

Your new helmet provides protection while you're riding your bicycle on or off the road. To ensure proper use of this helmet, take the time to familiarize yourself with the helmet's features, fit and care.

Read through this manual before wearing your new helmet and riding your bicycle. Take care when riding, all protective equipment has limits.

**HELMET NOT TO BE WORN
UNTIL ALL INSTRUCTIONS
HAVE BEEN READ**

Drawings are instructional and not specific to styling: your helmet may look different than what is shown in illustration

CPSC
APPROVED

COMPLIES WITH U.S. CPSC SAFETY
STANDARDS FOR BICYCLE HELMETS
FOR PERSONS AGE 5 AND OLDER.

WARNING

For maximum protection this helmet must be fitted and attached properly to the user's head in accordance with the manufacturer's fitting instructions. For this helmet to perform as it was designed, please read all warnings and enclosed instructions before using.

WARNINGS/CAUTIONS

INTENDED USE: Helmet is designed to provide limited added protection to the head but cannot guard against all types of impacts causing injury to head, neck, spine or other areas of body.

- Intended for use in non-motorized recreational sports. This helmet is not designed for motor vehicle use.
- User should not exceed limitations of ability using.
- This helmet should not be used by children while climbing or doing other activities when there is a risk of strangulation.
- This helmet is not for use by persons who cannot comfortably support the helmet's weight. Children under the age of 1 should be evaluated by a pediatrician to verify adequate neck musculature before using any helmet.
- Using headphones while wearing helmet may inhibit ability to hear sounds that may alert you to collisions or warning of accident that may lead to possible injury or death. User is responsible to ensure awareness and to be alert of surroundings.

IMPACT: Not designed for multiple impacts. Impacts can cause unseen damage to the helmet.

- This helmet is designed to absorb the energy of one major impact. A helmet subjected to a major impact should be discarded, destroyed and replaced. Damaged helmets should not be used again.
- Do not purchase a used or second hand helmet. You have no way of knowing if it has been impacted or cared for correctly.

MODIFICATIONS: It is dangerous to modify or remove any of the original parts of the helmet other than those recommended by the manufacturer.

- Helmets should not be modified for the purpose of fitting accessories in a manner not recommended by the manufacturer.
- Do not apply paint, chemical or cleaning solvents. They can cause unseen damage to helmet.

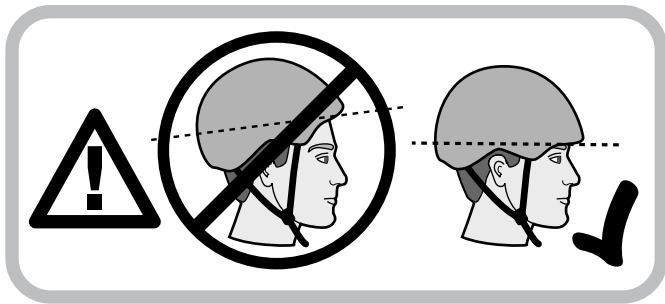
For customer assistance call
800-278-2565

WARNINGS/CAUTIONS

FIT & PROTECTION: This helmet can only protect if it fits well. The buyer should try different sizes and choose the size which feels secure and comfortable on the head.

- This helmet provides no protection to parts of the body that it does not cover directly.
- A helmet cannot always protect against injury. For maximum protection the helmet must be fitted and attached properly to the wearer's head in accordance with the manufacturer's fitting instructions.
- Fasten all retention straps securely. The helmet should be adjusted to fit the user. The straps should not cover the ears. The buckles should be positioned away from the jawbone. The straps & buckles should be adjusted to be both comfortable & firm. If proper fit cannot be achieved, obtain a helmet that fits correctly before use.
- The helmet should protect the forehead and not be pushed too far over the back of the head.

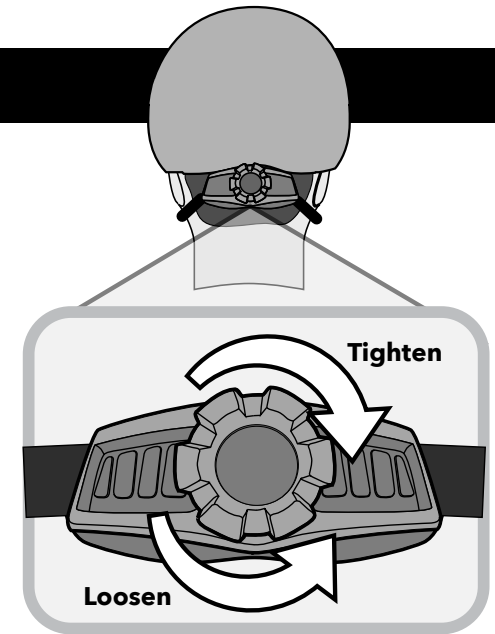
If proper fit cannot be achieved, obtain a helmet that fits correctly before riding. Each helmet has slightly different fit and shape. Find the one that fits you best. It is important that your helmet fit comfortably and snug on your head.



FITTING INSTRUCTIONS

The Right Fit: Position the helmet on your head so that the front is level with the back and parallel to the ground with the front around 1 inch or two fingers width above your eyebrow. Your helmet should not be tilted back on your head. The fit should be tight enough to keep the helmet from moving due to either vibration or impact.

Adjusting the Straps: The retention straps should fit as snugly as possible. To check the fit of your helmet, look in a mirror and gently rotate the helmet on your head. Adjust the straps so that they form a "Y" forward of and below each ear. Adjust the strap length to be comfortable yet snug, using the plastic sliders and the chin buckle. To see if your straps are correctly adjusted try and pull the helmet off from both the front and back. If it can be tipped forward, tighten the back straps. If it can be tipped backwards tighten the front straps. With the helmet level on your head, fasten all straps securely so the straps provide equal tension. If you look up the front of the helmet should be barely visible. The side straps should be in a "Y" just below your ear. The chin strap should be snug under your chin, so that when you open your mouth you can feel the helmet pull down a bit.



Adjusting a Rear Fit System
Some Zefal helmets may also have a rear fit system which holds the helmet against the lower rear of your head. These systems have a dial tensioner. Turn the wheel until the helmet fits snugly against your head.

CARE/STORAGE

The protective capabilities of helmets may diminish over time. It is recommended that you replace helmet after 2 years of use.

- Exercise care to avoid damage to product during transport. Avoid excessive pressure and any impact to product during transport.
- A helmet subjected to damage should be discarded, destroyed and replaced. Damaged helmets should not be used again.

- Use only a mild soap, water and nonabrasive cloth to clean shell, pads and retention system. Use of chemical and cleaning solvents can cause unseen damage to helmet.
- Exposure to extreme temperatures can cause unseen damage to your helmet.
- Store your helmet in a cool dry place.
- Do not store your helmet in direct sunlight.

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