First cover your hair, then put on the headset.

Feeling sick or your eyes hurt? Take off the headset, stay seated and tell the teacher.

Stick to the time limit and have breaks.

Don't move around with the headset on, unless the room is set up for it and someone is watching.

When using controllers take a break if your hand hurts or tingles.

Having too much fun? Enjoy!

This work was created by the VR School Project, a part of the DICE research network http://dice.newcastle.edu.au, and is licensed under the Creative Commons Attribution-NonCommercial-NoDerivatives 4.0 International License.