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Training Guideline for Trainers Using Augmented and Virtual Reality Tools and Practical Pilot



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1 st		FA	Hints and recommendations for trainers using XR tools
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1 Introduction

This document is designed to assist trainers in conducting effective training using Augmented Reality (AR) and Virtual Reality (VR) tools. It provides practical information and instructions on how to use these tools and effectively train the participants. The document is intended to be used during piloting of AREOLA project but the guide is also usable for all other trainings using AR/VR tools.

2 Preparing trainer

Before conducting the training session, it is recommended that the trainer would;

- ✓ Have a general understanding of the AR/VR hardware and software.
- ✓ Familiarize themselves with the content and exercises to be conducted.
- ✓ Practice using the AR/VR tools beforehand to ensure a smooth training experience.
- ✓ Test the hand controllers and become proficient in their use.
- ✓ Be prepared to instruct trainees even they are unable to see the trainer when they are wearing headsets restricting their field of view.
- ✓ **Inspect an area where the training will be conducted, to make sure there's enough open space and the area is free of tripping hazards. Be aware that some trainees may experience nausea and dizziness after using the AR/VR headset, as motion sickness can affect individuals differently. Advise trainees to stop using the headset immediately if any of the symptoms occur.**
- ✓ **Ensure that no one with photosensitive epilepsy will take part in activity, and anyone identified as vulnerable: pregnant women, people suffering from motion sickness or balance problems, or susceptible to migraines will be advised further.**

3 Preparing environment and tools

To ensure a safe and efficient training session, the following steps should be taken:

- ✓ Design the physical environment to minimize the risk of accidents and remove any obstacles or furniture that may hinder movement.
- ✓ Ensure that the training room has an adequate number of power sockets and cables for the AR/VR devices and projectors.
- ✓ Regularly check the technical equipment for any issues and keep spare batteries, power extension cables, TV/monitor adapters, and HDMI cables readily available.

- ✓ Maintain hygiene standards by regularly cleaning the lens and faceplates of the AR/VR headset using wipes or dry wipes. Additionally, consider using VR disposable facemasks to enhance cleanliness. Prepare training group

To effectively introduce AR/VR tools to the training group, it is recommended to follow these steps:

- ✓ Explain the basics of AR/VR technology to the group, especially if there are participants who are new to these tools.
- ✓ Emphasize the purpose and benefits of using AR/VR tools in the training.
- ✓ Ensure that each trainee's headset is properly adjusted for comfort and that they feel at ease wearing it.
- ✓ Encourage the group to decide together who will be the first to participate in the training exercises.
- ✓ Before commencing the session, explain to the trainees how the trainer will communicate with them when they cannot see the trainer.

4 Equipping trainee with XR headset

When equipping the trainees with AR/VR headsets, follow these guidelines:

- ✓ Inquire if any of the trainees have prior experience with AR/VR headsets. Based on their responses, tailor your instructions accordingly.
- ✓ Demonstrate and explain the functions of the hand buttons on the controllers before starting the training.
- ✓ Show the trainees how to adjust the headset for comfort and accommodate any glasses they may be wearing.
- ✓ Ensure that the trainees can focus on the AR/VR scene by demonstrating how they can adjust the headset's lenses.
- ✓ Instruct the trainees on how to remove the headset safely and encourage them to do so independently when necessary.

5 Conducting the AR/VR training session

During the training session, the trainer should:

- ✓ Provide clear instructions and guidance to the trainees, utilizing both verbal and visual cues.
- ✓ Monitor the trainees' progress and address any questions or difficulties they may encounter.

- ✓ Encourage active participation and engagement from all trainees.
- ✓ Foster a collaborative learning environment by facilitating discussions and knowledge sharing among the trainees.
- ✓ Periodically check on the trainees' well-being and address any discomfort or motion sickness symptoms promptly.
- ✓ Ensure that the training objectives are met and assess the trainees' understanding and proficiency in using the AR/VR tools.
- ✓ Ensure that trainees are aware of the activities to be performed and its assessment criteria.

By following these guidelines, trainers can effectively utilize AR/VR tools to deliver engaging and immersive training experiences for their participants.