**Demo Script**

1. Get participant to sign ethics form and fill out pre-questionnaire.
2. Introduce the experiment, explaining that it’s a peddle-powered helicopter. Warn of potential nausea/side-effects (although no problems so far).
3. Adjust exercycle height as necessary.
4. Explain controls of helicopter (don’t forget to mention reset button).
5. Allow participant 2-5mins to familiarize themselves to controls on any course.
6. Explain objective for first demo.
7. Play first demo for 6 minutes.
8. Get participant to fill in post-demo questionnaire
9. Explain objective for second demo.
10. Play second demo for 6 minutes.
11. Get participant to fill in second post-demo questionnaire and final questionnaire.

**NOTE:** During training, give pointers as necessary to help them understand the controls. Once the demos have started, attempt to give minimal help unless serious problems.

**NOTE 2:** Offer water/chocolate between demos/training.

**NOTE 3:** If Oculus is off-centre and/or isn’t working then restart Oculus service. If bike randomly stops working then unplug and replug USB from laptop. Participants should be peddling slightly as demos start (not sure about this but seems to work so may as well keep doing it).

**NOTE 4:** Esc button now exits demos without destroying my laptop.

**NOTE 5:** Body Mass Index = mass(kg) / height(m) ^ 2