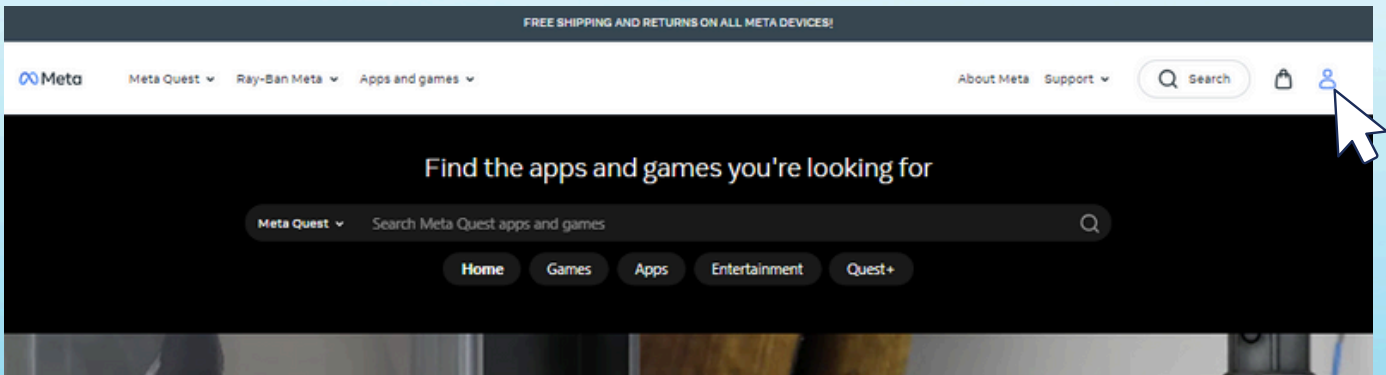


STUDENT OWNED HEADSET SETUP

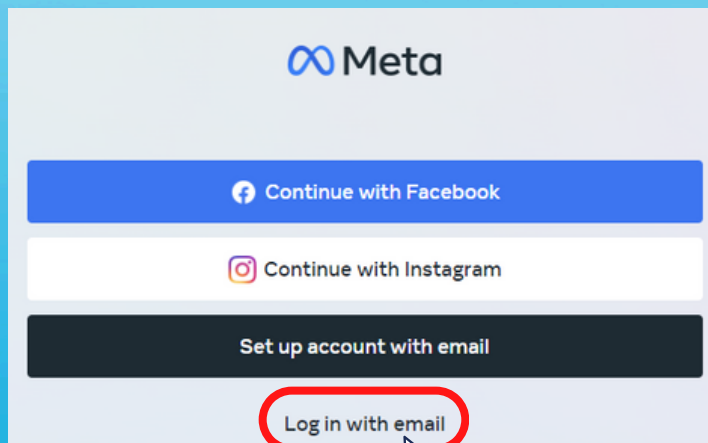
4

LOG INTO META ACCOUNT

- If necessary log into your Meta account.



- Choose continue with email.
- Use your Meta login credentials to complete the login process

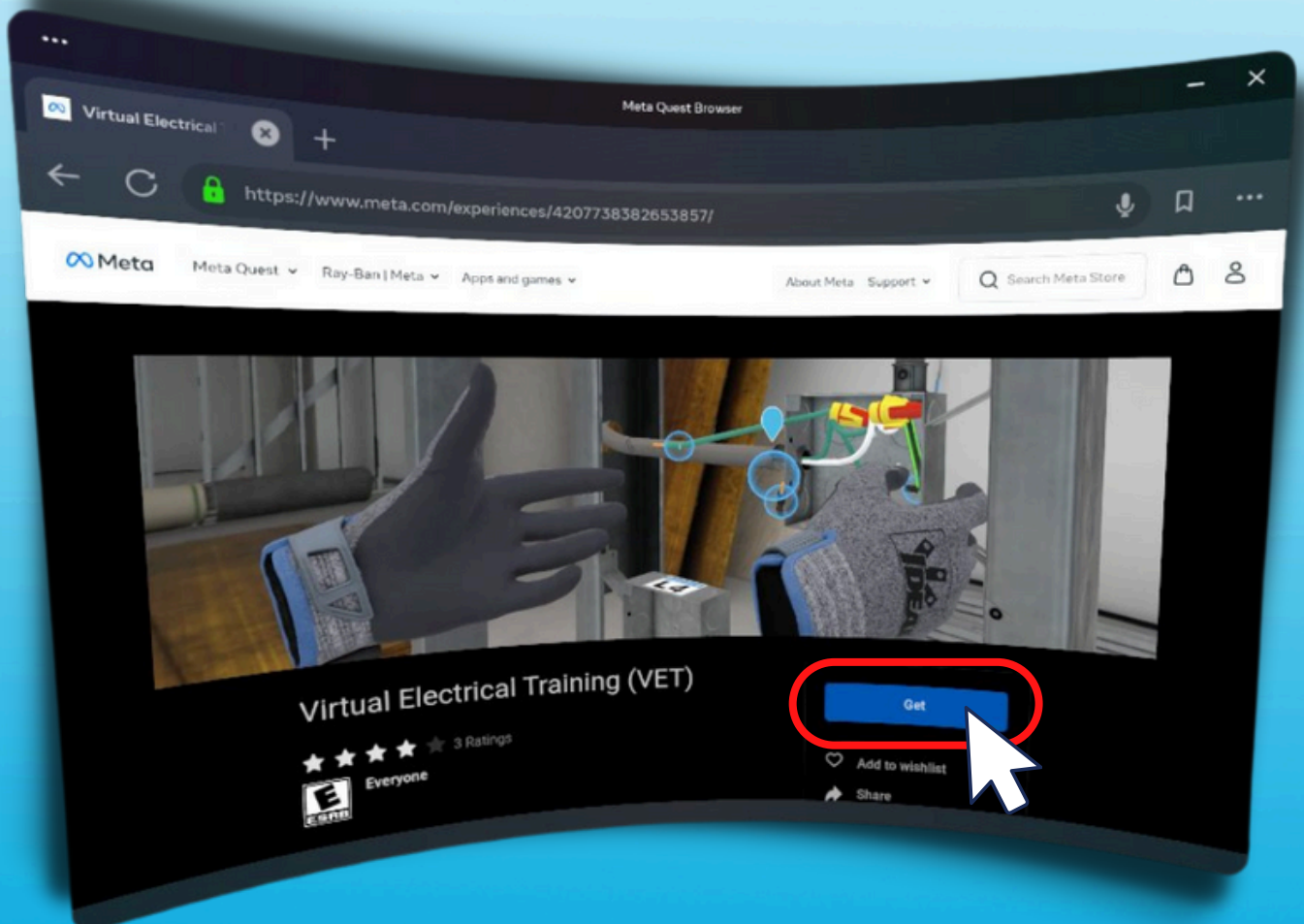


STUDENT OWNED HEADSET SETUP

5

CLICK THE GET BUTTON

- Scroll down the page
- locate and click the "GET" button
- Allow the app to download and install before launching





TECHNOLOGIES

DOWNLOADING APPS

1

LOG INTO META ACCOUNT

- Log into your Meta Account on a desktop

OR

- Log into Meta Quest App on your phone

<

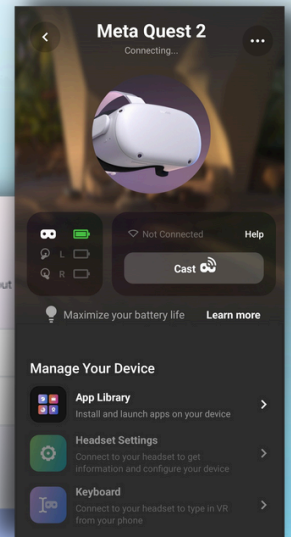
Enter your name

This name will be used for account recovery and for communication about your account. It won't be public.

