

# ***VRflow Quick Intro Guide***

## ***Quest 2, no login***

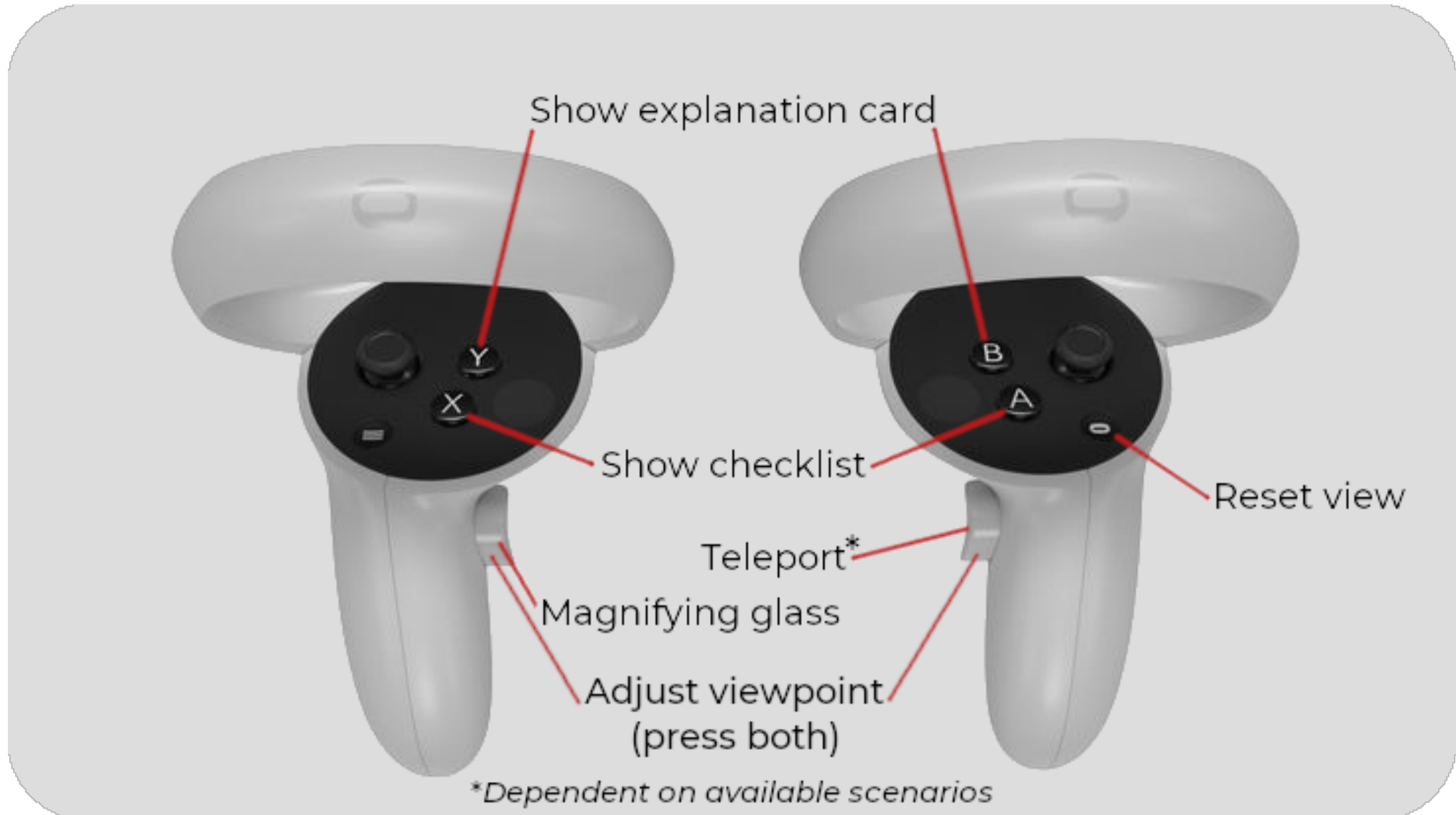
# ***1: Powering up the Oculus Quest 2***

1. Press and hold the small button on the right side of the headsets until the light comes on.
2. Put on the headset and adjust the headband and strap
3. Use the index finger trigger button to interact.
4. If applicable: Follow the on-screen instructions to create the Guardian. Select either Room Scale or Stationary.

