







# Virtual Reality Briefing

You are about to be placed into a Virtual Reality experience.

Virtual Reality is an immersive experience that can be intense, frightening or anxiety provoking and can cause your body to react as if it were real.

You are responsible for your decision to take part in this activity. Please read this safety advice carefully before participating.

	Remain seated at all times.
	If you feel unwell, close your eyes, raise your hand.
	You can wear glasses or contact lenses.
	Not suitable if you are pregnant.

	<p>Not suitable if you have pre-existing binocular vision abnormalities or psychiatric disorders or suffer from a heart condition or other serious medical condition.</p>
	<p>Not suitable if you have epilepsy, dizziness, seizures, eye or muscle twitching or blackouts triggered by light flashes or patterns.</p>

