

## **Minimum Skills Necessary for 400/500 MHz Training and Access**

1. Ability to recognize a problem with acqproc and restart it as necessary;
2. Gauge and insert a sample in the probe properly, with correct handling of the turbine;
3. Identify and return a known shim set;
4. Obtain deuterium lock on the sample, with proper power and phase adjustment;
5. Shim sample homogeneity, using both gradient shimming and lock level shimming;
6. Obtain a proton spectrum with good lineshape and resolution;
7. Plot the spectrum with integrals, parameters, shift axis, and proper referencing;
8. Plot an expansion showing lineshape/resolution;
9. Save the data set in the data directory;
10. Check disk quota and disk space usage.