First name

Last name

Next



2

DOWNLOAD IVEE / VET-1

- IVEE link

ivrytechnologies.com/ivee

- VET-1 link

ivrytechnologies.com/vet-1

- VET-2 link

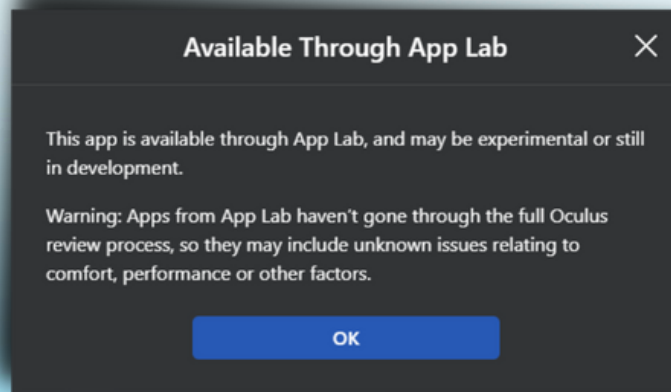
ivrytechnologies.com/vet-2

DOWNLOADING APPS

3

ACKNOWLEDGE DISCLAIMER

- Accept the APP LABS disclaimer pop-up

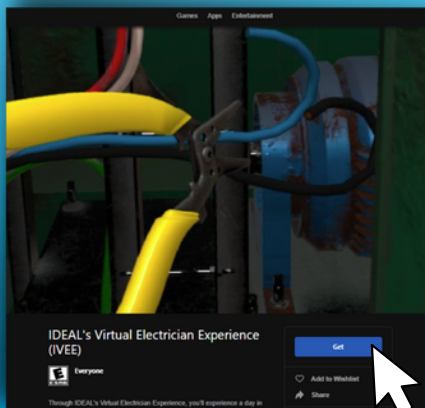


4

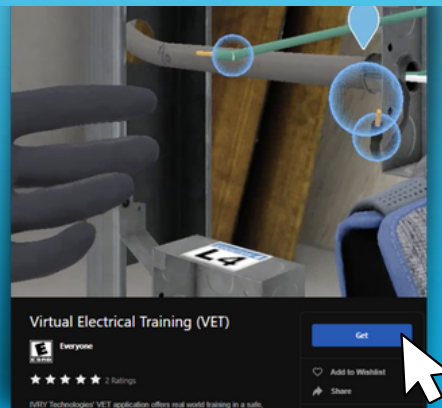
CLICK "GET" BUTTON

- Click the blue "GET" button on the screen
- Allow time for download to process

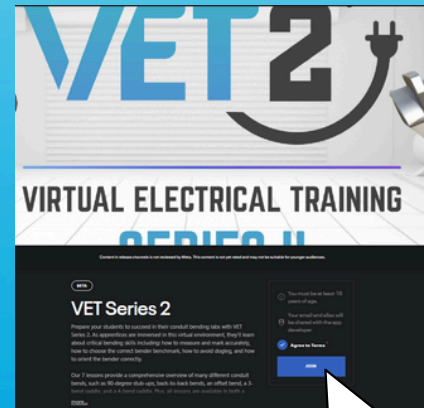
IVEE



VET1



VET2



DOWNLOADING APPS

5

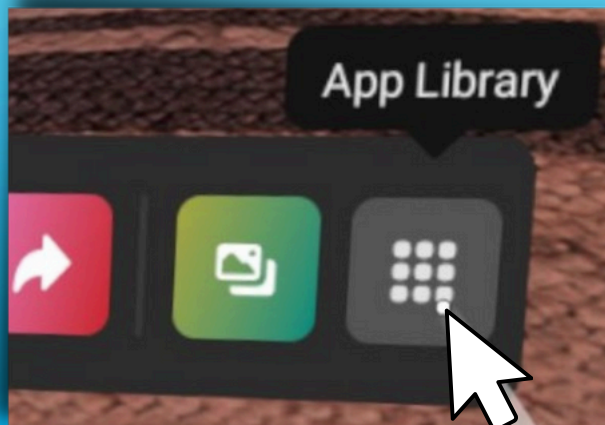
PUT HEADSET ON



6

CLICK THE APP LIBRARY

- Navigate to the app library on your headset
- Locate VET2 app
 - If you do not see the app it may still be finishing the download

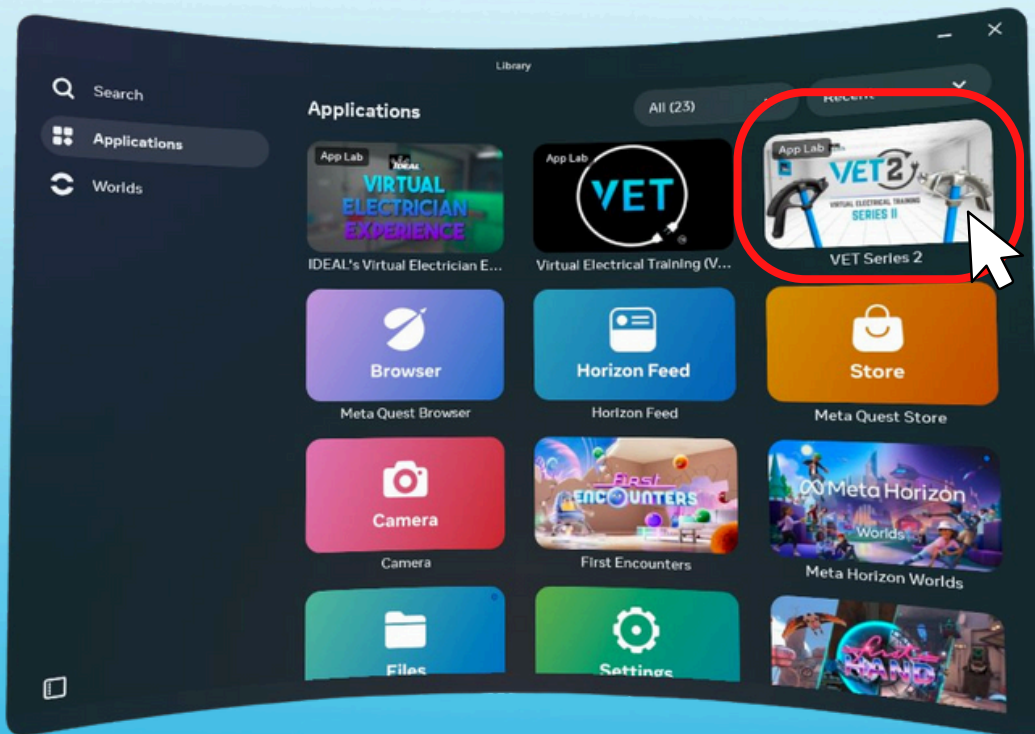


DOWNLOADING APPS

7

CLICK APP

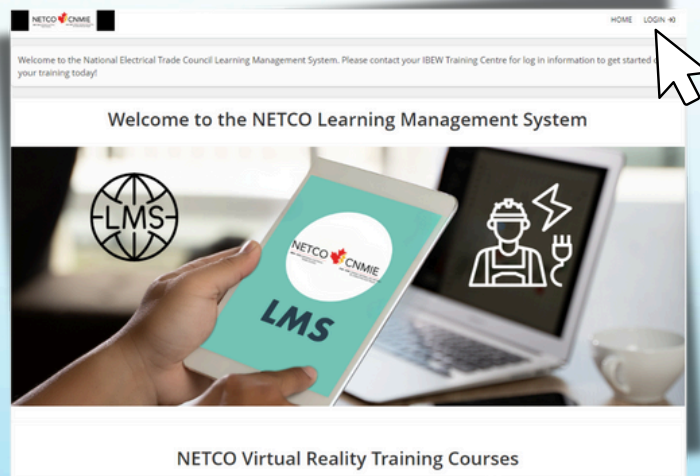
- To install the app on your headset click the VET2 app.
- Wait while the app installs. It may take up to 5 minutes.



ACCESSING VR COURSE AS A STUDENT

1

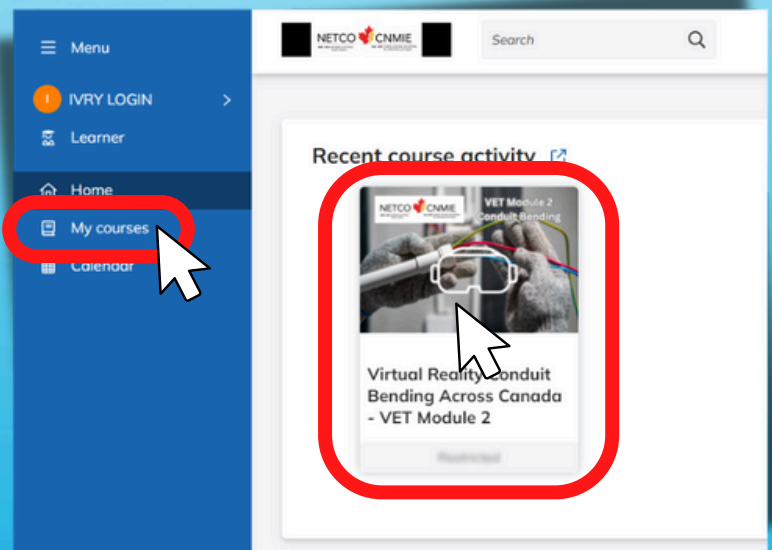
LOG INTO LMS PORTAL



2

NAVIGATE TO "MY COURSES"

- Once enrolled in a "Virtual Reality" course, click on MY COURSES
- Click the desired course.



ACCESSING VR COURSE AS A STUDENT

3

SELECT LESSON

- Scroll down, if necessary, and select the desired lesson.

< Virtual Reality Conduit Bending Across Canada - VET Module 2

Virtual Electrical Training
Virtual Reality Conduit Bending Across Canada - VET Module 2

Average rating ★★★★★
This course has no user ratings - be the first to rate this course

🔒 This course leads to a certification with a duration of: Forever

Module 2 of Virtual Electrical Training (VET) Canada.
Lessons in VET 2: Conduit Bending

The seven lessons each teach a different conduit bend, including:

- 90° Stub-Up using the Arrow Method
- 90° Stub-Up using the Star Method
- Back-to-Back 90 Bends
- 3 Bend Back-to-Back
- Offset Bend
- 3 Bend Saddle
- 4 Bend Saddle

Content

- Mandatory Entrance Survey
- Lesson 1 - Guided Mode
- Lesson 1 - Test Mode
- Lesson 2 - Guided Mode
- Lesson 2 - Test Mode
- Lesson 3 - Guided Mode
- Lesson 3 - Test Mode
- Lesson 4 - Guided Mode
- Lesson 4 - Test Mode
- Lesson 5 - Guided Mode
- Lesson 5 - Test Mode
- Lesson 6 - Guided Mode
- Lesson 6 - Test Mode
- Lesson 7 - Guided Mode
- Lesson 7 - Test Mode

Restricted

4

NAVIGATE TO "MY COURSES"

- Click the blue "Get Started" button to obtain the access code

Guided Mode: 90 Stub Up Using the Arrow Method

Student Info

Student ID: 4
Student Name: Sam Jaros
Lesson Status: Passed

Get Started

Test Status: Started.

