

Make sure that these rules are applicable for the setup you use.

SOP 3: Posture instructions on the balance board

- Let the participant sit on a chair close to the balance board
- Ask the participant to take off the shoes and socks
- Remove belongings from the pockets
- Adjust the monitor so that the eyes of the participant are roughly at half of the height of the screen

- **BEFORE PARTICIPANT IS GOING ON THE BALANCE BOARD, SHOW AND EXPLAIN THE PARTICIPANT HOW TO STAND ON THE BALANCE BOARD.**
 - Arms comfortably possibly along the body
 - Weight divided on both legs, not on one leg
 - Knees not locked. Stand in comfortable but active posture.
 - Feet should be next to each other, approximately a foot breadth apart.
 - **BUT**, depending on the duration of each block of stimuli presentation, legs should be closer to each other (for shorter sessions) → introducing more body sway
 - ***“It is important to stand comfortably, but avoid any unnecessary movement! That is, do not wobble. You can only do this during the ... s break in between the blocks!”***

- If you have a **PAUSE** in your experiment, ask participant to step down from the balance board. Let them make some stretching movements.