# F1 Menu Navigation

Hit X on PS5 or A on Xbox controller at any time to skip the EA logo and game introduction cutscene. You’ll be able to tell when you’ve reached the “press any button” prompt when you hear radio chatter and racing cars.

Once you press any button or key, you’re taken into the EA User Agreement. “I agree” is highlighted by default. If you would like to scroll the text, you can right thumbstick up or down. Hitting down followed by X or A will cancel.

Once you have agreed, you go to “Privacy and Cookie Policy. Here, “Continue” is highlighted by default. Scroll up or down with thumbstick through cookie policy and privacy text if you wish. Hitting down followed by X on PS5 or A on Xbox will cancel. Hit X or A to continue. If you decide to cancel, you may not be able to play the game!

After continuing from Cookie Policy and Privacy, you are now at the log-in screen. The game will automatically try to log you into your EA account, but if you don’t wish to log in, you are already on an option to continue and play offline.

After you log in or continue playing offline, you will be asked to adjust your gamma. Hit X or A to select or square on PS5 or X on Xbox to reset to default if you accidentally bump anything.

After leaving the gamma screen, you will be prompted to enable crossplay. You’re automatically on yes. If you wish to select no, hit down, and press X or A. If you wish to change your mind at any time, you can choose it manually under settings in crossplay.

## Accessibility Options

After crossplay prompt, you are taken straight into the Accessibility menu. These menus do not wrap and use left and right to go through options in each item. If we mention a subsection, know that they are not an option you go through when you’re going through the menus, they are just a header. You land on the first option in the second when you leave the last in the previous.

**Subtitles** – Default is “On” – Left to turn off or right to turn back on.

**Text Color** – Default is “White” - Hitting right will cycle you between colors blue, green, and yellow.

**Background Opacity** – Default is “60” - Going completely left will take you to. Going completely to the right will leave you at 100.

Hitting down after background opacity will take you to the audio subsection.

**Voice Chat Ducking** – Will reduce the volume of all other sounds when voice chat is being used. There is a list of when voice chat will be permitted. On track between teammates, between all players in the lobby, between all spectators, between players throughout two-player career. – Default is “Off” - Right will take you to “Light”. Hitting right again will take you to “Heavy”. Going all the way left will turn it off again.

**Convert Chat Text to Voice** – This allows the game to read aloud messages that you write and chosen shortcut phrases in a multiplayer lobby. This option is only available in English – Default is “Off” – You can turn it on by going right.

**Select Voice for Chat Text to Voice** – Only changeable if “Convert Chat Text to Voice” is on. – Default is “Male” – Can be changed to “Female” by going right.

**Convert Incoming Voice to Chat Text** - Allows the game to convert all incoming speech spoken by players into text when in a multiplayer lobby. – Default is “Off” - Turn it on by going right.

**Chat Text Size** - Default is “Normal” – Go right to change to large.

**Mono Mix** - Downmixes all audio to mono – Default is “Off” - You can go right to turn it on.

**Mono Mix Balancing** – If mono mix is enabled this setting can be used to bias the mono mix to the left or right of the stereo field. If Mono mix is not on, you can’t change this. - Default is “0” - Going to the right will take you to 10 , and going to the left will take you to - 10.

**Engineer Ducking** - Reduce the volume of all other sounds whenever the race engineer is talking. - Default is “Light” - You can go left to turn it off, or right to make it heavier.

Tinnitus Relief is the next subsection.

**Tinnitus Relief Filter** - Applies an audio filter that removes certain types of sound that can affect people that suffer from tinnitus. – Default is “Off” - If it is turned on, you will hear a very loud bleep. The reason for this is the next section.

Tinnitus Relief Filter Frequency – Only changeable if “Tinnitus Relief Filter” is on - Use the provided test tone to select the most problematic frequency band that effects your tinnitus. Sets the fundamental frequency band to remove from the audio mix – Default is “5khz” 16khz is as far as it can go up. Please note that this setting can only go up.

Audio driving assists are in the next section.

**AI Control Cue** – Default is “Off” - This cue uses speech feedback to indicate when the player loses or gains control of the player car. For example, during cutscenes or just before taking control of the car during a flying lap. - Go to the right to turn this setting on.

**Braking Assist Cue** – Default is “Off” - A cue to indicate the severity of breaking required. A constant tone requires hard breaking while individual beeps require less breaking. - Go to the right to turn it on. If this setting is on, your next option is braking assist cue frequency.

**Braking Assist Cue Frequency** - Default is “500 hz”. - If you go all the way left, you can go down as far as 200 hz. If you go all the way to the right, you will reach 1000 hz. If the braking assist cue is off, this cannot be modified.