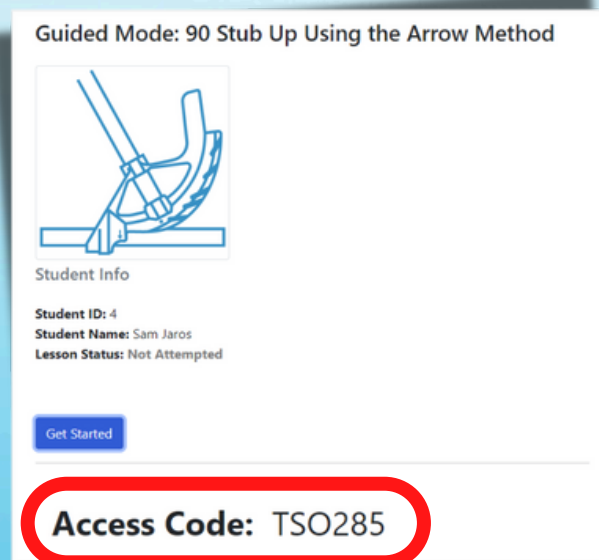
Submit Results

ACCESSING VR COURSE AS A STUDENT

5

OBTAIN ACCESS CODE

- Scroll down, if necessary, and view the access code for your lesson. Only one access code can be used at a time.
- Keep this access code handy as you will need it for the next steps.



ACCESSING VR COURSE AS STUDENT

6

PUT HEADSET ON



7

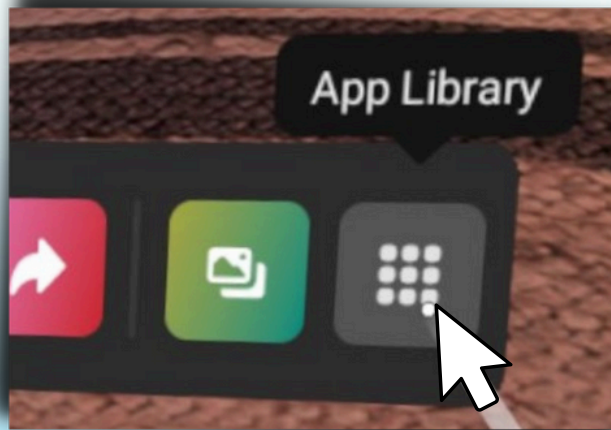
SET BOUNDARY



ACCESSING VR COURSE AS A STUDENT

8

NAVIGATE TO APP LIBRARY

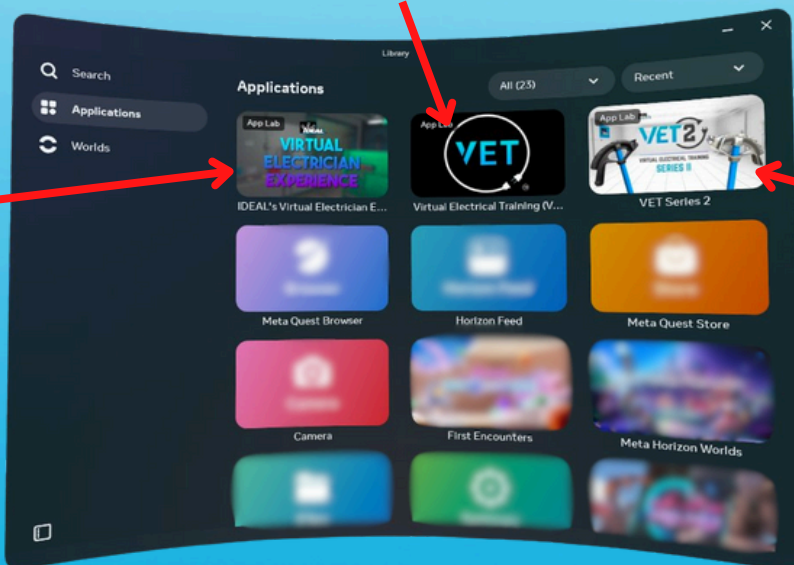


9

LOCATE AND CLICK APP

VET 1 Branch Circuit Wiring

IVEE
Recruitment
App

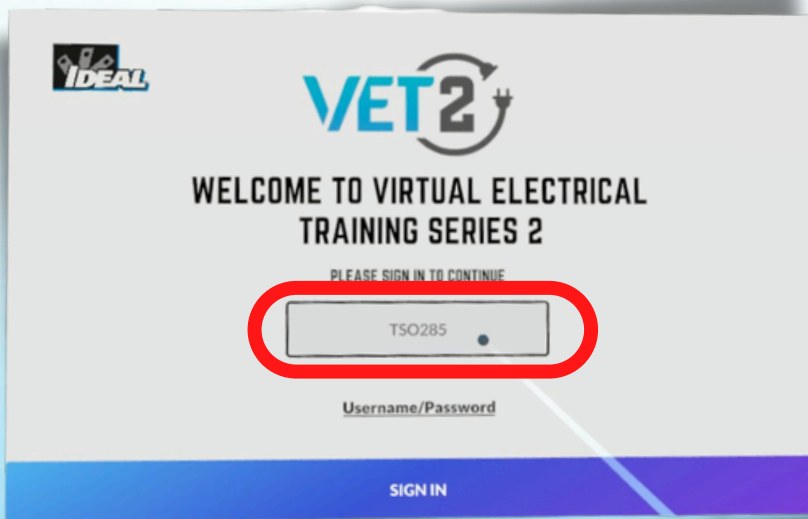


VET 2
Conduit
Bending

ACCESSING VR COURSE AS A STUDENT

10

CLICK LMS LOGIN BOX



11

TYPE ACCESS CODE

- Reference the 6 digit access code you generated on the LMS site and type it in the headset
- Access codes will vary for each lesson



Access Code: ??????



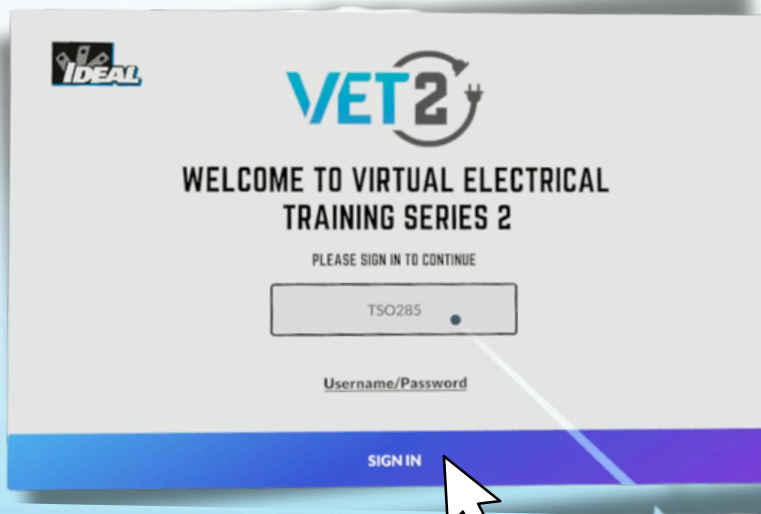
TECHNOLOGIES

ACCESSING VR COURSE AS A STUDENT

12

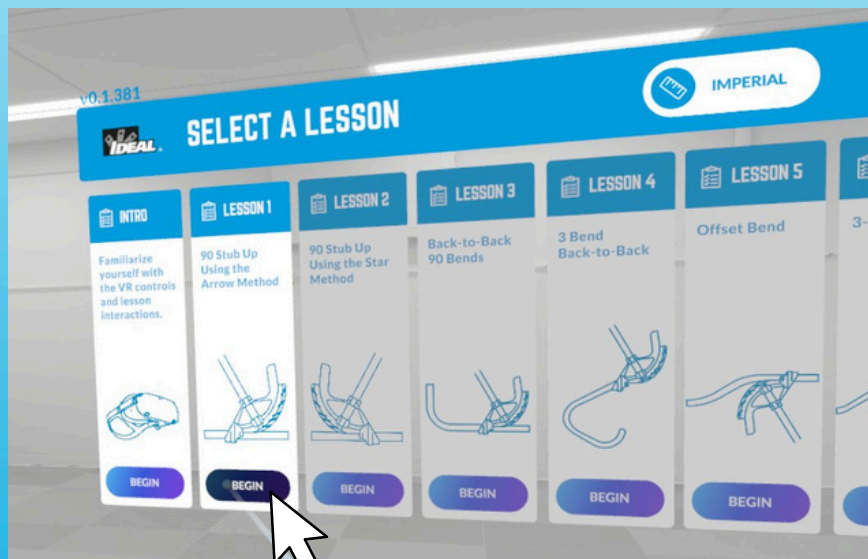
CLICK "SIGN IN"