NB: Make sure to set the correct floor level by touching the floor with a controller when prompted!

Alternatively, follow the instructions in [this video](#).

## ***2: Controllers and buttons***

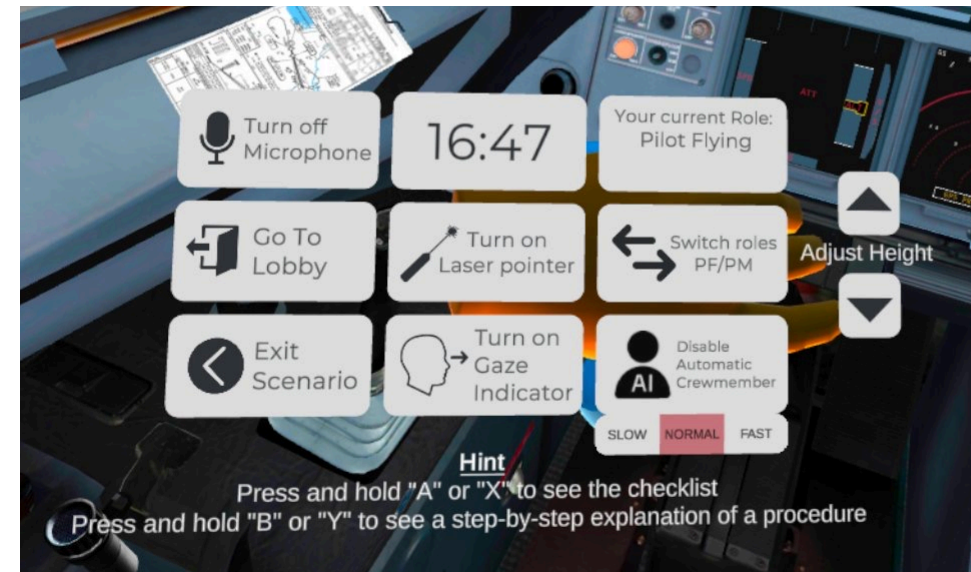


## 3: Wrist Menu

The Wrist Menu shows when you look at your left wrist, just like you would look at a watch.

The wrist menu provides the following functionalities:

- Adjust seating height
- Gaze indicator (highlights where others are looking in a multi-crew session)
- Laser pointer
- Exit scenario
- Go to lobby
- Switch roles between PF and PM
- Enable/disable automatic crewmember (single pilot training only)
- Adjust speed of automatic crewmember (single pilot training only)