**Breaking Assist Cue Volumes** - Default is all the way up at 10. - If you go all the way left, you will reduce the setting to 0. If breaking assist cue is off, this cannot be modified.

**Gear Indicator Cue** – Default is “Off” - This cue uses speech feedback each time a gearshift is used to inform you of the current gear. - Go right to turn it on.

**Audio Steering Assist** – Default is “Off” - This cue pans the player engine audio towards the optimal racing lines to indicate which direction to steer. - Turn it on by going to the right, your next option down is audio steering assist-invert panning.

**Audio Steering Assist** – Invert Panning – Default is “Off” - Described as inverts the steering assist direction. When enabled, the player must steer in the opposite direction from the engine audio panning. Go right to turn it on. This can only be modified if Audio Steering Assist is on.

**Audio Steering Assist Minimum Lookahead** - Default is “10” - Described as set minimum lookahead distance of the steering assist, this value is used when the car is driving at low speeds. This allows the player to know ahead of time which direction they need to drive. A higher lookahead gives the player more time to react to upcoming turns. - Going left will go all the way to zero. If you go right, it can go all the way up to 200. This can only be modified if Audio Steering Assist is set to on.

**Audio Steering Assist Maximum Lookahead** - Default is “30 - Described as: Look ahead distance of the steering assist when the car is driving at high speeds. - If you go left, you can go all the way to 0. Going all the way to the right will leave you at 200. If Audio Steering is off, this cannot be modified.

**Track Limit Cue** – Default is “Off” - Described as track limit cue indicates when the player’s car is near the track limits. A tone will be heard to either the left or the right as the player gets close to the edge of the track. This intermittent beep will become constant as the player’s car hits the absolute limit.

**Track Limit Cue Frequency** - Default is “500 Hertz”. If you go left, you can go down as far as 200. If you go right, you can go up as far as 1000.

**Track Limit Cue Volume** - Default is “10” - Going left will turn it all the way down to 0.

**Turn Cue** – Default is “Off” – This cue uses speech feedback to indicate the direction and severity of a turn followed by cues for the start, apex and end of a turn; the pitch increases with each cue. – Go right to turn on.

**Turn Cue Frequency** – Default is “500 Hertz” – Adjust the turn cue frequency – Going left can turn it down to as low as 200 Hertz and going right can turn it up to as high as 1,000 Hertz. If Turn Cue is turned off, this cannot be modified.

**Turn Cue Volume** – Default is “10” – Adjust the turn cue volume – Go left to turn it down to as low as 0. If Turn Cue is off, this cannot be modified.

**Wrong Way Cue** – Default is “Off” - This is a cue to tell you you’re facing the wrong way. It will play once every 2 seconds until a player car faces the correct direction. – Go right to turn it on.

**Wrong Way Cue Frequency** - “Default is 500 Hertz” - If you go all the way left, you can turn it down to 200 hertz. Going all the way to the right will turn it up to 1000 hertz. If wrong way cue is off, this option cannot be modified.

**Wrong Way Cue Volume** - Default is “10” - Proceeding left will turn it down to 0. If wrong way cue is turned off, this cannot be modified.

**Colourblind Mode ( Dynamic Racing Line )** - Default is “Off” - If you go right, it changes to protanopia. This compensates for a red/green color deficit. Going right again is deuteranopia. This compensates for a different red/green color deficit. Going right once again, the final option is tritanopia. This compensates for a blue/yellow color deficit.

**Multiplayer Lobby Voice Guide** – Default is “Off” - Enables voice instruction for accessing chat when in a multiplayer lobby. – If Covert Chat Text to Voice or Incoming Voice to Chat is off, this cannot be modified.

**Adaptive Triggers** - Default is “Medium” - Described as, allows you to adjust the level of resistance applied to the adaptive triggers based on the forces acting on the tires, providing a more immersive experience. Going left from medium is weak, going left from weak is off. Going right one from the medium option is strong.

**Trigger Vibration** – Default is “On” - Described as allows you to enable trigger rumble for supported gamepads. Disabling this setting may improve vibration experience on older controllers. Going left will turn this off and going right results in auto. This is the end of the accessibility menu. Hit X on PS5 or A on Xbox to continue.

Hit X or a to get to the popups about F1. Hitting up or down on these popups will result in no clicks or clacks. Keep hitting X or A and pressing up until you reach the main menu. Totally blind players will know you have reached the main menu by the audible clicks.

## Main Menu

**Braking Point** - Join the paddock, playing a story-based experience following the renowned Konnersport F1 team.

**Career** - Play the most authentic F1 experience. Join the grid as a driver, either alone or with a friend, or create your own team to bring to the track.