01



13

LAUNCH TARGET LESSON

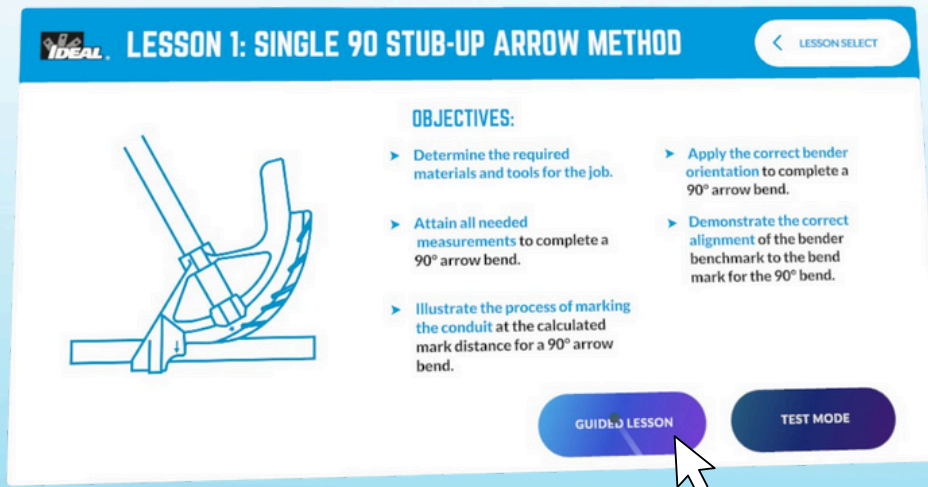


ACCESSING VR COURSE AS A STUDENT

14

SELECT LESSON MODE

- Select the highlighted Guided or Test mode.
- Complete lesson.





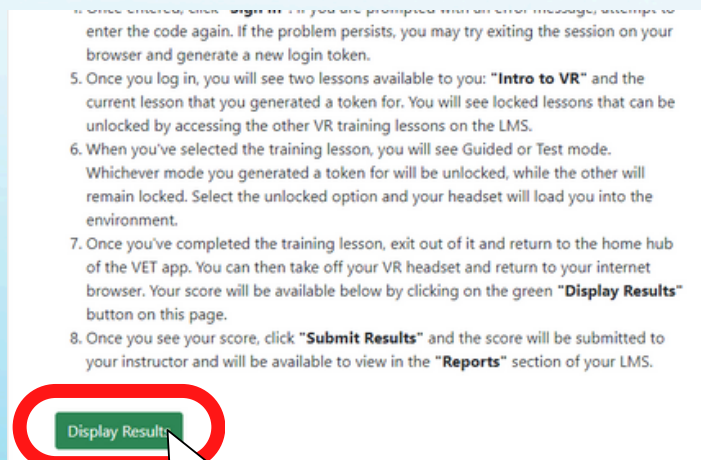
TECHNOLOGIES

SUBMITTING STUDENT RESULTS

1

DISPLAY YOUR RESULTS

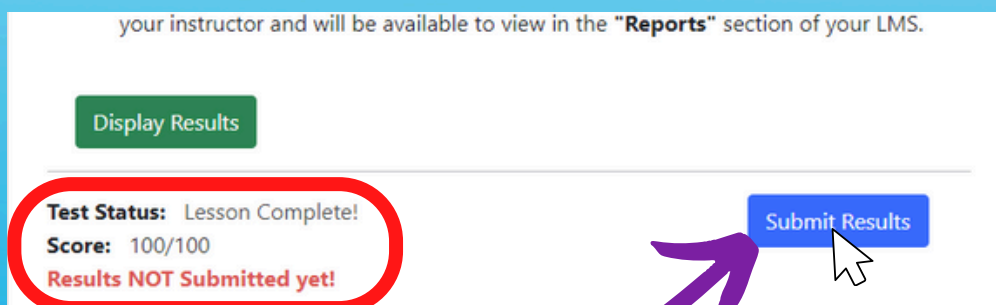
- Following lesson completion, return to LMS and click the "Display Results" button to access your results.
- You may need to scroll down below the access code area.



2

SUBMIT RESULTS

- The results will populate below.
- To finish, click the "Submit Results" button.





TECHNOLOGIES

SUBMITTING STUDENT RESULTS

3

RESULTS CONFIRMATION

- After submitting your results the confirmation “Lesson Completed!” will appear at the top of the page.
- You may either complete another lesson or exit the portal.

The screenshot shows a confirmation message at the top: "Lesson Completed! You have completed this activity." with a close button (X). Below the message is the lesson title: "Guided Mode: 90 Stub Up Using the Arrow Method". Underneath is a diagram of a mechanical device. Below the diagram is the "Student Info" section, which contains the following text: "Student ID: 4", "Student Name:", and "Lesson Status: Passed". The "Lesson Status" is highlighted in green.



VIEWING REPORTS AS INSTRUCTOR

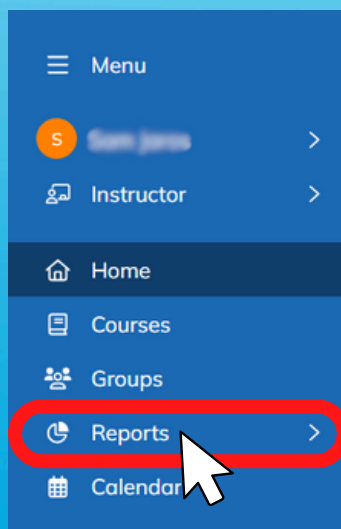
1

LOG INTO LMS



2

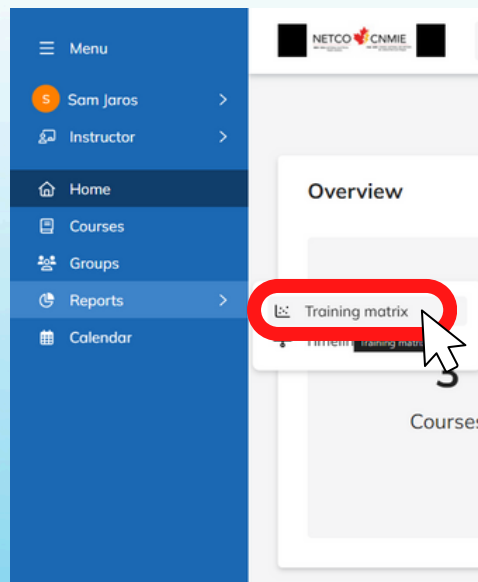
NAVIGATE TO REPORTS TAB



VIEWING REPORTS AS INSTRUCTOR

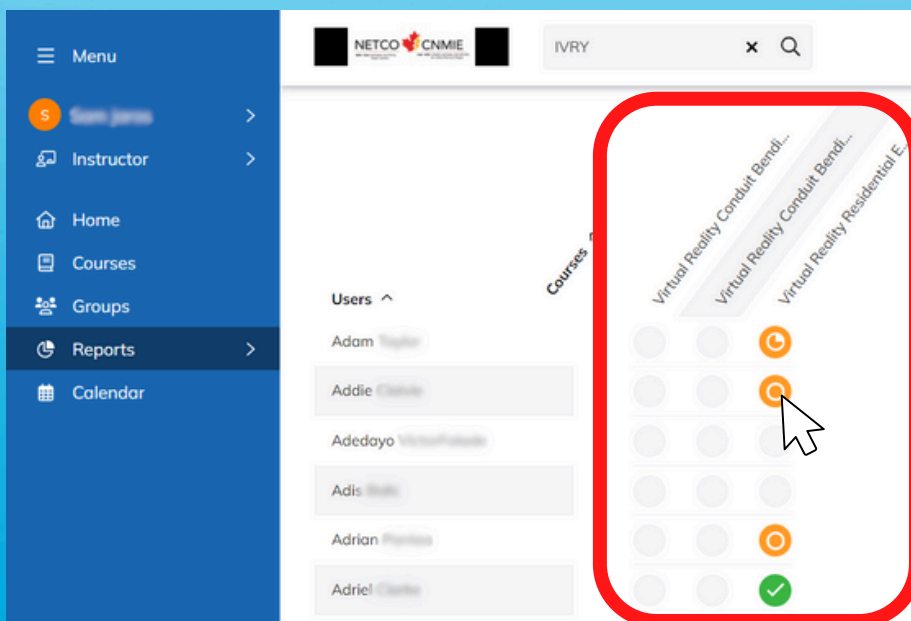
3

SELECT TRAINING MATRIX



4

SELECT DESIRED REPORT





TECHNOLOGIES

VIEWING REPORTS AS STUDENT

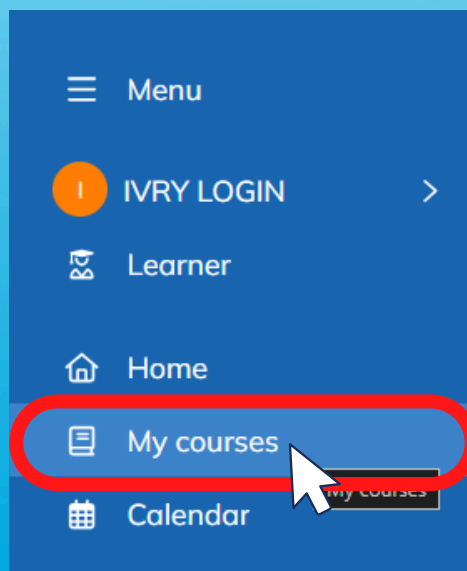
1

LOG INTO LMS



2

NAVIGATE TO "MY COURSES"

