



iFood360° Meta Quest 2 User Guide

Read Me
Before Using
the iFood360°
Meta Quest 2
VR Headset

Acknowledgement

We'd like to gratefully acknowledge the Government of Canada's Future Skills Centre for their support in funding Food Processing Skills Canada and the iFood360° Program for the food and beverage processing workforce. With their encouragement and funding we were able to make this program available to upskill talented workers across Canada.

ABOUT US

Food Processing Skills Canada (FPSC) is the food and beverage manufacturing industry's workforce development organization. As a non-profit, located in Ottawa with representatives across Canada, we support food and beverage manufacturing businesses from coast to coast in developing skilled and professional employees and workplace environments.

Our work directly and positively impacts industry talent attraction, workforce retention and employment culture. We care about assisting the industry in finding, training and retaining the very best people for the job. Through our partnerships with industry, associations, educators and all levels of governments in Canada, FPSC has developed exceptional resources for the sector including the Food Skills Library™, Canadian Food Processors Institute™, FoodCert™ and Labour Market Information Reports.



FutureSkills
Centre

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Canada



Welcome

We're so pleased that you are participating in iFood360°, a project created by Food Processing Skills Canada to pilot virtual reality learning experiences with people employed in the Canadian food and beverage processing industry.

Along with our online curriculum of Operational Skills and Social Emotional Learning, we are introducing exciting and engaging Virtual Reality activities to highlight and reinforce critical learning objectives. Experiencing this training requires the use of the Meta Quest 2 headset, which has been provided to your employer to share with you and your fellow learners. Please carefully review this entire document prior to using the headset, as it not only contains important information about your health and safety while using the technology, but it will help you get started, and make the most of your learning experience.

We wish you a rewarding and fulfilling experience as you continue upon your learning journey and look forward to supporting you along the way.

Sincerely,
The iFood360° Project Team



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Virtual reality is an exciting and immersive experience but, before you start, it is important for you to understand the potential risks that come with using this technology. Before using the headset, be sure you read and follow the health and safety information that came with your headset. If you cannot locate the health and safety information you can also find it here: <https://www.oculus.com/safety-center/quest-2/>.

Here also are some points to consider before and during the use of the headset:

Pre-Existing Medical Conditions

Consult with your doctor before using the headset if you are pregnant, elderly, have pre-existing binocular vision abnormalities or psychiatric disorders, or suffer from a heart condition, or other serious medical condition.

Dizziness, Seizures, Blackouts

Some people (about 1 in 4,000) may have severe dizziness, seizures, eye or muscle twitching, or blackouts triggered by light flashes or patterns. This may occur while they are watching TV, playing video games, or experiencing virtual reality, even if they have never had a seizure or blackout before or have no history of seizures or epilepsy. These symptoms arise more commonly in children and young people. Anyone who experiences any of these symptoms should stop use of the headset and see a doctor. If you previously have had a seizure, loss of awareness, or other symptom linked to an epileptic condition you should see a doctor before using the headset.





Safety (continued)



Interaction with the Real World when Wearing the Headset

Move carefully while you explore the virtual world. Fast or abrupt motion may cause a collision or loss of balance. If you lose your balance or your sense of balance feels affected, remove your headset and take a break until normal balance returns.

Remember that objects you see in the virtual world may not exist in the real world. Don't sit or stand on virtual objects or use them for support.

The rings on your controllers extend away from your hands. Use caution when moving your hands and arms so the controllers don't collide and so you don't strike yourself with the controllers.



Time & Breaks

Ease into using your headset to allow yourself to adjust to the experience. Start by using your headset for only a few minutes at a time, and only increase the amount of time using the headset gradually as you become comfortable with the experience.

Take a break at least every 30 minutes while you are becoming accustomed to your headset or new content. Take breaks more frequently than every 30 minutes if you feel discomfort.



Recharging Your Device

Keeping your device fully charged will ensure you can engage in training when it is convenient for you. A fully charged headset will provide approximately 2 1/2 to 3 hours of use, and the headset requires approximately 2 to 2 1/2 hours to recharge from fully depleted. For safety, it is strongly recommended that you do not use the headset while it is plugged in. Follow the instructions below for charging your headset and replacing controller batteries.

HEADSET

Plug the provided charging cord into a power source and into the USB-C port on the left side of the headset. The charging indicator (on the right side of the headset) will change from orange to green when the battery is fully charged.



CONTROLLER

If a controller battery dies, look on the outside of the controller to find the battery cover. Press down gently on the panel and slide down to reveal the AA battery. Replace the battery.