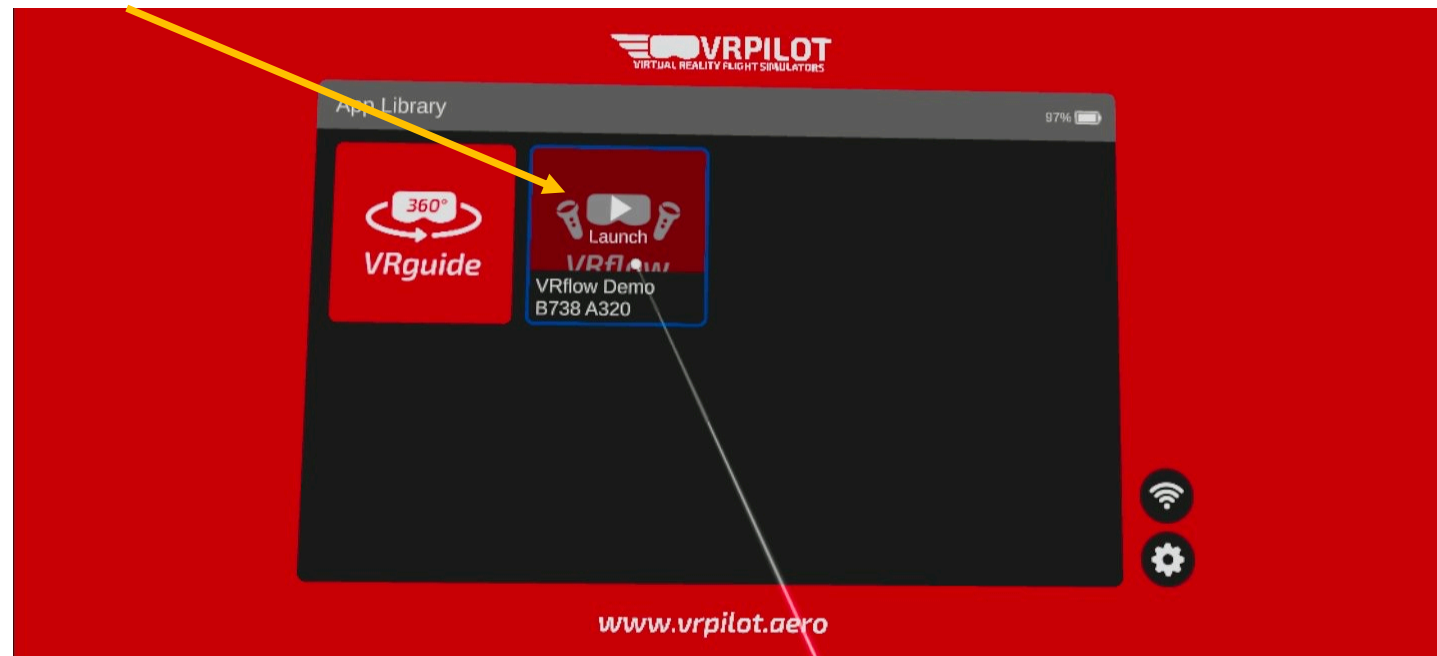
## *4: Connecting to a WiFi network*

After initial start, you should see the launcher menu below. Select the WiFi icon, select your network and enter the password.



## *5: Launch the VRflow app*

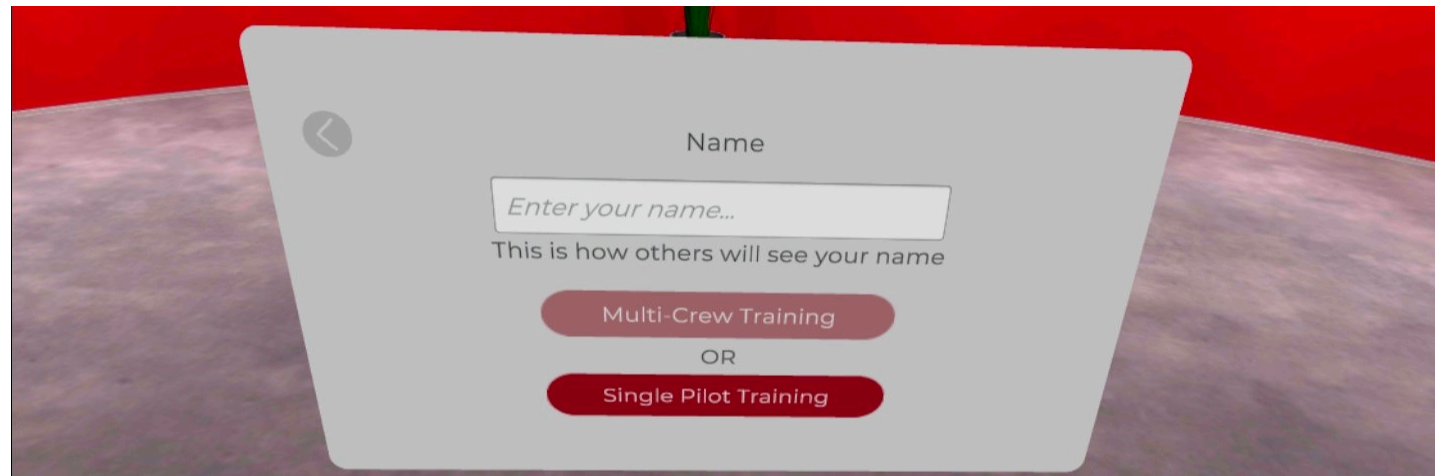
Back in the launcher menu, select the app called "VRflow Demo".



