



Transformative

GROWTH THERAPY, PLLC

VR Release Effective: 05/23/2022

Virtual Reality has come so far in its abilities and uses. And it has the ability to take one far away from where they are right now, and can show you things you've never seen. That being said your body is still where it is and as such, there are some issues that can arise from this situation.

Due to the unpredictable nature of the human response to virtual reality (dizziness, nausea, seizures, fear of heights, bumping into objects, etc.), all participants are required to sign this waiver releasing Transformative Growth Therapy PLLC. from any liability regarding your use of the Oculus Quest. Please read the following carefully!

- Do Not use If
 - Tired
 - Need sleep
 - Under the influence of alcohol or other drugs
 - Hung over
 - Have digestive problems
 - Suffering from cold or flu
 - Have any contagious condition
 - Are prone to skin irritation

Pre-existing medical conditions:

- Consult with your doctor before using the headset if you are pregnant, elderly, have pre-existing binocular vision abnormalities, 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(s) 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(s) if you observe a persistent interference with your medical device.

Immediately discontinue using the headset if any of the following symptoms are experienced:

- Seizures;
- Loss of awareness;
- Eye strain;
- Eye or muscle twitching;
- Involuntary movements;
- Altered, blurred, or double vision or other visual abnormalities;
- Dizziness;
- Disorientation;
- Impaired balance;
- Impaired hand-eye coordination;
- Excessive sweating;
- Increased salivation;
- Nausea;
- Lightheadedness;
- Discomfort or pain in the head or eyes;
- Drowsiness;
- Fatigue; or
- Any symptoms similar to motion sickness.

Just as with the symptoms people can experience after they disembark a cruise ship, symptoms of virtual reality exposure can persist and become more apparent hours after use. These post-use symptoms can include the symptoms above, as well as excessive drowsiness and decreased ability to multi-task. These symptoms may put you at an increased risk of injury when engaging in normal activities in the real world.



Do not drive, operate machinery, or engage in other visually or physically demanding activities that have potentially serious consequences (i.e., activities in which experiencing any symptoms could lead to death, personal injury, or damage to property), or other activities that require unimpaired balance and hand-eye coordination (such as playing sports or riding a bicycle, etc.) until you have fully recovered from any symptoms.

See a doctor if you have serious or persistent symptoms.

CAUTION Skin Irritation

The headset is worn next to your skin and scalp. Stop using the headset if you notice swelling, itchiness, skin irritation, loss of hair or other skin reactions. As with the hand-controller, please stop use if you observe any skin irritation or reaction. If symptoms persist, contact a doctor.

CAUTION Contagious Conditions

To avoid transferring contagious conditions (like pink eye), we will not share the headset with persons with contagious conditions, infections, or diseases, particularly of the eyes, skin, or scalp. The headset and controller(s) will be cleaned between each use with skin-friendly, non-abrasive antibacterial wipes.

The headset and accessories themselves, are not medical devices, and are not intended to diagnose, treat, cure, or prevent any disease. Research continues to find benefits for VR and phobias, anxieties, post-traumatic stress disorder, and other mental health issues. However, demonstration apps and games may trigger anxieties. The brain often believes what it sees is real, even if the user knows it isn't. So please be aware of this

I acknowledge these risks and assume responsibility for my participation in the VR experience. I hereby release, hold harmless Transformative Growth Therapy, PLLC. Or any employee involved in the facilitation of the equipment and experience and indemnify them, Transformative Growth Therapy PLLC. and its offers against any or all claims, actions, suits, procedures, costs, expenses (including attorney's fees and expenses), damages and liabilities arising out of, connected with, or resulting from my VR participation including without limitation, those resulting from the manufacture, selection, delivery, possession, use or operation of such equipment. Additionally, this release shall be binding upon my estate, my heirs, my representatives and assigns. I hereby certify that I, or the minor participant for whom I am legally responsible, am/is in good health and do/does not suffer from a heart condition, contagious dermatological condition, or other ailment which could be exacerbated by participation in the VR experience, or pose a risk to other participants.

Participation in The Activity carries with it certain inherent risks that cannot be eliminated regardless of the care taken to avoid injuries. The risks include, among other things: seizures, loss of awareness, eye strain, eye or muscle twitching, involuntary movements, altered, blurred, or double vision or other visual abnormalities, dizziness, disorientation, impaired balance, impaired hand-eye coordination, excessive sweating, increased salivation, nausea, light-headedness, discomfort or pain in the head or eyes, drowsiness, decreased ability to multitask, fatigue, or any symptoms similar to motion sickness, all of which can persist and become more apparent hours after use and which may lead to an increased risk of injury when engaging in normal activities in the real world after leaving the Premises.

I have read the previous paragraphs and I know, understand, and appreciate these and other risks that are inherent in The Activity. I hereby assert that my participation is voluntary and that I knowingly assume all such risks.

Client name _____ Date: _____

Signature _____

How to fit:

To reduce the risk of discomfort, the headset should be balanced and centered, and the distance between lenses (the intra-axial distance, or IAD) should be approximately set for each user. Adjust the rear and top straps to ensure comfortable placement of the headset. Adjust the IAD for each user by moving the eyecups directly to whichever of position, 1, 2, or 3 which provides the clearest image. When properly adjusted, the headset should fit comfortably and you should see a single clear image. Recheck these settings between each use.



Cautions: please remember that if you experience any of the following, to discontinue use.

- Seizures;
- Loss of awareness;
- Eye strain;
- Eye or muscle twitching;
- Involuntary movements;
- Altered, blurred, or double vision or other visual abnormalities;
- Dizziness;
- Disorientation;
- Impaired balance;
- Impaired hand-eye coordination;
- Excessive sweating;
- Increased salivation;
- Nausea;
- Lightheadedness;
- Discomfort or pain in the head or eyes;
- Drowsiness;
- Fatigue; or
- Any symptoms similar to motion sickness.