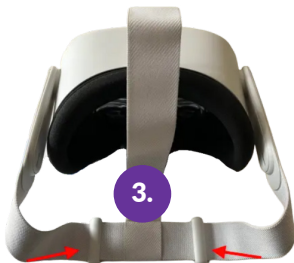
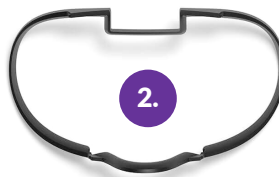
Properly fitting your headset will help ensure you have a comfortable experience with the best possible visual resolution. Follow the steps below to properly fit your device.

1. LENSES

Adjust the lenses by shifting them left, then right, until they click into the position that allows you to see what's on the screen most clearly.

2. GLASSES

If you're wearing glasses, make sure to insert the glasses spacer. When you're ready to put the headset on, put it on from front to back. Exercise caution to ensure you don't scratch the lenses, or your glasses.



3. SIDE STRAPS

Start with adjusting the side straps. To do this, move the two sliders on either side of the top strap.

To loosen the side straps, move the sliders toward the top strap.

To tighten the side straps, move the sliders away from the top strap.

After you move the sliders, re-centre the top strap between the sliders so that the two sides are equal, and the top strap is centered on your head when you put the headset on.

Keep in mind, you'll need to remove the headset from your head to re-adjust the side straps with the sliders.

4. TOP STRAP

Once you've got the side straps set, put your headset back on and adjust the top strap. You can adjust the top strap by pulling apart the velcro and re-attaching it so that your Quest 2 rests lightly on your face and the picture is clear.



Device Care

Keeping your device clean is important for your personal hygiene, and for the quality of the experience. Use the provided supplies and follow the directions below to keep your device clean and hygienic. Be sure to clean your device before sharing it with others.



Use a dry optical lens micro-fiber cloth to clean your headset lenses. Don't use liquid or chemical cleansers.

Starting from the center of the lens, gently wipe the lens in a circular motion moving outwards.



Use non-abrasive, anti-bacterial wipes to clean the straps and the facial interface. Don't use alcohol or an abrasive cleaning solution.



Use a dry cloth to clean the outside of your headset.