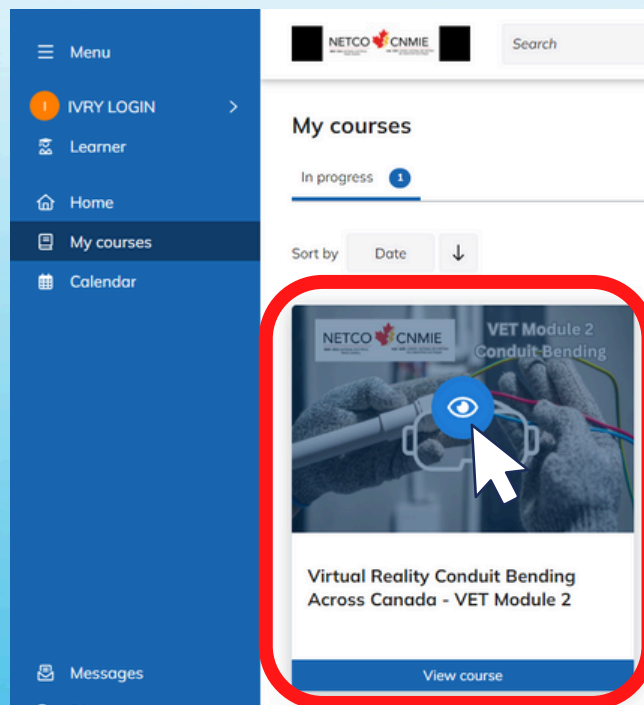


VIEWING REPORTS AS STUDENT

3

CHOOSE COUSE

- Once in the module peruse and click on individual lesson to view your performance reports.



SETTING UP CHROMECAST

1

CONNECTING THE CHROMECAST

- Plug micro USB into Chromecast
- Plug USB into power supply
- Plug power supply into open receptacle
 - Gen 3 can use display USB power source
 - Gen 4 must use outlet power source



2

CONNECT CHROMECAST TO DISPLAY

- Connect Chromecast HDMI to display device



SETTING UP CHROMECAST

3

SYNC DISPLAY INPUT

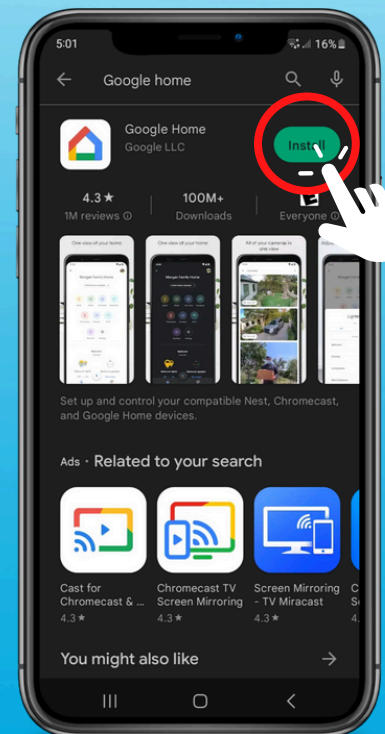
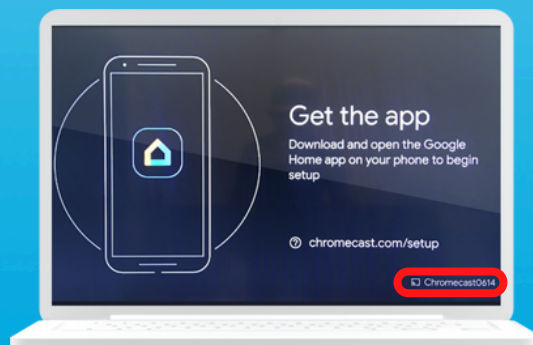
- Ensure display is on the same HDMI input



4

FOLLOW DISPLAY PROMPTS

- Download the Google Home App on your phone using the google play or apple store.
- Keep code on the screen

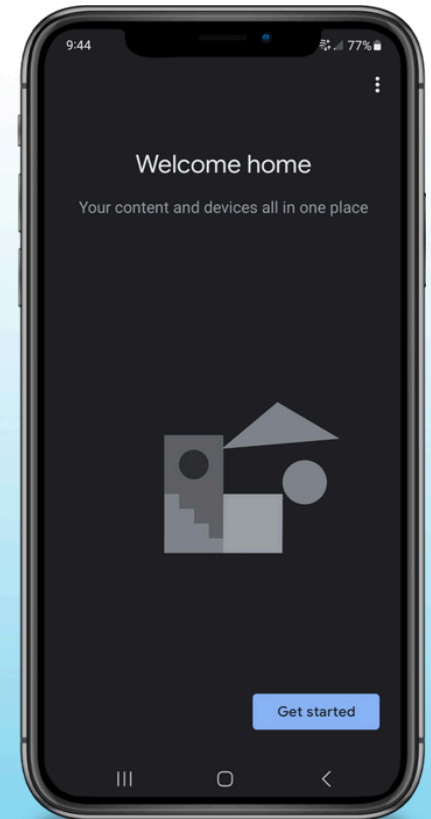


SETTING UP CHROMECAST

5

FOLLOW IN-APP INSTRUCTIONS

1. Click "Get Started"
2. Decide on notifications
3. Select Google account
4. Choose Chromecast location
5. Allow nearby device recognition
6. Decide on location access



6

ADDITIONAL RESOURCES

- For other questions and troubleshooting support, visit Google's Chromecast support page: <https://support.google.com/chromecast>



1

CONNECTING THE CHROMECAST

- Turn on headset and ensure that it is connected to the same Wi-Fi network as the display.



2

SYNCING DISPLAY OUTPUT

- Turn on display device and switch to the correct HDMI input



3

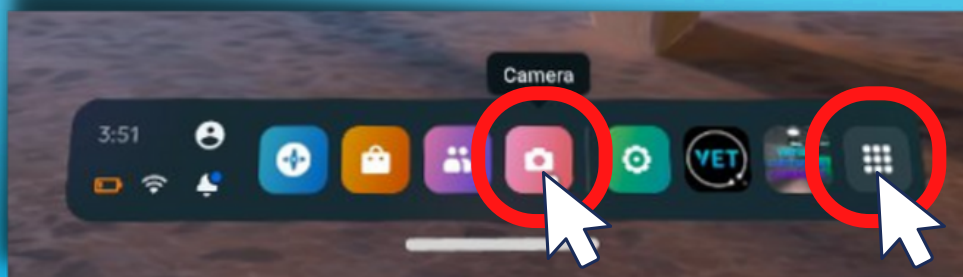
PUT ON HEADSET



4

NAVIGATE TO CASTING

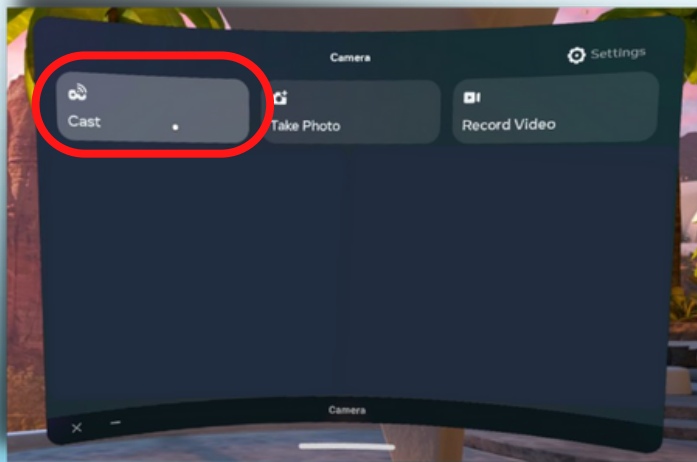
- Select the "Camera" app
- It may be found in app library or quick reference



5

CLICK CAST

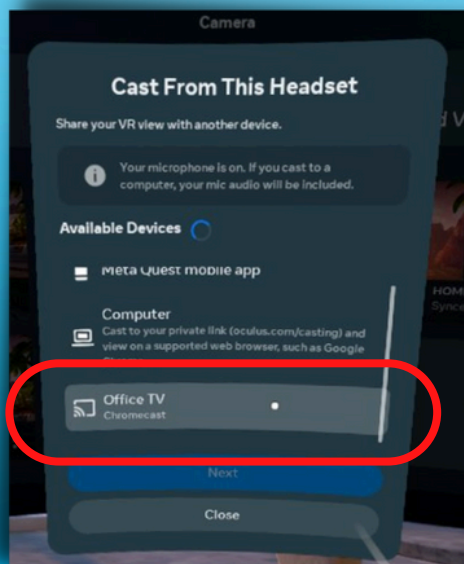
- Click the cast button in the upper left corner



6

SELECT CASTING DEVICE

- Select the desired device for casting



7

CASTING WILL BEGIN

- Casting will automatically begin on the display



CASTING TO META WEBSITE

1

SYNC DEVICE'S WI-FI

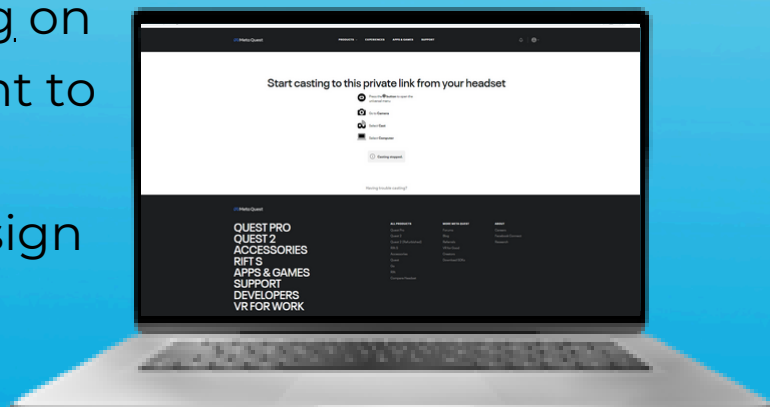
- Ensure that both your VR headset and the device you want to cast to are connected to the same Wi-Fi network.



