



**Bontrager**  
**Adult and Kids Bicycle Helmet**  
**Owner's Manual**  
ENGLISH

# CONGRATULATIONS

Thank you for choosing a Bontrager bicycle helmet. This helmet is constructed to meet the highest standards for performance and safety. With correct adjustment, care, and maintenance, this helmet will help you ride safely.

## Table of Contents

Read this manual before riding with your new helmet .....	1
Contact us .....	1
Important safety information .....	2
Crash replacement policy .....	2
USE AND CARE .....	3
HELMET FEATURES .....	4
Parts of a helmet .....	4
Chinstrap buckles.....	5
Strap dividers .....	5
Accessories and attachments.....	6
ADJUSTING THE HELMET .....	7
To check helmet size .....	7
To adjust the fit .....	7
To test the adjustments .....	8
To secure excess chinstrap .....	8
LIMITED WARRANTY .....	8
AUSTRALIA AND NEW ZEALAND .....	IBC

## Read this manual before riding with your new helmet

We know you want to get out there and ride. Before you do, it's important for your safety to correctly adjust your helmet.

Parents or guardians: please explain the information in this manual to your young riders.

## Contact us

If you have questions with this manual, consult your dealer. If you have a question or a problem that your dealer cannot handle, contact us:

Trek-Bontrager	Bikeurope BV
ATTN: Customer Service	Ceintuurbaan 2-20C
801 W. Madison Street	3847 LG Harderwijk
Waterloo, WI 53594	The Netherlands
920.478.4678	Tel: +31 (0)88-4500699
www.trekbikes.com	

This manual meets the requirements for the following standards:

- U.S. Consumer Product Safety Commission 16 CFR Part 1203
- ASTM F 1447-06
- EN 1078
- AS/NZS 2063:2008

### Helmets tested by:

Taicang ACT Sporting Goods Testing Co., Ltd  
No. 35 Zhenghe Road, Ludu Town,  
Taicang City, Suzhou, Jiangsu Province, China 215412  
86.512.53230300

### Notified by:

Polski Rejestr Statków S.A. (PRS) - Notified Body No. 1463  
Al Gen. Józefra Hallera 126 80-416  
Gdańsk, Poland

Polski Rejestr Statkow S.A. 80-416 Gdańsk, Poland

## Important safety information

### WARNING

A helmet must be correctly worn and maintained to provide protection. Carefully read and follow these instructions:

- Ride safely. A severe impact, sharp object, improper use, or incorrect adjustment could cause injuries or death.
- Make sure your helmet is designed and intended for your type of bicycle riding. This helmet is designed for use in recreational bicycle riding; it does not offer the same protection as a helmet designed for more rigorous sports. Choose a different helmet model with adequate protection if you plan to do more than recreational bicycle riding.
- Anything between your head and the helmet can reduce the protection. A cap, scarf, or even some high-volume hairstyles might allow the helmet to move during an impact. Barrettes, headphones, or anything else under your helmet can injure you if the helmet is impacted.
- Do not modify the helmet. No attachments should be made to the helmet except those recommended by the helmet manufacturer. This includes stickers or adhesive labels.
- Avoid choking. This helmet should not be used by children while climbing or doing other activities where there is a risk of hanging or strangulation if the child gets trapped whilst wearing the helmet.
- Ventilation holes may allow helmet penetration. Sticks, stones, or insects can pass through the holes into the interior of the helmet.

## Crash replacement policy

We will provide you with a free replacement helmet if it's involved in a crash within the first year of ownership. Simply contact us or your local retailer with the crashed helmet, original sales receipt, details of the incident, and a return address for your replacement.

## USE AND CARE

- Wear the helmet in the correct position, with your forehead protected (see Figures 1 and 2).



Figure 1. Correct helmet position



Figure 2. Incorrect helmet position

- The helmet is designed to be retained by a strap under the lower jaw (see Figure 3).