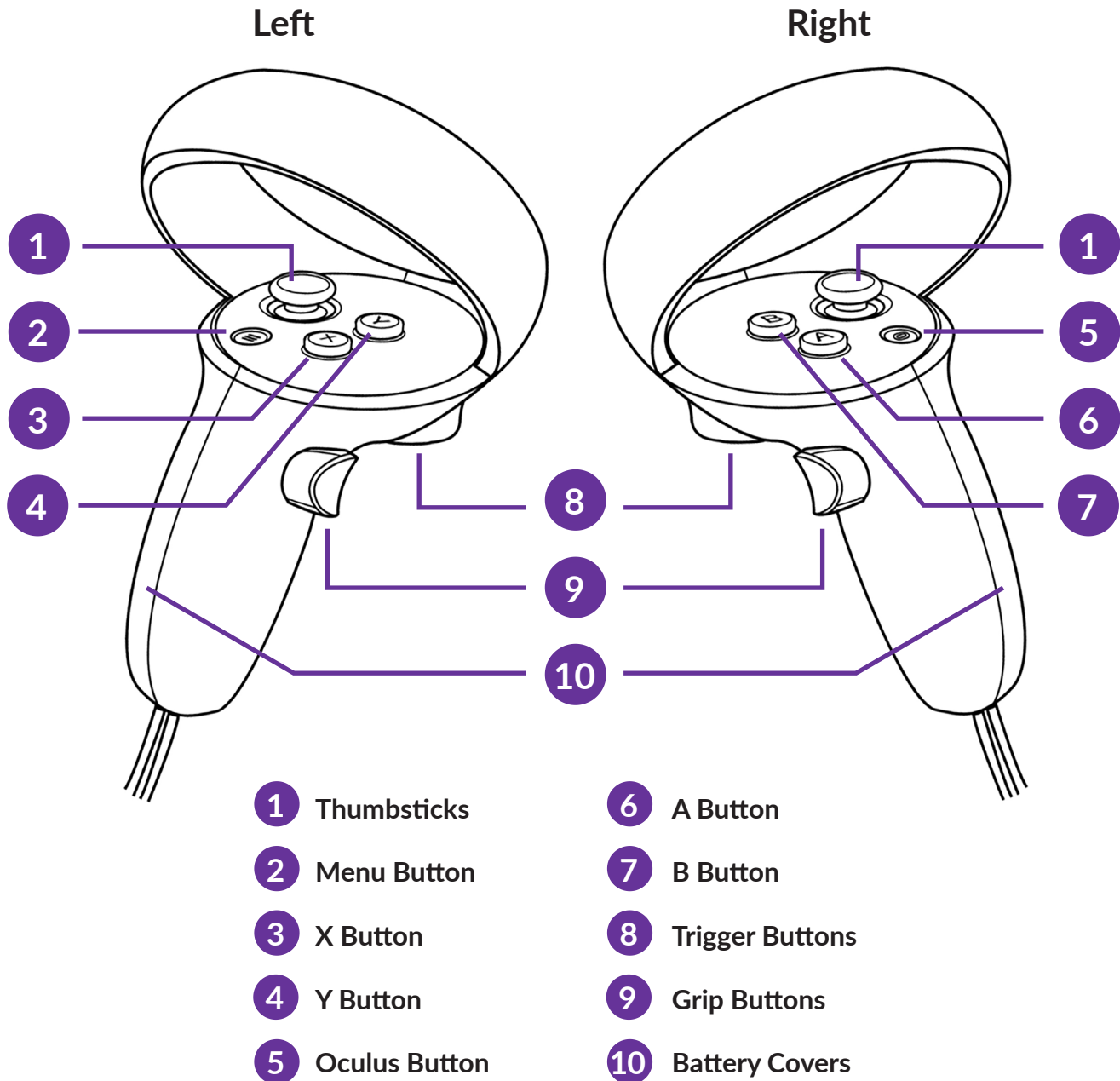


Controller Functions

Your touch controllers are a pair of tracked controllers that give you 'hand presence' in VR — the feeling that your virtual hands are actually your own. Touch controllers feature traditional action buttons, thumb-sticks and triggers that add familiarity to new experiences.

1. The **Menu button**  brings up the MENU INSIDE APPS AND EXPERIENCES.
2. The **Oculus button**  brings up the UNIVERSAL MENU. You can also PRESS AND HOLD the Oculus button  to RECENTER YOUR HEADSET view.
3. **Grip button** (on the side of the controller) GRABS OBJECTS or MAKES A FIST when using your VIRTUAL HANDS.
4. **Trigger** (on the front of the controller), the  and  buttons SELECT OBJECTS in your environment.
5. The  and  buttons will allow you to return to the previous screen or menu.
6. **Press any button** to WAKE THE CONTROLLERS after you turn on your headset.





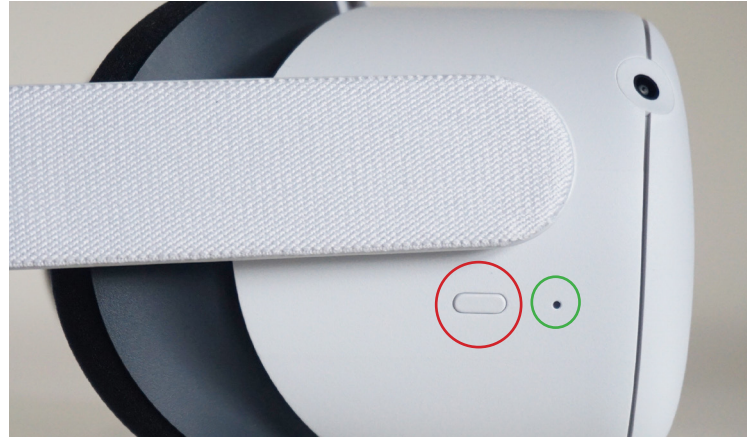


Starting the Device

Turn It On: Power up your Quest 2 with the button on the right side (next to the charging indicator).

To put Quest 2 to sleep, press the power button. The headset will wake up automatically when you put it back on your head.

While Quest 2 is asleep, it still draws a little power, but less than when you're actually using it.



Power button highlighted in **red**

Power indicator highlighted in **green**



Turn it Off: To turn Quest 2 off completely, hold down the power button for at least three seconds until the indicator light goes dark.

Your Meta Quest 2 requires a Wi-Fi connection to use and access most features and content. Ensure you are within a close range of your wifi router for optimal wifi speeds.

1. Press the Oculus button  on your right Touch controller to pull up your **Universal Menu**.
2. Hover over the clock on the left side of the Universal Menu. When **Quick Settings** appears, select it to open the **Quick Settings** panel.
3. Select **Wi-Fi**.
4. Select the toggle switch to turn Wi-Fi on, then select the Wi-Fi network you want to connect to and enter the password.
5. Select **Connect**.