2

OPEN META WEBSITE

- Open the Meta website oculus.com/casting on the device you want to cast to.
- Click "Log In" and sign in with the same account on your headset.



CASTING TO META WEBSITE

3

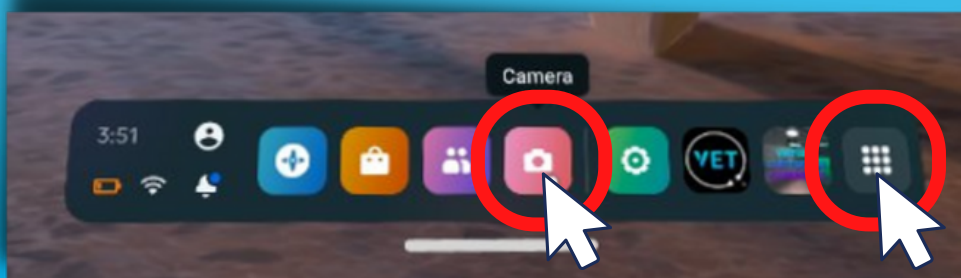
PUT ON HEADSET



4

NAVIGATE TO CASTING

- Select the "Camera" app.
- It may be found in the app library or quick reference.

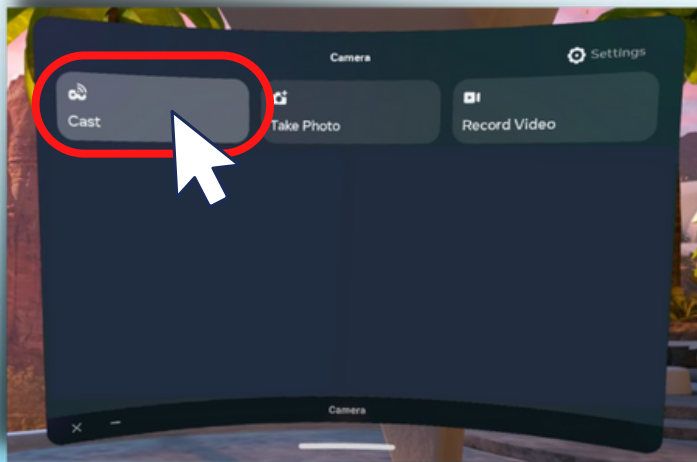


CASTING TO META WEBSITE

5

CLICK CAST

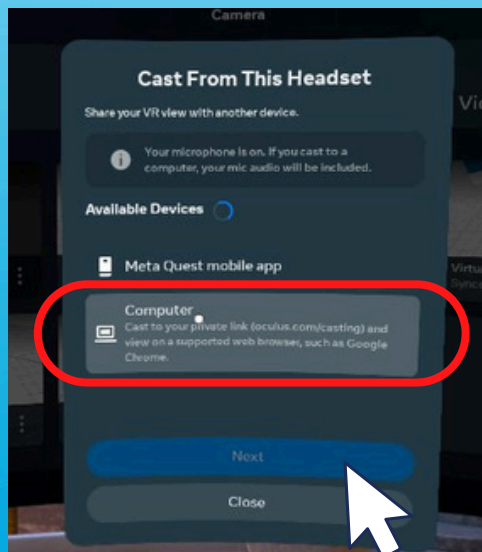
- Click the "Cast" button in the upper left corner.



6

SELECT CASTING DEVICE

- Select the desired device for casting.
- Click Next.



CASTING TO META WEBSITE

7

CASTING WILL BEGIN

- Casting will automatically begin on the display
- This may take a moment to sync.
- Maximize the screen if necessary.

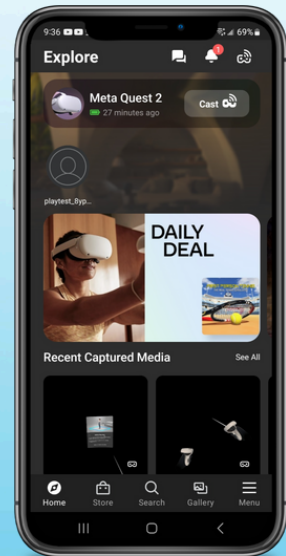


CASTING TO MOBILE DEVICE

1

SYNC DEVICE'S WI-FI

- Ensure that both your VR headset and the device you want to cast to are connected to the same Wi-Fi network.



2

PUT ON HEADSET

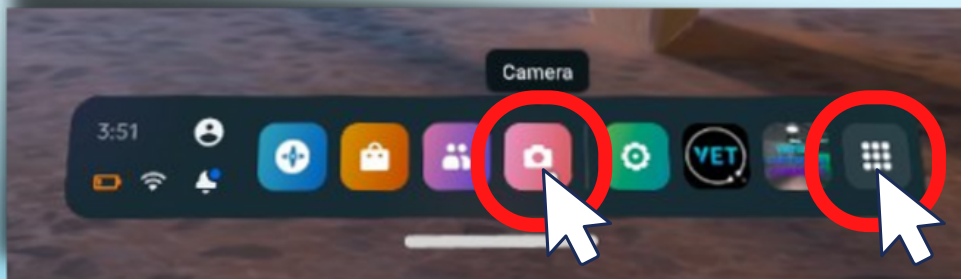


CASTING TO MOBILE DEVICE

3

NAVIGATE TO CASTING

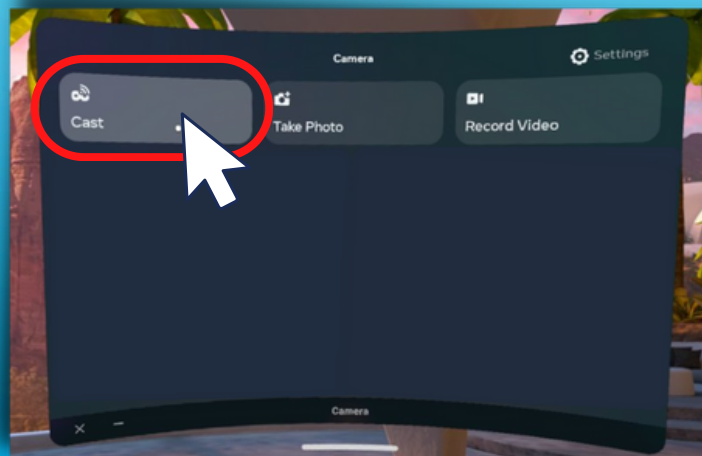
- Select the "Camera" app.
- It may be found in app library or quick reference.



4

CLICK CAST

- Click the "Cast" button in the upper left corner.

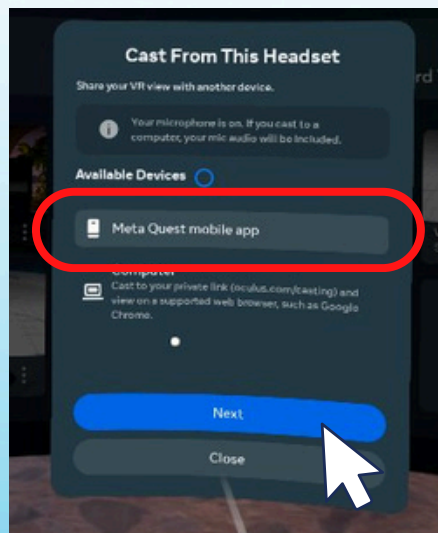


CASTING TO MOBILE DEVICE

5

SELECT MOBILE DEVICE

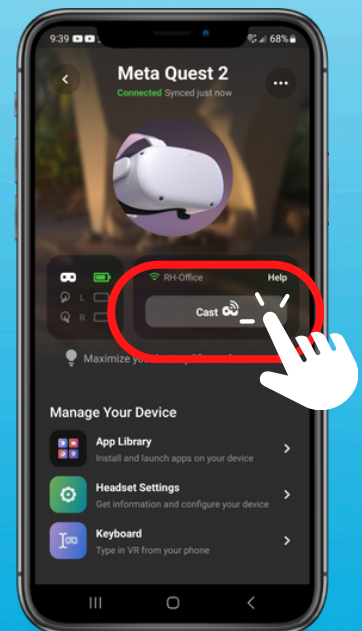
- Select the desired mobile device for casting.
- Click Next.