## ***6: Multi-crew or Single Pilot training***

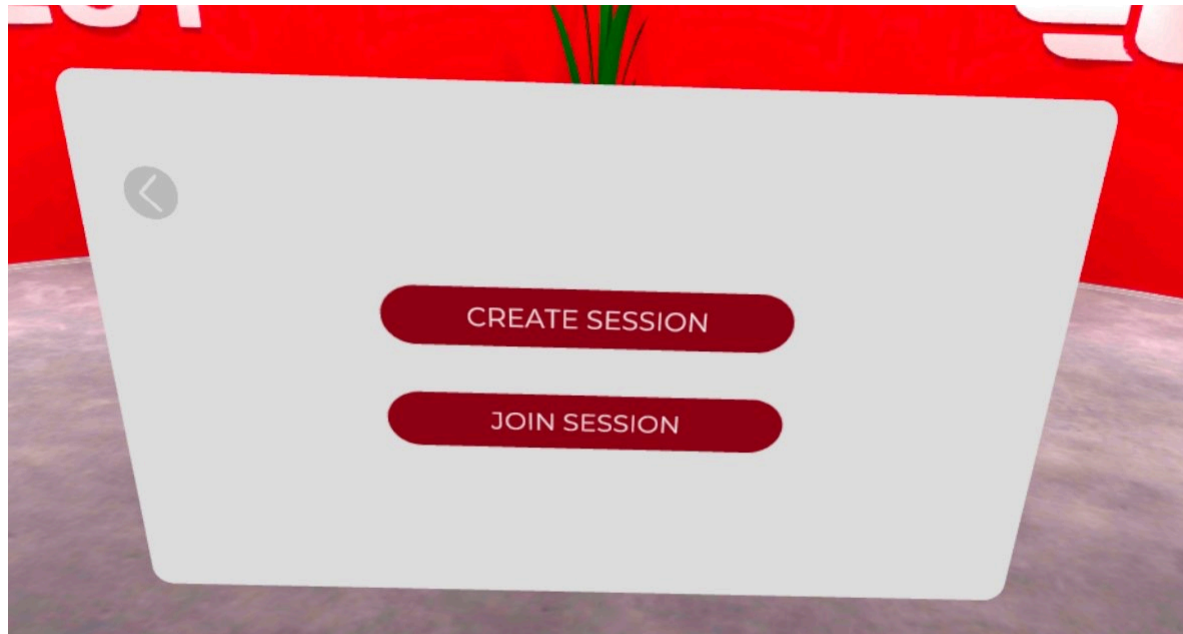
VRflow may be used either alone or collaboratively.