**F1: The Movie** - Relive some of the most exciting on track moments from F1 the movie as APXGP.

**F1 world** - Jump into solo play, multiplayer, and time trial events to develop your F1 world car and take your place among the stars of F1 25.

**Local multiplayer** - Play against friends locally, either in split screen or over a LAN connection.

**League Racing** - Log into EA Racenet to match with like-minded players and compete in player owned leagues.

**Store** - Explore a range of cosmetic options for both on and off the track. Check out the current featured items or purchase Pit coin.

**Theater** - Review highlights, reels, and saved replays from recent events.

**Settings** – F1 25 offers a flexible experience that you can tailor to your needs and preferences. Explore the full range of the game’s settings here, including accessibility options.

Hit X to select any of these options, while hitting square takes you back to the accessibility menu. Going into the accessibility menu from settings, you can hit circle once which takes you back into the main settings menu, and you’ll be right on accessibility at this point. Hitting left after pressing circle takes you from the accessibility menu to the audio settings. We believe this is the best option to get to these settings.

## Audio Settings

master volume – Default is 10 - Going left will decrease volume.

Effects – Default is 10 - Going left will decrease the volume accordingly.

Speech – Default is 10 - Going left will decrease the volume accordingly.

Music – Default is 10 - Going left will decrease the volume accordingly.

Player Car – Default is 10 - Going left will decrease volume accordingly.

Other Cars – Default is 10 - Going left will decrease volume accordingly.

Voice Chat Volume – Default is 10 -Going left will decrease it accordingly.

You have reached the end of the main master mix sliders. Here are some things we want you to be aware of. A lot of these are already in the accessibility menus, but we’re adding these here because we’re aware some readers want them.

On Board Mix - Default is Cinematic – You can choose between the following by going right. Broadcast- aims to replicate the official TV feed. Cinematic - Adds larger than life elements. Driver presents the mix as a real driver would experience it. These options only affect onboard cameras and have no effect on splitscreen.

After On Board Mix is: Mono Mix, Mono Mix Balancing, Tinnitus Relief Filter, and Tinnitus Relief Filter Frequency. These were all in the accessibility menu that we modified at game launch but they are here too if you need them.

Speaker Type – Default is “TV Speakers” - Optimizes the audio based on your listening environment. Night mode is used to reduce the difference in volume between loud and quiet sounds. If speaker type is set to headphones, you can change headphone type which is underneath the speaker type option. Going right is home theater, to the right of this is sound bar. Going right again will give you headphones. Right again is night time mode. Optimizes the audio based on your listening environment. Night mode is used to reduce the difference in volume between loud and quiet sounds. If speaker type is set to headphones, you can change headphone type which is underneath the speaker type option.

Headphone Type – Default is “Generic Headphones” - Going right once is Pulse Elite Wireless headset. Going right is Turtle Beach recon 50. Going right again is Turtle Beach Stealth 500. Right again is Turtle Beach Stealth 600 Gen2. Right from this is Xbox Wireless headset.

LFE Type – Default is “Subwoofer” - Subwoofer directs all low frequency to a dedicated speaker. Use this if you have a subwoofer connected to your audio output. Kicker is used for dedicated haptic devices, allowing you to feel more connected to the car. Kicker option removes all low frequency content from environmental sounds, leaving you with only vehicle related low frequency sounds felt through the haptic device. - Right from this is kicker.

Engineer Ducking – Was in the accessibility menu but is also listed here.

Play Audio When Game Is In Background – Default is “Off” – I turned this on so I could still listen to this awesome soundtrack while writing this guide!

3D Audio – Default is “Off” – This enables 3D audio on dedicated headsets and sound systems – Go right to turn it on.

Audio Simulation Quality – Default is “Medium” – Higher setting smake simulations of sounds reflecting off, passing through and bending around objects more accurate, but at the risk of audio stutters and freezes during high CPU usage. If you frequently hear out of place pops, stutters or crackling, lower this setting. – If you go left from Medium, there is low and if you go left again there is ultra low. If you go right from Medium, there is high and ultra high. Ultra high will pop a warning window that warns about stutters and game freezes.

Lead Commentator ( F1 ) – Default is “David Croft” - Select lead commentator for F1 events. Lead commentator for F2 will always be Alex Jacques. You can change default to Alex if you wish.

Commentary language - Default is “English” - You can change it to many different languages. Please listen until you find your language of choice. You are given audio previews.

Radio Language – Default is “English” - Language of the racing engineer who talks to you while you are on the track. Please toggle through these until you find your preferred language. There are audio previews.