6

OPEN META QUEST APP

- Open the Meta Quest App
- Tap "Cast"

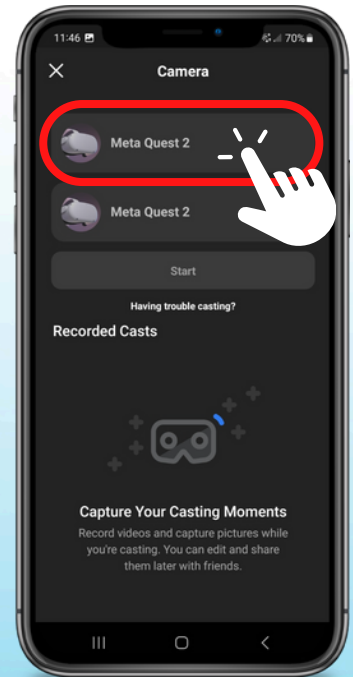


CASTING TO MOBILE DEVICE

7

SELECT HEADSET

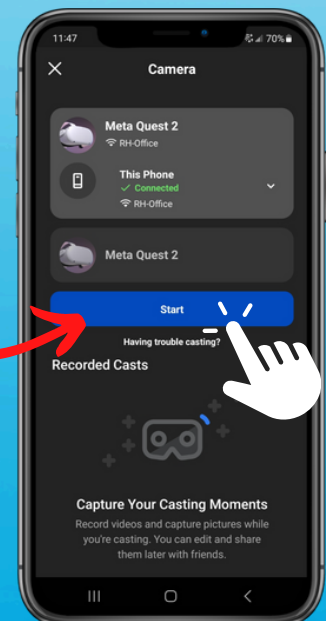
- Locate and tap the headset you would like to pair.



8

CLICK START

- You will see the devices connect after you tap.
- Tap "Start".



CASTING TO MOBILE DEVICE

9

CASTING WILL BEGIN

- Casting will automatically begin on the mobile device.
- This may take a moment to sync.



Your Guide to:

FREQUENTLY ASKED QUESTIONS



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VR AND HEADSET QUESTIONS

1

I'M NEW TO VIRTUAL REALITY (VR). WHAT IS VR AND WHERE DO I BEGIN?

Not to fear! VR is an exciting new technology, but it's natural for newcomers to have questions. To start, you should know the definition of virtual reality (VR): it's a simulated, 3D environment that can be interacted with in a seemingly real, physical way by a person using a helmet with a screen inside. The main thing to remember is that VR is interactive and 3D. Unlike watching a movie, in VR you're immersed in a 3D environment where you are actively involved. Most people today think virtual reality is "just for games", but we believe the future of VR also lies in the teaching field. Many large corporations - including Walmart, the Bank of America, MGM, FedEx, and Verizon - have already adopted VR training for their employees. The trend is expected to continue as more companies and schools learn about the unique and exciting benefits of VR.

Ready to jump in and try VR for yourself? Our apps are available on the Meta Quest 2 headset, which you can buy [here](#), or on the new Meta Quest 3 headset, which you can buy [here](#). Setting up the Meta Quest headset is easy. Once you put on the headset, a tutorial will walk you through everything step-by-step. Since you're new to VR, we recommend starting out with 15 minutes of VR screentime per day and slowly increasing it. After that, enjoy, and welcome to VR!



2

I GET MOTION SICKNESS EASILY. WILL I BE ABLE TO GO THROUGH VR?

While VET users usually don't experience motion sickness with the app, there are some precautions you can take:

1. When walking around in the virtual environment, take your time. Slow, steady movements will help your body adjust and combat any screen lagging due to quick movements.
2. Limit your initial time spent in VR, with the goal of increasing as time goes on. If possible, start with 15 minutes for your first few VR experiences. Aim to increase that range by 5 minutes every few days and continue building on that range until you feel completely comfortable in the VR.
3. Set up a fan to blow air on you while in VR. Many VR users find this technique works well to reduce motion sickness.
4. Make sure that you have adjusted the headset lenses to match the pupillary distance of your eyes. The Meta Quest 3 has a lens spacing adjustment wheel on the bottom of the headset that accommodates interpupillary distance (IPD) from 53-75 mm. The Meta Quest 2 has three settings for IPD, where you can gently move the headset lenses apart or closer together to try out the two other IPD settings. For more information on IPD in Meta Quest 2, refer to this [Meta support article](#).
5. Use VR in a well-lit area to avoid disorienting lags in the experience. The sensors in the headset need to see your surroundings in order to properly construct the virtual environment.

Even if you've tried VR before and experienced motion sickness, remember that many VR games involve flying or climbing mechanics that can be disorienting for new VR users. VET lessons, however, are all conducted in one stationary virtual room with minimal disorienting movements. Each lesson lasts 10-20 minutes, providing many opportunities for breaks in-between lessons.



3

HOW DO I CONNECT MY HEADSET TO WI-FI?

To connect your Meta Quest 2 or 3 headset to Wi-Fi:

1. Put on your headset.
2. Look at the menu at the bottom of your screen. (If the menu isn't there, press the Oculus Button on the right controller to make the menu appear.)
3. Press the "Quick Settings" option on the menu.
4. On the new pop-up, press "Wi-Fi".
5. Select your Wi-Fi network.
6. Enter your Wi-Fi password and connect!

If you're still having trouble, you can follow some of the Wi-Fi troubleshooting solutions that Meta suggests [here](#).

4

WHY IS MY VR EXPERIENCE GLITCHY AND/OR LAGGING?

If you're experiencing screen lagging in VR, your headset might be running low on power. Double-check your battery level, and recharge the headset if it's low.

Another solution is to make sure you're not standing next to a large window that lets in a lot of sunlight. The sensors on the headset are not designed to handle direct sunlight.

Finally, ensure your space is well-lit by its artificial lights. The VR sensors will not work properly in a dark, dimly-lit room.

If you're still experiencing issues, you can try quitting the VET app and relaunching it, as well as powering down your headset and then turning it back on. Contact us for help if the problem persists.



5

WHY IS MY VR EXPERIENCE BLURRY?

Your VR experience is most likely blurry because the headset is not properly fitted on your head. To start, ensure that the headset is snug on your head. Then, try adjusting the headset slightly on your head, moving it up and down, then left and right, to see if that improves the visuals.

You can also try cleaning the headset lenses with a microfiber cloth. Do not use soap or any type of cleaning chemicals to clean the lenses; this will ruin them.

If that doesn't work, adjust the interpupillary distance (IPD) on your headset. The Meta Quest 3 has a lens spacing adjustment wheel on the bottom of the headset that accommodates interpupillary distance (IPD) from 53-75 mm. The Meta Quest 2 has three settings for IPD, where you can gently move the headset lenses apart or closer together to try out the two other IPD settings. For more information on IPD in Meta Quest 2, refer to this Meta [support article](#).

6

HOW SHOULD I CLEAN AND CARE FOR MY HEADSET?

To clean your headset lenses, wipe them with a microfiber cloth. Do not use soap or any type of cleaning chemicals to clean the lenses; this will ruin them. For the headset face padding and the controllers, you can use disinfectant wipes to clean the headsets between users.

Another sanitary option to clean VR headsets is purchasing a UV-C headset sterilization box. This box uses ultraviolet grade C directional light to sterilize the headsets placed within them in one minute. You can purchase a UV-C box from a variety of companies on the Internet.



7

HOW DO I DOWNLOAD THE META APP ON MY PHONE?

For iPhones, go to the App Store < Search. Then, search “Meta Quest” and download the Meta Quest app.

For Androids, go to the Google Play Store. Then, search “Meta Quest” and install the Meta Quest app.

Once the app is installed, open it on your phone. The app will prompt you to sign in with a Meta account. Check out the IVRY resources document on setting up a Meta Account for more help.

VET APP QUESTIONS

1

WHAT'S THE DIFFERENCE BETWEEN THE APPS VET AND IVEE?

Virtual Electrical Training (VET) is our signature virtual reality training program for electrical school apprentices across the United States and Canada. The lessons immerse apprentices into an interactive jobsite where they practice electrical installations and wiring in a safe environment. The app includes four 15-20 minute lessons that can be completed in both Guided Mode and Test Mode. More lessons are currently in development to expand the training to more electrical tasks.

The **IDEAL Virtual Electrician Experience (IVEE)** is a short VR demo where you can “experience a day in the life of an electrician” while working to repair the wiring on a packaging machine. While it’s not as comprehensive as the VET lessons and is not guided, IVEE is available for free on the App Labs store – part of our mission to encourage interest in the electrical trade and help with future electrician recruitment. Visit the IVEE product page on our website for details on how to download.



2

WHAT'S THE DIFFERENCE BETWEEN GUIDED MODE AND TEST MODE?

Each VET lesson is available in both Guided Mode and Test Mode. You select your desired mode first on your LMS, and then it will be unlocked on the headset. We recommend that students first learn the lesson tasks in Guided Mode prior to selecting Test Mode.

