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MAN045T

OWNER'S MANUAL

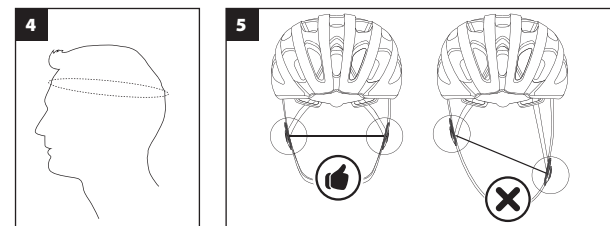
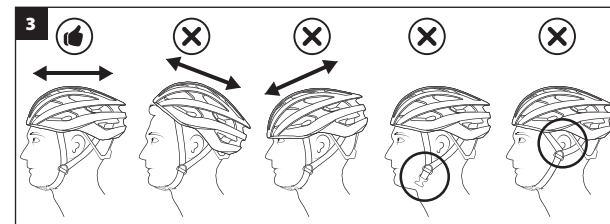
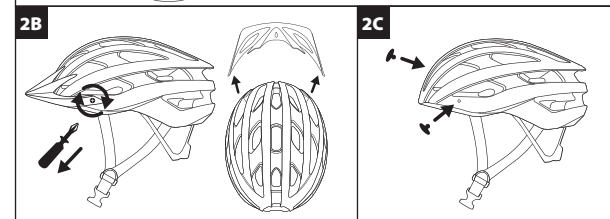
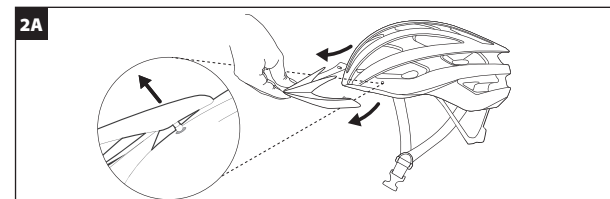
# BICYCLE HELMET

- |                            |                          |                          |
|----------------------------|--------------------------|--------------------------|
| EN. CYCLING HELMET         | FI. PYÖRÄILYKYPÄRÄ       | RO. CASCA CICLISM        |
| FR. CASQUE POUR VÉLO       | HE. קסדת אופניים         | RU. ВЕЛОСИПЕДНЫЙ ШЛЕМ    |
| PT. CAPACETE PARA CICLISMO | HR. BICIKLISTIČKA KACIGA | SK. CYKLISTICKÁ PŘILBA   |
| DE. FAHRRADHELM            | HU. KERÉKPÁROS VEDŐSISÁK | SL. KOLESARSKA ČELADA    |
| AR. الخوارجت خوذة          | IT. CASCO DE CICLISTA    | SR. BICIKLISTIČKA KACIGA |
| BG. ВЕЛОСИПЕДНА КАЧКА      | JP. サイクリングヘルメット          | SV. CYKELHJÄLM           |
| CS. CYKLISTICKÁ PŘILBA     | LT. DVIRATININKO SALMAS  | TR. BISIKLET KASKI       |
| DA. CYKELHJELM             | LV. VELOKIVERE           | UK. ВЕЛОСИПЕДНИЙ ШОЛОМ   |
| EL. ΠΟΔΗΛΑΤΙΚΟ ΚΡΑΝΟΣ      | NL. FIETSHJELM           | ZH. 自行车头盔                |
| ES. CASCO DE CICLISTA      | NO. SYKKELHJELM          |                          |
| ET. JALGRATAKIIVER         | PL. KASK ROWEROWY        |                          |