Figure 3. Correct position of chinstrap

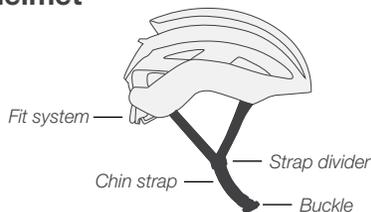
- Test the adjustments before every ride (see page 8).
- Keep your helmet clean. Wash it with mild soap and water. The pads are machine washable in cold temperature, gentle cycle. Do not put pads in the dryer. Replacement pads are available from your dealer.
- Avoid high heat, such as inside a car on a sunny day. Excessive heat can damage the liner or shell, or make them come apart.
- Avoid chemicals. The helmet may be damaged and rendered ineffective by petroleum and petroleum products, cleaning agents, paints, adhesives and the like without the damage being visible to the user. This includes insect repellants that contain DEET.
- Replace an old helmet or a helmet with damage. The helmet is designed to absorb shock by partial destruction of the shell and liner. This damage may not be visible. Therefore, if subjected to a severe blow, the helmet should be destroyed and replaced even if it appears undamaged. The helmet has a limited lifespan in use and should be replaced when it shows obvious signs of wear. Helmet parts lose strength over time, so even if the helmet has not been impacted or damaged, replace it after three years.

## HELMET FEATURES

Bontrager helmets offer a range of features to provide a great fit. Follow the instructions that apply to your helmet. Consult your dealer if you are not sure which features your helmet has or if you need more help.

Illustrations may not exactly match your helmet – that's okay. Not all Bontrager helmets include all the listed features.

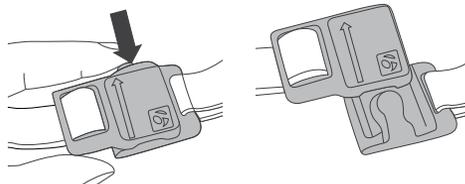
## Parts of a helmet



### Rear fit systems

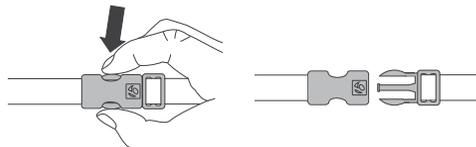
System	Adjustments	
	Height of rear fit system	Tightness
Elastic band	<p>No adjustments needed – just pull the helmet on</p>	
Headmaster	<p>Slide to change</p>	<p>Tighten for snug fit</p> <p>Loosen for loose fit</p>
Boa	<p>Pull plugs out and press into new position</p>	

## Chinstrap buckles



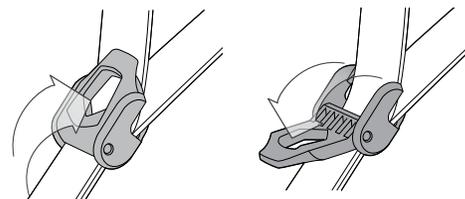
**Fidlock buckle** *Fasten:*  
Bring magnets together

**Fidlock buckle** *Unfasten:*  
slide sideways



**Squeeze buckle** *Fasten*

**Squeeze buckle** *Unfasten*

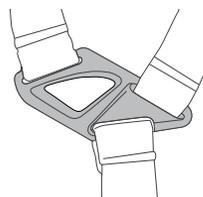


**LockDown** *Fasten*

**LockDown** *Unlocked*

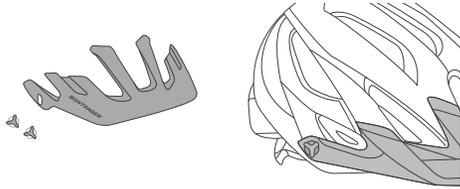
*To make strap adjustments, unlock the divider. Once adjusted, lock the divider.*

## Strap dividers

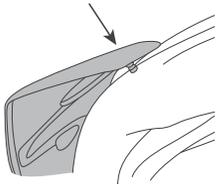


**FlatLock** *No adjustments needed – just pull the helmet on*

## Accessories and attachments (not available on all helmets)



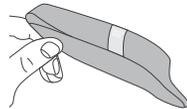
Adjustable (and removable) visor (screws)



Removable visor (mushroom plugs)



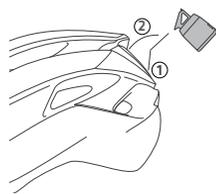
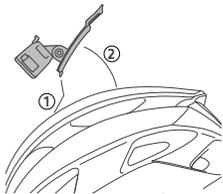
Cover holes when visor not in use



Neo Visor



Front Blendr mount (GoPro & Bontrager Ion light compatible)



Rear Blendr mount (Flare light compatible)

## ADJUSTING THE HELMET

**NOTES:** All directions (left, right, front, rear) refer to the helmet as worn on the head.

For an illustration that shows how to operate a feature or fit system, see pages 4-6.

