Health Sciences Centre
Winnipeg
A Shared Health facility

Child Life User Guide for Starlight VR

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Meta Quest 3 (Starlight VR)

The Starlight VR is a digital tool that allows patients to experience virtual reality through apps, videos, and images. There are a wide variety of apps available on the device including video games, physical activities, meditation, and medical apps. Please read and refer to this document to ensure proper safety precautions are taken when using VR.

Items Included

The case comes with the following items inside. Note that the foam has been removed to ensure proper infection control procedures.

1. Charging cable and adapter
2. New head strap case (empty brown box, also used as padding)
3. Grey cleaning cloth
4. Two controllers – left and right
5. Starlight VR Meta Quest 3: device, frame cover, and adaptable head strap attached
6. Stock frame cover and head strap
7. Hair nets

If any items are missing, contact Jimmy.

Usage Instructions

Infection Control Protocols

1. Only touch the contents of the case with clean hands.
2. Wipe patient-contact areas before and after each use. These include the following:
   a. Controllers
   b. Device, frame cover, and adaptable head strap
   c. Lens
3. Wipe the lens with cloth after to make sure the screen does not deteriorate over time.

Important Safety Measures

Please follow the measures outlined below to the best of your ability. It is understandable that each player will have a different experience with VR and some protocols must be adjusted for comfortability and ease of use.

1. If standing, make sure there is a clear area around the player free from physical barriers.
2. Clearly inform the player they can stop at any time with verbal or physical indication. If the player looks uncomfortable and wants to take the headset off, do so right away.
3. When placing the headset on, make sure the strap is tight enough to be secured but not too tight as to cause discomfort. If the strap isn't tight enough the device will go into sleep mode.
4. If the player requires glasses for vision, try to fit the glasses inside the frame. If this isn't possible, try taking off the frame cover and using something else to secure the device to fit their face.
5. Make sure the contents of the device are being casted to a screen or TV to ensure proper supervision and guidance. Details on how are listed in the instructions section.
6. When setting up for the player, make sure the correct boundary settings are in place. Generally, automatic boundaries are fine as long as there are no physical barriers. If the player has limited or no mobility, use the Stationary mode.
7. Always wear the controller wrist straps when in use.
8. Sessions should be around 15-20 minutes max unless the player is older and has more experience.

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What if the head strap is too heavy?
Remove the adaptable head strap and attach the stock fabric one. Instruct the player to wear a hair net when using the device for infection control. Hair nets are provided inside the case.

Controllers

The Starlight VR comes with two controllers. The wrist strap should be worn and the controllers comfortably held in each hand. Use the controller to navigate menus and select options, usually by pressing the trigger button with your index finger. For players that are unable to use the controllers, menu navigation can be done with head movement. Certain apps require controllers to use, while some apps don't require controllers at all.

Setting Up
1. The device needs to be charged if not already. At full battery and consistent usage, the device can be used for around 1 hour.
2. Take the headset and controllers out of the case and place them on a clean surface. Disinfect all parts and wipe them down.
3. Ask the player whether they would like to sit or stand. If they want to stand make sure the area around them is clear of physical barriers.
4. Set up the boundaries for the player. Use Stationary mode for immobile players and draw your own boundary for mobile players – again, make sure the area is free from obstructions.
5. Explain how to use the controllers to the player.
6. Fit the headset to their head.
7. Select Casting in the menu, and then select Computer. Log into oculus.com/casting with the credentials provided (not available yet) to mirror the VR screen.

Using Apps
Here are the instructions for launching an application (incl. YouTube for videos). Each app has different controls and movement schemes. Look in the app section for quick instructions on each individual app (note not all apps are documented). Explain these instructions to the player when they begin.

1. In the menu, players move their head to look around.
2. Use the controller to point to an app and select Launch by pressing the trigger button on the back with the index finger. If the player can't use one or both controllers, set up the device to

use head movement instead. To do this, go into settings and change the Interaction Method to Gaze only.

3. If the volume is too loud, press the volume buttons on the bottom right of the headset to adjust.

4. When the player wants to switch to another app, press the Meta ⬤ button on the right controller to return to the Home screen.

5. To center the current application, press and hold the Meta button.

6. When the player is finished for the session, take the headset off, clean, and place back in case.

Maintenance and Troubleshooting

This section will be updated as VR is used more in procedures, distractions, and co-treatments. For detailed instructions consult the Meta Quest 3 Manual.

Charging

Both controllers require an AA battery to use. When it runs out of power, the battery needs to be replaced. The headset can track the amount of battery power remaining on the controllers. Batteries can be found in CK281 or the Electrical Room.

The headset is charged via USB-C cable. This port can be found on the left of the device. An orange light indicates that the device is charging, while a green light indicates that the battery is full.