Having trouble connecting your Oculus Quest device to a Wi-Fi network? [scan this QR code](https://store.facebook.com/help/quest/articles/getting-started/getting-started-with-quest-2/connect-quest-2-to-wi-fi/) with your phone or visit <https://store.facebook.com/help/quest/articles/getting-started/getting-started-with-quest-2/connect-quest-2-to-wi-fi/>





Sharing Your Experience



A unique aspect of virtual reality is that when you are engaged in an activity, only you can see what is happening. While you are reacting to what you see, either verbally or physically, or both, the people around you are left to wonder what is happening. A simple and fun way for you to share your experience is called 'casting.' Casting allows you to share what you're seeing in VR with others around you.

You can cast to your computer, phone, or supported Chromecast device with a few simple steps.

Before you start, you need to make sure your headset and casting device are connected to the same Wi-Fi network. Also, keep in mind that some VR apps don't allow casting. If you run into trouble, try a different app.

Follow the steps below to cast your experience to your computer:



On your computer, **go to oculus.com/casting** with Google Chrome or Microsoft Edge and **log in** to your account.

Put your headset on and press the Menu button  on your controller to **open the Universal Menu**.

Select -> Sharing then **Select -> Cast**.

Select -> Computer then **Select -> Next**.

Select -> Done.



Follow the steps below to cast your experience to your phone or Chromecast device:



Download the Oculus app from the Google Play store or Apple app store **Open the Oculus app** on your phone.

Log in, if requested, and pair your device.

Select in the top right of your screen.

Under "Cast From", select the headset you'd like to cast from.

- Make sure it says 'Connected' under your listed headset.

Under "Cast To", select -> **"This Phone"** or the Chromecast device you want to use.

Tap "Start" at the bottom of your screen, **put your headset on** and **"Accept"** the in-VR prompt to start casting.



For more support on casting, **scan this QR code** with your phone **or visit** <https://www.oculus.com/casting/> and click 'Having trouble casting?'



Guardian is a built-in safety feature in the Meta Quest 2 system that requires you to set up boundaries for your VR environment that will warn you when you get too close to the edge of your play area. Guardian has 2 modes:



Stationary: For using your headset while sitting or standing in place. Stationary Mode creates a default Guardian area of 3 feet by 3 feet (1 meter by 1 meter) centered on yourself.



To watch a video on how to setup your virtual reality space, [scan this QR code](https://www.youtube.com/watch?v=d73PfTXZDvo) with your phone or visit <https://www.youtube.com/watch?v=d73PfTXZDvo>



Roomscale: For using your headset while moving around inside your play area. Room-scale allows you to draw your Guardian boundaries in your physical space using your Touch controller. We recommend a safe and unobstructed space measuring at least 6.5 feet by 6.5 feet (2 meters by 2 meters).

RECOMMENDED

We strongly recommend the **Stationary Boundary** while using the iFood360° app to provide the safest experience. You have the option to sit or stand, but we recommend standing for the **best** experience.



First Steps

First steps is a great app for getting you started using virtual reality. It is a fun and exciting experience that will introduce you comfortably to the VR environment and will also help you become familiar with most of the common controller actions you will need in the iFood360° app. Follow the instructions below to get started:.



POINT YOUR CONTROLLER AT THE APP LIBRARY BUTTON  THEN CLICK THE TRIGGER BUTTON TO SELECT IT.

The button will be grey and feature 9 squares within – this is the App Library button

Look for the 'First steps' app, which will look similar to the image on the left, then point your controller at the app and click the trigger button. The app will launch.

To exit the experience, press the Oculus button  then select 'Quit.'



Starting Your iFood360° Experience

Once you're comfortable in the VR environment, and are familiar with how your controllers work, you're ready to begin your iFood360° experience. When you enter the experience for the first time, you will be asked to register with a username and password. This is to keep track of your progress through the experience. Be sure to write down this information as you will not be able to access your user profile without it.

Follow the instructions below to begin your experience, and good luck!



SELECT THE APP LIBRARY BUTTON ON THE LOWER LEFT

The button will be grey and feature 9 squares within – this is the App Library button.

Using the drop down menu on the top right, select "unknown sources"

From the available items, select 'FPSC_VR'. The app will launch.

Exit the experience by clicking the Oculus button and selecting 'Quit.'



Support

WE'RE HERE TO HELP!

Still need help? We're here. Get support and tell us about your issue.

Contact us at: info@ifood360.ca

To see frequently asked questions and answers about the iFood360° program, or to submit a support request, **scan this QR code** with your phone or visit <https://ifood360.ca/support/>





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