- Select “Single Pilot Training” to train alone
- Enter a display name and select “Multi-crew Training” to train with others



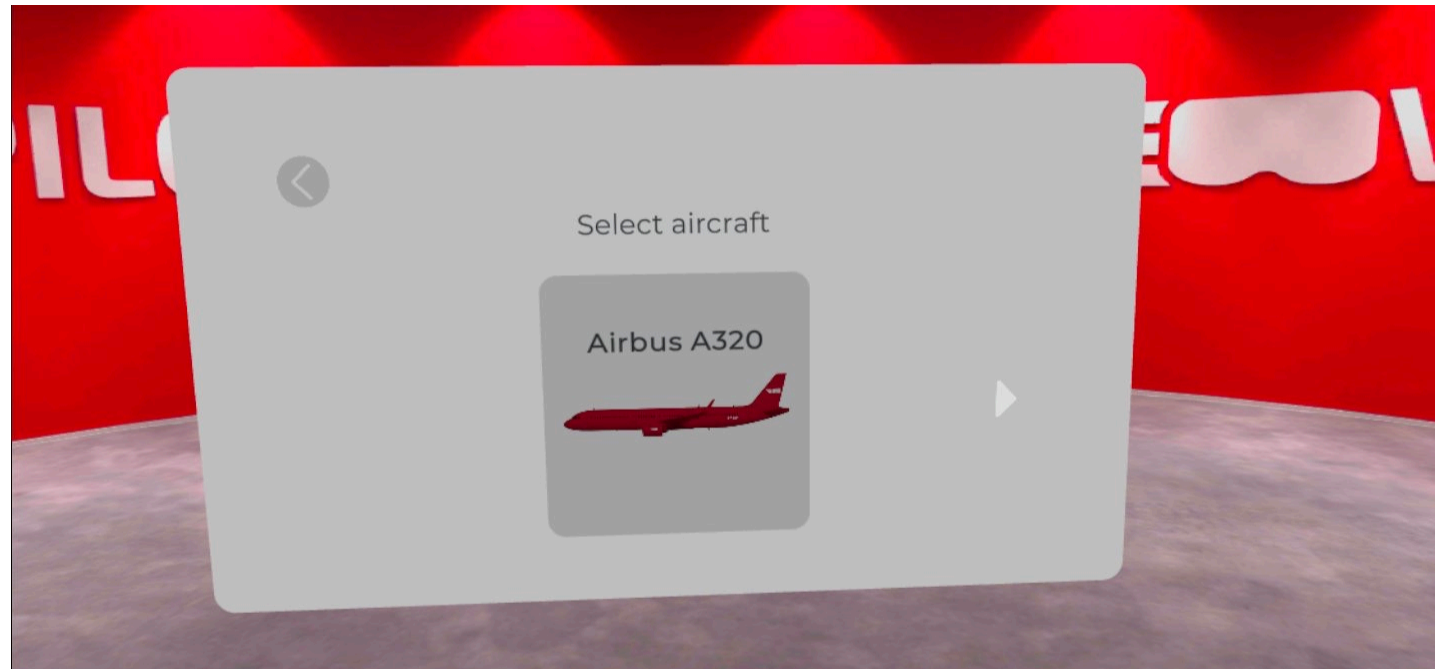
## ***7: Create or join training session (multi-crew training only)***

- If you are the host for the multi-crew training session, select “Create session”
- If you’re joining a training session created by someone else, select “Join session”