Device keeps going to sleep

Make sure the headset is level and parallel to the ground. If the headset detects that it has been taken off, it will go into sleep mode. If the user is at an awkward angle or not standing straight, it may think the headset is off.

Boundary

If the boundary isn't set up correctly, the user might find it difficult to use certain apps that require moving around. To reset the boundary, go back home by pressing the Meta ⬤ button on the right controller and select the Boundary option. Move to the middle of the play space and automatically create a new boundary.

Applications

All applications come preloaded on the Starlight VR. There are all types of applications including games, simulations, meditation, co-treatment, and procedural support. Choosing the right application for the player is necessary for having an ideal experience with VR. Suggested and tested applications are listed below with physical requirements.

Epic Roller Coasters

Description: Roller coaster experience with 3 modes: classic (just along for the ride), race (speed up and slow down to race against the clock but large learning curve), shoot (adds targets to each course)
Genre: Simulation
Focus: Upper extremity
Head movement: Some
Position: Seated
Controller required: Optional
Engagement: Minimal
Age: Everyone
Average play time: 5-10 minutes
Notes: High chance of somatosensory mismatch. Instruct player to focus on targeting rings on front of carriage to decrease symptoms.

Close any popups that appear, then select Classic game mode. Select a cart and avatar and start the game. There are four base tracks to choose from. All have varying degrees of twists and turns. Not recommended for all players due to potential cybersickness, but they can try it out and see if they like it.

Walkabout Mini Golf

Description: Mini golf in a variety of different environments. Move around to position self around golf ball and change viewing angles but use controls to teleport to ball. Use trigger button to switch hands.
Genre: Game
Focus: Upper extremity
Head movement: Moderate
Position: Standing
Controller required: Yes
Engagement: Moderate
Age: Everyone
Average play time: 5-10 minutes

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Notes: Sometimes difficult to aim. Encourage finishing each round, some courses may be more difficult than others.

Pick from multiple default courses to begin; more courses can be unlocked as players play more. Instructions can be found on the ground.

- Move by pointing to a location and pressing either Trigger.
- Swing the club to hit the ball.
- Use A or X to get a birds eye view of the course.
- Use B or Y to get an instant replay of the previous par.

YouTube VR

YouTube can be used to view a variety of VR and/or 360 degree videos. A family-friendly playlist will be curated at some point and added to the account. This is rated 13+.

Maloka

Description: Travel to your own personal island and embark on an immersive mindfulness journey like no other. Maloka's enchanting visuals maximize activation of low Beta and Theta brain waves, helping to easily bring you into a state of flow.
Genre: Meditation & Mindfulness
Focus: N/A
Head movement: Minimal
Position: Seated
Controller required: Yes
Engagement: Moderate
Age: Everyone
Average play time: 10-15 minutes
Notes: Multiple different mindfulness courses available. Have player pick.

Mission: ISS

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Description: Heavily immersive environment of the International Space Station including space walk. 3 modes: training (orientation and control), missions (objective oriented), and explore (free roam and engage in points of interest to learn about the ISS).
Genre: Simulation
Focus: Upper extremity
Head movement: Moderate
Position: Seated
Controller required: Yes
Engagement: Moderate
Age: Everyone
Average play time: 10-15 minutes
Notes: Moderate-high chance somatosensory mismatch. Recommend being seated.

Fruit Ninja 2

Description: Slice and dice fruit by using swords held in both hands. There are three main modes: classic has three strikes, zen has no bombs, and arcade focuses on points instead.
Genre: Arcade
Focus: Upper extremity
Head movement: Minimal
Position: Seated, standing
Controller required: Yes
Engagement: High
Age: Everyone
Average play time: 5-10 minutes
Notes:

Beat Saber

Description: A rhythm game where players hit cubes in a 3D space. Must hit the cubes in the direction indicated by the arrows to the beat of a song. There are obstacles that you have to dodge as well. Can

be linear or all the way to 360 making you turn to face the cubes.
Genre: Arcade, rhythm
Focus: Upper extremity, lower extremity, trunk
Head movement: Moderate
Position: Seated, standing
Controller required: Yes
Engagement: High
Age: Everyone
Average play time: 10-15 minutes
Notes:

Other Apps

Rated Everyone:

- Angry Birds: Isle of Pigs
- Big Ballers VR
- Cook-Out
- Gravity Sketch
- Henry
- Invasion
- Kizuna Ai – Touch the Beat!
- Myth: A Frozen Tale
- NFL Pro Era II
- Ocean Rift
- Rush
- Shave and Stuff
- Ultimechs

Rated 10+

- Down the Rabbit Hole
- Elixir
- Gods of Gravity
- Monkey Doo
- The Key

Rated 13+

- ForeVR Cornhole
- Netflix
- Premium Bowling

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