In **Guided Mode**, students learn the lesson objectives, which includes best practices and proper techniques to complete the assigned electrical task. They are guided by a detailed voiceover that walks them through every step of the process. The correct tools and equipment are highlighted in each step so students learn what to use to accomplish their goal.

In **Test Mode**, students test their knowledge by completing the assigned task on their own at their own pace. They receive a percentage grade at the end of the lesson based upon their performance. Both instructors and students also receive a detailed report card in their learning management system.

3

WHY ISN'T MY VET LOGIN TOKEN APPEARING?

If you're using an iPhone or iPad to generate a VET login token, you may need to allow pop-ups on your web browser. On your Apple device, go to Settings > Safari and turn off "Block Pop-Ups". Once you've done so, log back into the LMS and generate another login token. You should now see a token appear on your screen. Please contact us for help if issues persist.



4

I CAN'T LOGIN TO VET WITH THE TOKEN, WHAT SHOULD I DO?

First, make sure the token you're entering into the VET app matches the token in your LMS.

If you are entering the token correctly, make sure your headset is connected to Wi-Fi. Next, try quitting and restarting the app on your headset. Then, try re-entering the token.

If the problem continues, please contact us through our website for additional support.

5

WHY AM I ON THE EDGE OF A BOUNDARY WHEN I START A VET LESSON, AND HOW CAN I FIX IT?

For VET Series 1 Branch Circuit Wiring lessons, we highly recommend using a 10ft x 10ft space for VR in order to avoid boundary issues. However, if you do run into spacing issues and can't reach certain parts of the VET lesson, it's easy to fix. To reposition yourself in a VET Branch Circuit Wiring lesson:

1. Move to the center of your physical space.
2. Press and hold the Oculus button on your right VR controller for about three seconds.

Once you do this, your view of the VET lesson will recenter.

For VET Series 2 Conduit Bending lessons, just a 3ft x 3ft space is required due to the teleportation feature. To reposition yourself in the lessons, tilt the right thumbstick on the right controller, aim the teleportation beam at a spot on the floor, and then release the right thumbstick to be teleported to that position.



6

HOW MANY ATTEMPTS WILL I GET TO GO THROUGH VET'S LESSONS?

The VET software permits an unlimited number of attempts for each student. This allows individual instructors to decide on the number of attempts their students are allowed in their particular class.

7

HOW DO I SUBMIT SCORES TO THE LMS?

To submit test mode scores to your instructor:

1. Finish test mode.
2. Take off your headset.
3. Return to your open LMS webpage where you launched VET.
4. Click the "Display Results" button.
5. Click the "Submit Results" button.

For additional help, please view the IVRY resources documents and videos on submitting scores to the LMS.

8

HOW LONG DOES IT TAKE TO COMPLETE A VET LESSON?

Each of the lessons differ in length, but in general you can expect them to take 10-20 minutes. The actual time will vary based upon your familiarity with the electrical tasks in the lesson and your comfort with VR.

9

CAN I GO THROUGH VET LESSONS ON MY COMPUTER?

No, our virtual reality training is only accessible on the Meta Quest 2 or 3 virtual reality headsets.



10

WHAT ARE THE VR CONTROLS FOR A VET LESSON?

See the diagram below for the layout of the button controls for VET lessons. Please note that controls marked with a * are only applicable in VET Series 2: Conduit Bending lessons, not VET Series 1: Branch Circuit Wiring.

LEFT CONTROLLER

Thumbstick* Move this thumbstick to the right or to the left to turn your view without needing to turn your head or body.

X Button* Opens and closes the tool pouch.

BOTH CONTROLLERS

Trigger Click on buttons in the main menu and rubrics.

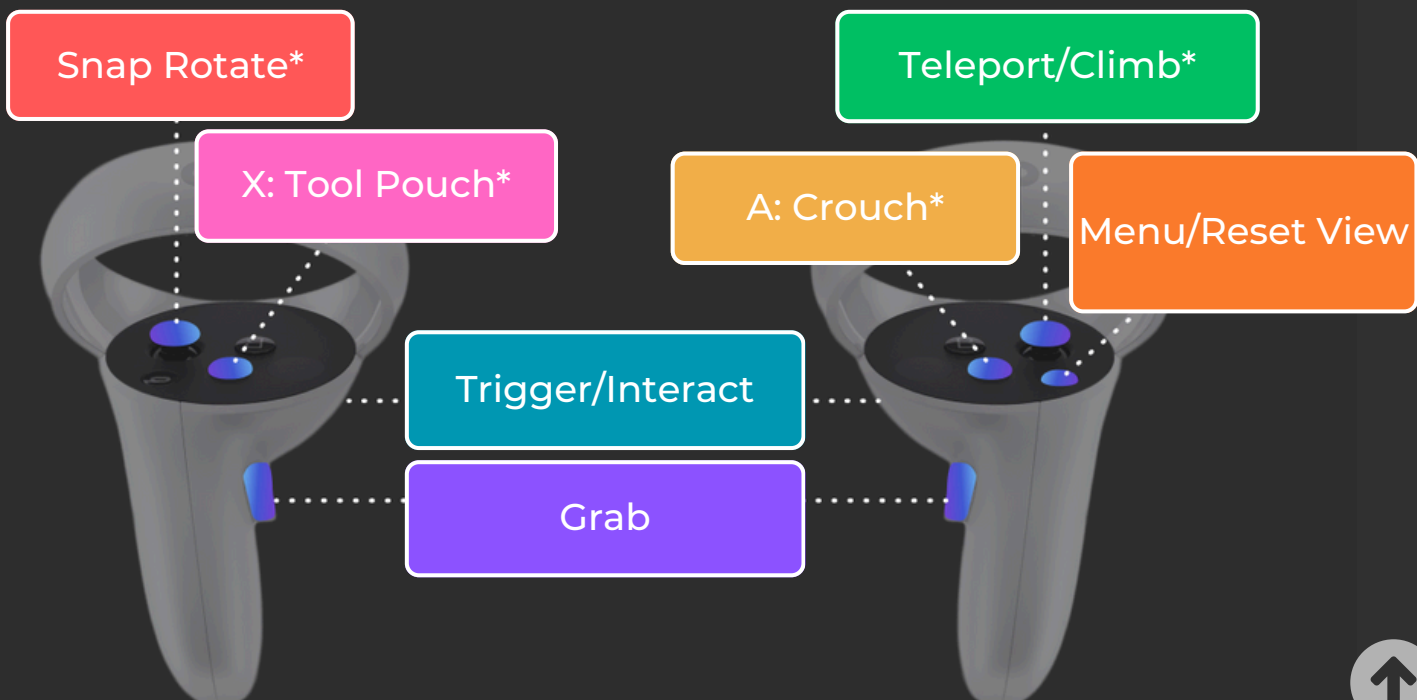
Grab Press and hold to grab and move objects around.

RIGHT CONTROLLER

Thumbstick* Push and hold the thumbstick forward to create a teleportation beam. Move your controller to aim the beam at the floor. Release to teleport. A red beam indicates an invalid location; adjust your aim to a different location.

A Button* Crouch to get closer to the floor. Press again to stand up.

Menu/Reset View Press and hold to reset your position within the boundary, or tap once to open headset menu.



11

HOW DO I MAKE SURE THE VET APP IS UP-TO-DATE?

Don't worry- the app will prompt you to update it when an update is available. If there's no prompt, you can assume your app is the current version.

12

MY HEADSET DIED DURING THE VET LESSON, WHAT DO I DO?

Unfortunately, the VET app does not save your progress. You will need to charge your headset and re-enter the application to start the lesson again. A Meta Quest 2 takes approximately 2.5 hours to charge, and the charge lasts for roughly 3 hours. A Meta Quest 3 takes approximately 1 hour and 45 minutes to charge, and the charge lasts for roughly 2 hours. If you would like to extend the battery life of the headset, many online retailers offer battery packs and battery-equipped headset straps that can help.

Don't see your question?
Schedule a virtual meeting
with us through our website.
We're happy to help.



ADDITIONAL META RESOURCES

META VR RESOURCES

- [Setting Up your Meta Quest 3](#)
- [Setting Up your Meta Quest 2](#)
- [Fitting the Quest 3 Headset Comfortably](#)
- [Fitting the Quest 2 Headset Comfortably](#)
- [Cast your VR Experience to a Screen](#)
- [Troubleshooting Wi-Fi Issues on the Meta Quest](#)
- [Setting up your Room for VR](#)
- [Maximizing Headset Battery Life](#)
- [Properly Cleaning your Headset](#)

META VR ACCESSORIES

1. **Elite straps** help with headset comfort and battery life.
 - [Purchase a Quest 2 Elite Strap](#)
 - [Purchase a Quest 3 Elite Strap](#)
2. **Charging docks** provide rechargeable batteries for your headset and controllers.
 - [Purchase a Quest 2 Charging Dock](#)
 - [Purchase a Quest 3 Charging Dock](#)
3. **Meta Warranty Plus** provides two years of enhanced coverage, including accidental damage protection, for your new headset.
 - [Purchase Meta Warranty Plus](#)

[If you need additional support with your hardware, please visit Meta's Help Center](#)

<https://www.meta.com/help/quest/>

