

Health and Safety Warnings issued by Oculus.**Please ensure you read these carefully before enrolling in this workshop.****⚠ WARNING****Use only when Unimpaired**

A comfortable virtual reality experience requires an unimpaired sense of motion and balance. Do not use the headset when you are experiencing any of the following (as they may increase your susceptibility to adverse symptoms)

Tiredness or exhaustion; need sleep; under the influence of alcohol or drugs; hung-over; have digestive problems; under emotional stress or anxiety; suffering from cold/flu/headaches/migraines/earaches

Pre-Existing Medical Conditions

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

Seizures

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.

Interference with Medical Devices

The headset and controller may contain magnets or components that emit radio waves, which could affect the operation of nearby electronics, including cardiac pacemakers, hearing aids, and defibrillators. If you have a pacemaker or other implanted medical device, consult your doctor or the manufacturer of your medical device before using the headset or controllers. Maintain a safe distance between the headset and controller and your medical devices. Stop using the headset or controller if you observe a persistent interference with your medical device.