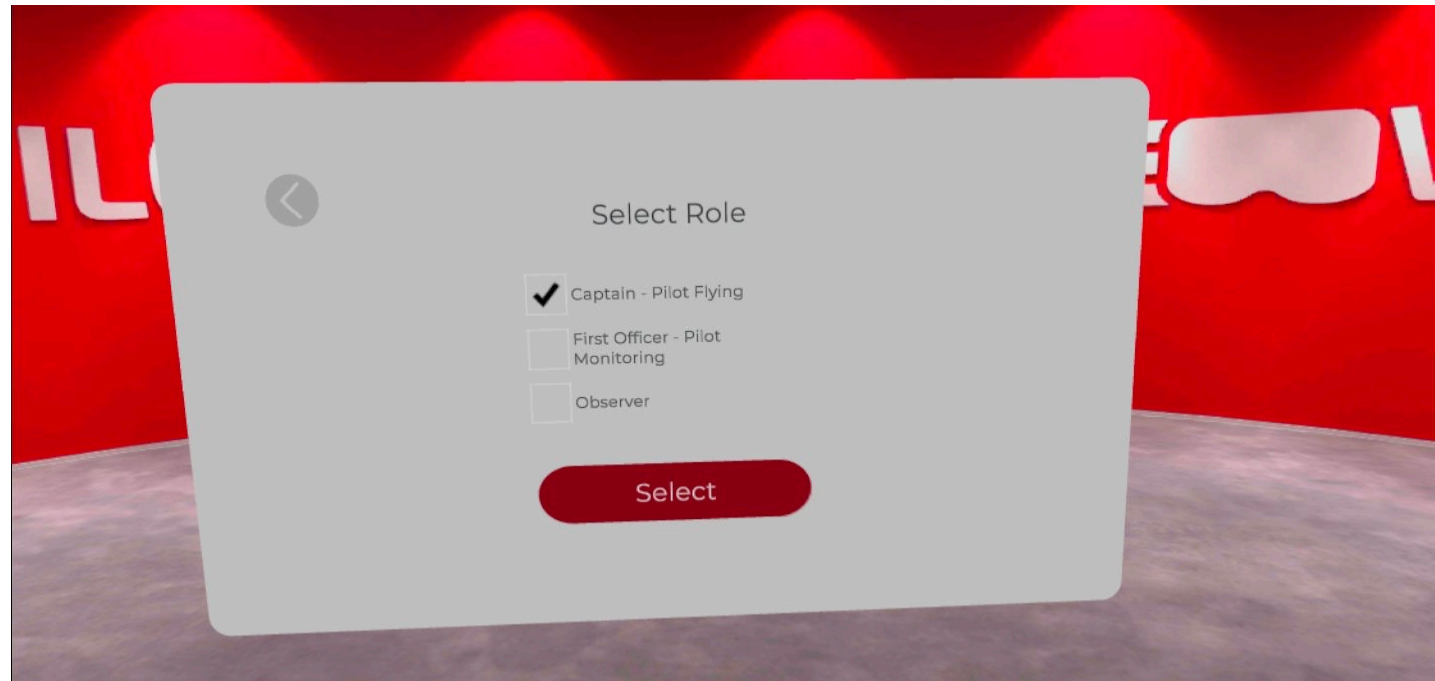
## *8: Select aircraft*

Select the aircraft (if you're joining a session, the host will already have selected the aircraft).



## *9: Select role*

Select your role in the training session. This determines which seat you will occupy during the session. The role between Pilot Flying and Pilot Monitoring may be switched during training.

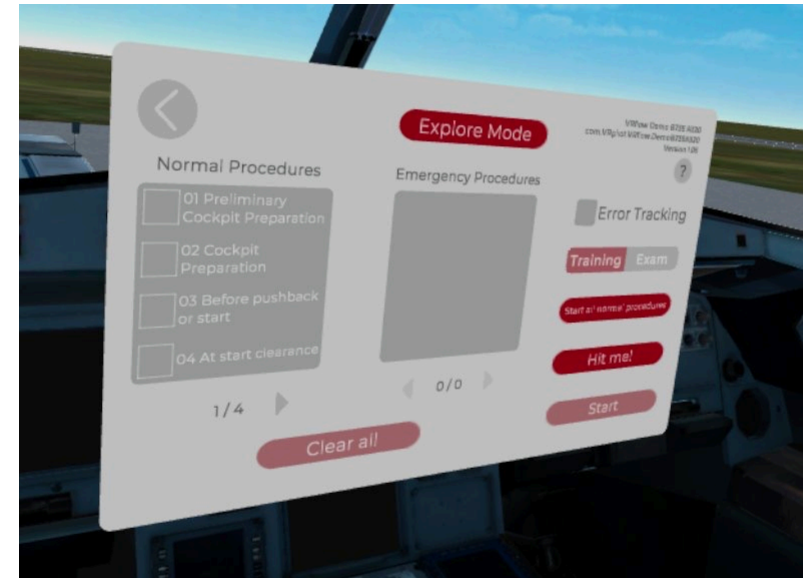


# 10: Main Menu

If you're training alone or if you're the host, you will be able to select procedures to train from the main menu.

