



DOWNHILL

BMX

**PLEASE READ
CAREFULLY**

HELMET USE

This helmet is intended only for pedal cyclists. It is not designed for motor vehicle use or other sports. This helmet meets the requirements of EN 1078.

LIMITED IMPACT PROTECTION

Helmets cannot always protect against injury. Even a very low speed accident can result in serious injury or death. Any helmet subjected to a severe impact should be discarded and destroyed, even though damage may not be outwardly visible. Since this helmet is made of polystyrene foam, there's a chance it may be penetrated by sharp objects.

HELMETS CAN'T PROTECT WHAT THEY DON'T COVER

The helmet will not protect the neck or any area of the head it doesn't cover. It cannot guard against spinal or other bodily injuries that may result from an accident.

SAFETY

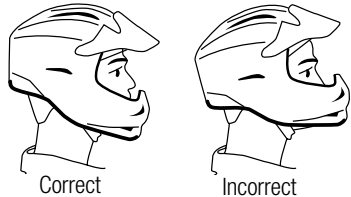
- This helmet has a limited life span in use and should be replaced when it shows obvious signs of wear.
- Do not modify or remove any original component parts of the helmet, other than as recommended by Bell Sports. Do not adapt the helmet for the purpose of attaching accessories, other than as recommended by Bell Sports.
- This helmet should not be used by children while climbing or doing other activities when there is a risk of hanging if the child gets trapped with the helmet.
- Please exercise care and good judgment whenever you ride. Comply with all traffic regulations and do your part to avoid accidents of any kind. Many accidents happen close to home.
- Watch carefully for drivers turning left in front of you. Drivers often report that they never saw the bicycle or the rider.
- Wear brightly colored clothes.
- Don't ride at night without proper lighting and reflectors. Watch for parked cars. Doors often open without warning.
- Pretend you're invisible. Don't assume that automobile drivers can see you.

FITTING THE HELMET TO YOUR HEAD:

This helmet can only protect you if it fits well. Be sure to try on different sizes and choose the size which feels secure and comfortable on your head. Never wear anything under your helmet.

1. POSITIONING

Wear the helmet low in front to protect the forehead. Do not wear the helmet tilted back on the head (Figure A).



(Figure A)

2. FIT

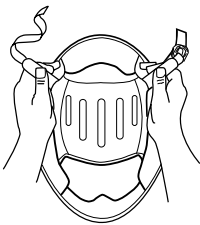
The helmet fits correctly when:

1. The padding holds the helmet firmly in place.
2. The straps have been adjusted, fastened and tightened so that the helmet movement is limited.

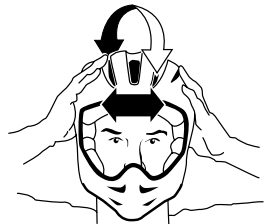
FOLLOW THESE STEPS TO GET THE PROPER FIT:

1. PUT THE HELMET ON

- a. Unfasten the chin strap by unthreading the strap through the "D" rings.
- b. Hold the chin straps out of the way with your thumbs while you put the helmet on (Figure B).
- c. Position the helmet correctly.



(Figure B)



(Diagram 1)

2. ADJUST THE FIT IN THE CROWN AREA

- a. The padding should grip the crown of your head firmly, but comfortably, all the way around. If it doesn't, use the extra pads provided to adjust the fit until it does.
- b. To adjust the fit, attach the extra fit pads to the hook and loop fasteners under the existing internal padding.
- c. To check the fit, look in the mirror and rotate the helmet from left to right and front to back. The padding should be tight enough to cause the skin on your forehead to move as the helmet moves (Diagram 1).

3. FIT THE CHEEK AREA

- a. The padding in the cheek area reduces side to side helmet movement.
- b. The padding should grip the sides of your face very firmly to do this.

4. FASTEN THE CHIN STRAP

- a. Fasten the chin strap by looping the end of the strap through the "D" rings (Figure C).
- b. Pull on the loose end until the chin strap is snugly up against the throat.
- c. The straps should not cover the ears and the "D" rings should be positioned away from the jawbone.



3. CHECK THE FIT

1. With the helmet on and the straps fastened and pulled tight, try to remove the helmet from your head. Grasp it securely and make a serious effort to roll it off your head by moving it forwards and backwards.
2. If you can remove the helmet by rolling it backwards far enough to expose your forehead or forward enough to block your vision, repeat STEP 2.
3. If, after repeating STEP 2, you can still remove the helmet, by rolling it forward far enough to block your vision or backward enough to expose your forehead, DO NOT USE THIS HELMET. Replace the helmet with a smaller size.
4. If you cannot remove this helmet, it does not roll backward far enough to expose your forehead or forward enough to block your vision, you have a proper fit.

4. REMOVING THE HELMET

1. Pull the release tab on the "D" rings to release the tension on the chin strap (Figure C).
2. Unthread the strap through the "D" rings.
3. Remove the helmet.

5. ADJUSTING AND REMOVING THE VISOR

The visor is held in place by 3 screws.

ADJUSTING THE VISOR

Minor up and down adjustments can be made to the visor by loosening the middle screw with your fingers. Move the visor slightly up or down and then tighten the middle screw.

REMOVING THE VISOR

1. Take out the screws.
2. Carefully pull the visor away from the helmet.



6. TEST RIDE

Once you are satisfied with the fit, put on your helmet and take an extended test ride. Immediately after the test ride double-check the positioning of the straps. If the helmet was comfortable, remained firmly in place, the straps stayed properly adjusted, and you are satisfied with the positioning of your visor, your helmet is ready to be used. If the helmet felt uncomfortable, or the straps or visor need adjusting, repeat STEPS 2 through 5 as necessary to correct the problem. If you are still unable to adjust your helmet to meet these requirements, or if you have any other problems, DO NOT continue to use the helmet. Replace it with a different size or model.

CHECK THE ADJUSTMENT EACH TIME YOU WEAR YOUR HELMET.

CARING FOR YOUR HELMET

CLEANING YOUR HELMET

Helmets are made of materials that can be damaged by many commonly available cleaners. Petroleum based solvents or cleaners are especially dangerous. They can damage a helmet so that its protective capabilities are significantly reduced, making the helmet obsolete. Many times this damage is not visible. For best results, clean the helmet using a soft cloth or sponge, warm water and mild soap.

STORING YOUR HELMET

After each use, allow the helmet to air dry and then store in a cool, dry place. The box that the helmet came in is suitable for storage and transport of the helmet. Excessive heat can damage the helmet. In direct sunlight, dark gear bags and automobile trunks can get hot enough to cause heat damage. Damaged helmets will appear to have uneven or bubbly surfaces.

WARNING! DO NOT use heat damaged helmets.