CONGRATULATIONS

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.
Read this manual before riding with your new helmet!

Correct adjustment and use of this helmet is critical to safety. Parents should explain the information in this manual to their children or anyone who is not able to understand.

If you do not understand information in this manual, consult your dealer. If you have a question or problem that your dealer cannot handle, contact us at our address, telephone, or web site:

Bontrager
Attn: Customer Service
801 W. Madison Street
Waterloo, WI 53594
920.478.4678
www.bontrager.com

Illustrations may not exactly match your helmet. Not all Bontrager helmets include all the listed features.

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
• NZ 2063-2008
About Your Helmet
A helmet can provide important protection if fitted and worn correctly.
Important safety information:

WARNING

A helmet must be correctly worn and maintained to provide protection. Carefully read and follow these instructions: incorrect use or maintenance of your helmet could lead to serious injury or death.

Ride safely. No helmet can protect the wearer against all possible impacts. A severe impact, sharp object, improper use, or incorrect adjustment could cause conditions beyond the protection of the helmet.

Check the adjustment before every ride. 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. If you cannot correctly adjust your helmet, consult your dealer.

Avoid high heat. Do not expose your helmet to heat, such as inside a car on a sunny day. Excessive heat can damage the liner or shell, or make them separate.

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.

Replace an old helmet or 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.
Helmets vary in both design and protection. This helmet is designed for use in recreational bicycle riding; it does not offer the same protection as a helmet designed for use in rock climbing, roller-skating, or skiing. Make sure your helmet is designed and intended for your type of bicycle riding. If you choose to do stunts or tricks, ride off-road, or ride at high speeds, you should choose a helmet with more protection.

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.

Keep your helmet clean. Wash it with a solution of mild soap and water. The fit pads are machine washable in cold temperature, gentle cycle. Do not put fit pad sets in the dryer. You can also buy new fit pads from your dealer.

Ventilation holes may allow penetration. Sticks, stones, or insects can pass through the holes to the interior of the helmet.

Replacement Policy
If your helmet is impacted within the first year of ownership, Bontrager will replace it at no charge. Ship the helmet, postage prepaid, with a copy of your receipt and a description of the accident. We will send you a new helmet upon receipt of your crashed helmet.
Adjusting the Helmet

Bontrager offers several shell sizes to fit different head sizes. To check the shell size of your helmet, put it on your head in the correct position (see Figure 1 and Figure 2), but do not fasten the buckle. A good fit is snug, but not tight.

*Note: All directions (left, right, top, bottom) are in reference to the helmet as worn on the head.*

To Adjust the Left Temple Strap

1. Place the helmet on your head.
2. Unlock the strap adjustor (Figure 3).
3. Slide the strap adjustor on the left temple strap (Figure 4) until the strap adjustor sits just beneath your left earlobe.
4. Hold the strap adjustor position on the temple strap while you pull the nape strap (Figure 4) through the nape adjustor. *The left buckle should almost touch the strap adjustor.*
5. Lock the strap adjustor.
To Adjust the Left Nape Strap

1. With the helmet off, pull the left nape strap (Figure 4) through the back of the helmet (Figure 5) to adjust the position of the left strap adjustor.

2. Put the helmet on.
   
   With the helmet correctly positioned on the head, the left strap adjustor should be just below the earlobe (Figure 6). Both the temple strap and the nape strap should be taut.

3. If necessary, re-adjust the left temple strap (see left).

   Figure 5. Strap Position in Back of Helmet

   Figure 6. Final Position of Left Strap Adjustor

To Adjust the Right Nape Strap and Right Temple Strap

1. With the helmet off, open the right strap adjustor.

2. Slide the right strap adjustor on the nape strap until the right nape strap is the same length as the left nape strap.

3. Pull the right temple strap through the right strap adjustor until it is the same length as the left temple strap (Figure 7).

4. Lock the strap adjustor.

5. Put the helmet on and check the helmet adjustment.
   
   + Both strap adjustors should be just below the ear lobes.
   
   + Both the temple straps and nape straps should be taut.

6. If necessary, readjust.

   Figure 7. Left Temple Straps and Right Temple Straps Have Matching Lengths
To Adjust the Chinstrap

The helmet is designed to be retained by a strap under the lower jaw. The two straps hanging from the right strap adjustor that go under the lower jaw are collectively called the chinstrap (Figure 8). Make sure the chinstrap is correctly threaded through the right buckle (Figure 9).

1. Adjust the length of the chinstrap by sliding it through the buckle.

2. Insert the right-hand buckle into the left-hand buckle (Figure 10).

3. Make sure the buckle is correctly fastened:
   + *Listen for a click as the buckle engages.*
   + *Attempt to pull the buckle apart with the chinstrap; it should not come apart.*

   The chinstrap should be located as shown in Figure 8 and should fit snugly against the bottom of your chin. If not, readjust.

4. To keep the chinstrap from flapping, tuck it through the rubber O-ring (Figure 9).
To Remove the Helmet

While pulling lightly on the chinstrap, press on both of the recessed tabs of the buckle (Figure 11).

![Figure 11. Opening the Buckle](image)

To Test the Adjustments

Perform each of these two tests:

+ Shake your head side-to-side. The helmet should not move on your head.

+ Attempt to push the helmet forward and backward on your head. If the helmet moves back, tighten the temple straps. If the helmet moves forward, tighten the nape straps.

If the helmet cannot be adjusted correctly, you may need a smaller shell size; consult your dealer.

Cutting Excess Chinstrap

If you choose to cut the chinstrap, leave at least 1 inch (25mm) above the buckle. A chinstrap that is too short may lead to the helmet losing its adjustment and protection. After cutting, melt the end of the chinstrap to prevent fraying. Be careful with high heat near the helmet. The strap is flammable. Until it cools, avoid contact with the melted nylon because it can burn.
Micro-Manager (where provided)

The Micro-Manager (Figure 12) provides an additional method to hold the helmet firmly on your head. This is a great feature for more aggressive riding where the helmet might be vigorously bounced or shaken.

Figure 12. Micro-Manager

To Adjust the Micro-Manager

1. Put the helmet on your head, but do not connect the straps.

2. Place the Micro-Manager strap so that it is below the occipital lobe, the bony protrusion at the base of your skull.

3. If the Micro-Manager is too loose, rotate the adjusting wheel (Figure 13) clockwise.
   
   *If the Micro-Manager is too tight, rotate the adjusting wheel counter-clockwise (Figure 14).*

4. Buckle the chinstrap.

5. Test the adjustments.

If your favorite helmet position is at the end of the available adjustment, the Micro-Manager can be moved to provide further adjustment.

Figure 13. Tightening the Micro-Manager  
Figure 14. Loosening the Micro-Manager
To Position the Micro-Manager

1. With the helmet off, identify the anchor and yoke of the Micro-Manager harness (Figure 15) and the circumference positions (Figure 16).

2. To change the height, gently pull or push together the anchor and yoke.

3. To change the circumference range, gently remove the snap at the end of each side of the Micro-Manager where it attaches to the helmet (Figure 16).

4. Place each snap in one of the three positions on the side of the helmet.

To Adjust the Visor Position

To remove the visor, gently pull each snap from the socket in the helmet shell (Figure 17).

*Caution: The sockets in the helmet can enlarge through overuse, which can cause the visor to be loose or come off unintentionally.*
Limited Warranty

Trek Bicycle Corporation warrants each new Bontrager helmet against defects in workmanship and materials. For details, visit the Bontrager website.

www.bontrager.com