The possibilities are:

- Training Mode (visual help activated)
- Exam Mode (visual help disabled)
- Hit Me (runs a random emergency procedure without visual help)
- Start All (runs all Normal Procedures in chronological order)
- Error Tracking (enables interaction with every button)
- Start selected (run one or more procedures sequentially)
- Explore Mode (lets you explore the cockpit and learn about the systems by pressing switches and levers)



# 11: *Scenario interactions*

VRflow has two interactions:

- Touch/press
- Look

Buttons or levers to touch are highlighted in white and the color corresponding to your hands (your role, PF or PM). Press the index finger trigger to interact. Small buttons are also marked with an arrow for clarification.

Instruments or similar to read or look at are highlighted with an arrow in your color. The arrow fades in and out to differentiate from the touch interaction. Look until the green check mark is complete.

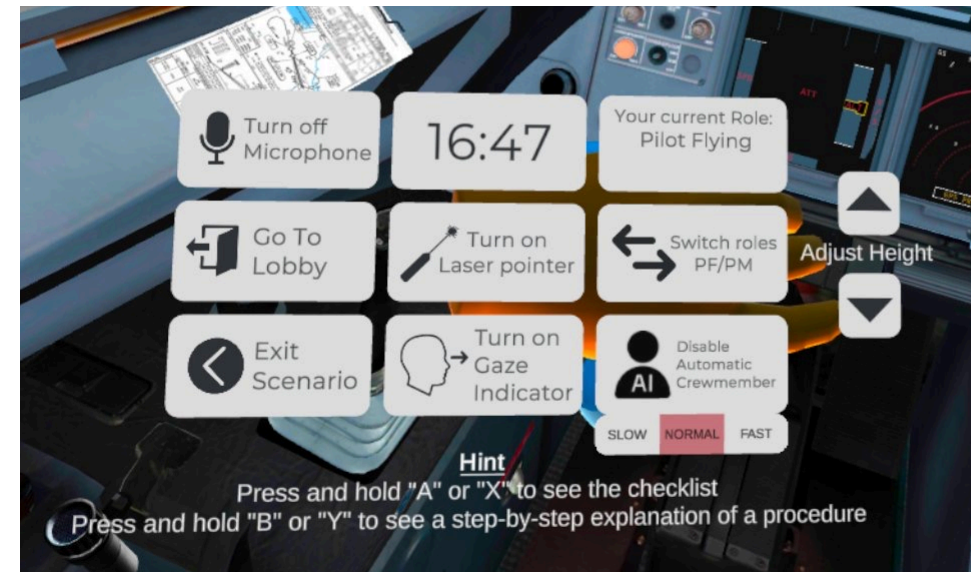


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# Tips & tricks

- Press and hold the “B” button on the right controller or the “Y” button on the left controller to show an explanation of each step in a procedure
- Press and hold the “A” button on the right controller or the “X” button on the left controller to show the checklist for the current scenario
- Short-press the small “O” button on the right controller to exit VRflow (or use the button in the top left corner of the main menu)
- Press and hold the small “O” button on the right controllers for 3 seconds to recenter your view
- ***Do NOT use cleaning fluids on the headset's lenses – only use a dry cloth***
- Adjust the volume using the buttons on the lower side of the headset
- Increase clarity by moving the headset up or down and adjust the distance between the lenses
- For more about using the Oculus Quest 2, [watch this video](#)
- Charge the Quest 2 using the supplies cable and charger
- Share the screen of the headset to a computer using [SideQuest](#) (Windows only) and the charging cable.