### To check helmet size

Some models of Bontrager helmets offer different sizes to fit different head sizes. To check for the right size, put it on your head and adjust the rear fit system (see page 4). A good fit is snug, but not tight.

### To adjust the fit

<p>1. Place the helmet on your head. It should be level so that it sits just above your eyebrows and covers your forehead.</p> <p>Unlock the strap dividers.</p>	
<p>2. On the left side, hold the buckle under your chin, and slide the strap divider just beneath your earlobe. The straps should sit flat against your head.</p> <p>Lock the strap divider.</p>	
<p>3. From the right side of the helmet, pull any left-side slack across the back of the helmet.</p> <p>Then repeat Step 2 on the right side.</p>	
<p>4. Make sure the chinstrap is correctly threaded through the right buckle, and fasten the buckle.</p> <p>To keep the chinstrap from loosening or flapping, it must be tucked through the keeper.</p>	
<p>5. Make sure the buckle is correctly fastened:</p> <ul style="list-style-type: none"> <li>• Listen for a click as the buckle engages.</li> <li>• Attempt to pull the buckle apart with the chinstraps. It should not come apart.</li> </ul>	
<p>6. Adjust the chinstrap so that it is positioned snugly against the bottom of your jaw as shown.</p>	

## To test the adjustments

To be effective, a helmet must fit and be worn correctly. To check for correct fit, place the helmet on head and make any adjustments indicated. Securely fasten the retention system. Grasp the helmet and try to rotate it to the front and rear. A correctly fitted helmet should be comfortable and should not move forward to obscure vision or rearward to expose the forehead. Consult your dealer if you cannot correctly adjust your helmet.

## To secure excess chinstrap

Depending on the size of your head, you may have excess chinstrap after adjustments. You can fold it up and tuck it into the strap keeper, or you can cut it.

If you choose to cut the chinstrap, leave at least 1 inch (25mm) past the buckle.

After cutting, melt the end of the chinstrap to prevent fraying. Be careful with high heat near the helmet. **The strap is flammable. Avoid contact with the melted nylon until it cools because it can burn.**

## LIMITED WARRANTY

Trek Bicycle Corporation warrants each new Bontrager helmet against defects in workmanship and materials. For details, visit our website.  
[www.trekbikes.com/bontrager/guarantee](http://www.trekbikes.com/bontrager/guarantee)

## AUSTRALIA AND NEW ZEALAND:

### Instructions for Use and Care

- (a) No helmet can protect the wearer against all possible impacts.
- (b) The helmet is designed to be retained by a strap under the lower jaw.
- (c) To be effective, a helmet must fit and be worn correctly. To check for correct fit, place helmet on head and make any adjustments indicated. Securely fasten retention system. Grasp the helmet and try to rotate it to the front and rear. A correctly fitted helmet should be comfortable and should not move forward to obscure vision or rearward to expose the forehead.
- (d) No attachments should be made to the helmet except those recommended by the helmet manufacturer.
- (e) The helmet is designed to absorb shock by partial destruction of the shell and liner. This damage may not be visible. Therefore, if subjected to a severe blow, the helmet should be destroyed and replaced even if it appears undamaged.
- (f) The helmet may be damaged and rendered ineffective by petroleum and petroleum products, cleaning agents, paints, adhesives and the like, without the damage being visible to the user.
- (g) A helmet has a limited lifespan in use and should be replaced when it shows obvious signs of wear.
- (h) This helmet should not be used by children while climbing or doing other activities where there is a risk of hanging or strangulation if the child gets trapped whilst wearing the helmet.

Trek Bicycle Corporation, (Australia) Pty Ltd  
PO Box 1747, Fyshwick, ACT 2609