Push to Talk – Default is “Off”

Mute by Default – Default is “Off” – When you encounter players in a lobby, mute them by default. – Go right to turn this on.

Voice Chat Ducking – Default is “Off” – This was in the accessibility menu and is also here.

Upshift Tone – Default is “Off” – SFX feedback to indicate the optimal time to change up a gear. This will only be heard when using a manual gearbox.

Formation Lap Parking Sensor – Default is “On” – SFX feedback indicating how close the car is to the starting grid position – Go left to turn this off.

Radio Verbosity – Default is “Everything” - Adjusts the level of feedback your race engineer will provide during a session. Right one is reduced. Right again is critical. Right again is responses only.

Play Victory Radio Calls – Default is “On” - Hear other players victory radio calls if they are triggered before you finish the race. It will not mute your own victory radio calls. – Go left to turn this off.

Music Spatialisation – Default is “On” - Plays the game music through the loudspeakers located around each circuit. Going left will turn this off.

Music Type – Default is “Soundtrack” - Going right will change it to theme. Choose between a curated playlist customized in the EA music section, or this year’s official OST. Selecting theme is streamer friendly and will avoid copyright strikes.

Session Music – Default is “Off” - Going right will turn it on. Enable music in a session ( practice, qualifying, race, time trial, and instant replay)

After this is Subtitles, Background Opacity and Text Color. These were in the accessibility menu, but are here also. This ends the Audio settings menu.

## Assists Menu

The Assists Menu can be reached in two ways. If you come in from accessibility options, it is two left and one up. Come in from settings in main menu, it is the first thing you are on.

Driving Proficiency – Default is “Custom” – Driving proficiency allows you to select from a range of preset assist setups designed to cater to different levels of experience – Going left goes through elite, professional, experienced, amateur, and beginner.

Steering Assist – Default is “On” – Enabling this will allow the game to help you steer around the track when necessary. Enabling this assist will also set the braking assist and traction control to their highest settings.

Braking Assist – Default is “High” – With this assist enabled braking assistance will be provided when required. The higher the setting, the more assistance will be provided. If Steering assist is on, this setting will be disabled.

Anti-Lock Brakes – Default is “On” – With this assist enabled the brakes will not lock up while braking. If braking assist is on, this is disabled.

Traction Control – Default is “Full” – With this assist enabled the car will be less likely to lose traction when accelerating, the higher the setting the more assistance will be provided. – If steering assist is on, this setting will be disabled.

Dynamic Racing Line – Default is “Full” – With this assist enabled there will be a racing line displayed on the track coloured to show when to accelerate and when to brake. This line can be displayed for corners only or all of the time. – Go left for corners only and left again for off.

Dynamic Racing Line Type – Default is “3D” – Toggles between a 3-dimensional or 2-dimensional Dynamic Racing Line.

Colourblind Mode ( Dynamic Racing Line ) – Default is “Off” – Adjusts the colours of the dynamic racing line for colour-blind players.

Hi-Vis Racing Line – Default is “Off” – When set to on this will render the racing line in a high visibility mode that makes it easier to see in adverse visual conditions. – Go right to turn on.

Gearbox – Default is “Automatic” – Manual and suggested will require you to change gear but will show you which gear you’re expected to be using. – Go right for manual and suggested or right again for manual.

Pit Assist – Default is “On” - With this assist enabled, the car will automatically slow down and apply pit lane speed limiter on pit entry and deactivate it on exit. – Go left to turn off.

Pit Release Assist – Default is “On” - With this assist enabled the car will automatically leave pit box after a stop. – Go left to turn off.

ERS Assist – Default is “On” – With this assist enabled ERS will be automatically managed, with overtake being deployed to assist on straights and with overtakes whiles managing energy levels to ensure the battery is not depleted. – Go left to turn this off.

DRS Assist – Default is “On” – With this assist enabled DRS will be automatically opened for the player without requiring a button press when they reach the DRS activation line during Practice, Qualifying or when less than one second behind a car during a race. – Go left to turn this off.

Recurring Rewind Prompt – Default is “Off” – While this setting is enabled, the prompt reminding you that you can use rewind will show after every incident. If disabled, it will only be displayed a single time then never again. This setting is only available when using the Casual settings filter.

And that’s the accessibility, assists and audio menus for F1 25! I hope this helped you all. If you have questions about where something is, please let me know on X at MistyRayburn or via email at [misty@meteorflower.com](mailto:misty@meteorflower.com)! I am totally down for adding to this and we will be looking into a game modes tips or a full guide for the blind here shortly. I need to talk with some friends! Enjoy the race!