WE KEEP YOU SAFE



POLISPORT PLÁSTICOS, S.A.  
 AVENIDA FERREIRA DE CASTRO, 818 | 3720-024 CARREGOSA | PORTUGAL





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**FI.** PYÖRÄILYKYYPÄRÄ

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**UK.** ВЕЛОСИПЕДНИЙ ШОЛОМ

**ZH.** 自行车头盔

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**Polisport®**



1A



EN1078

1B

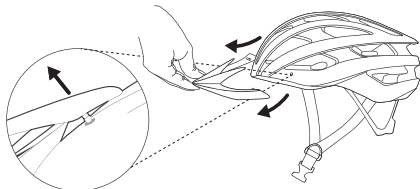


NTA 8776

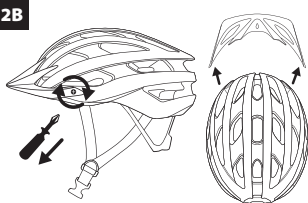
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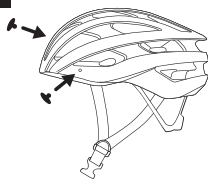
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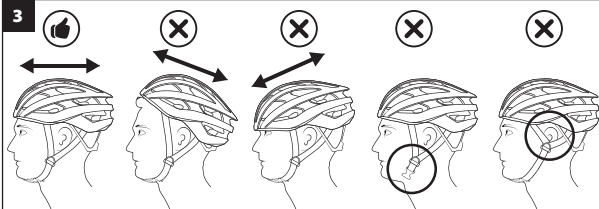
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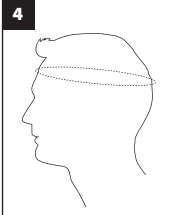
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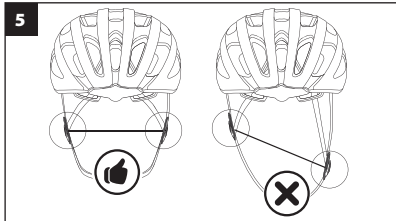
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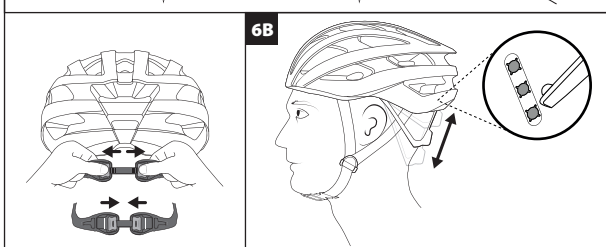
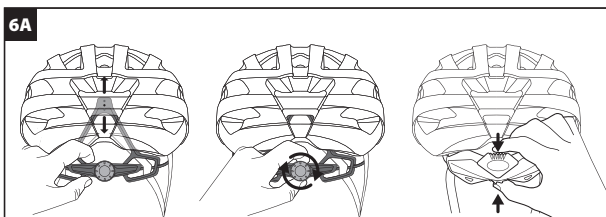
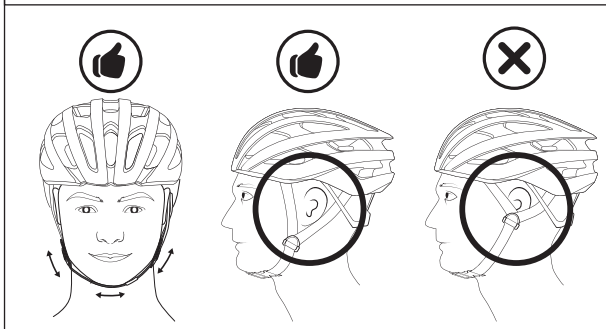
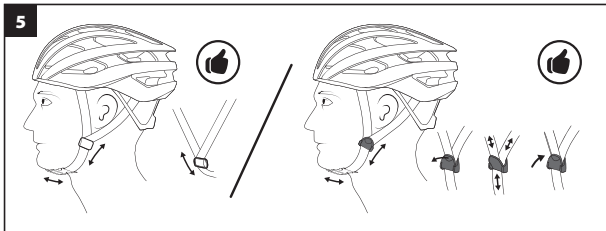
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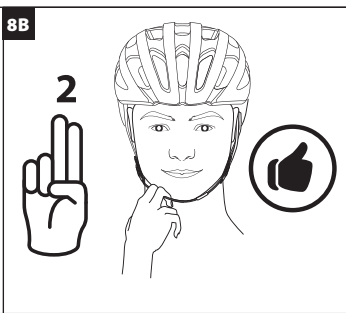
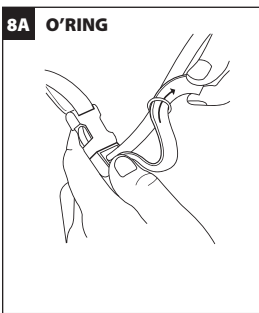
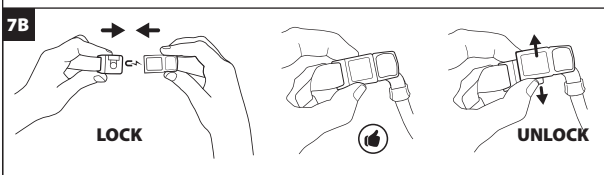
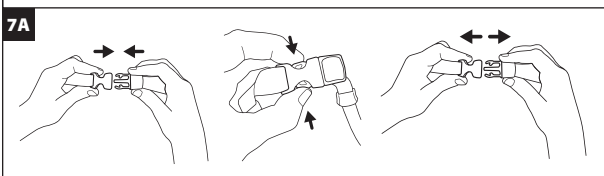
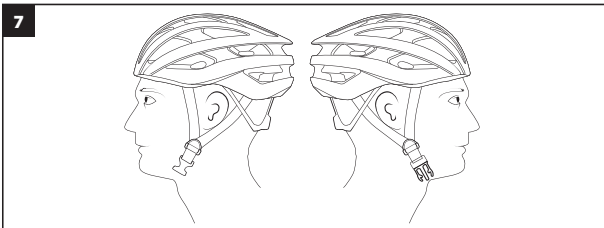


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**EN**

# OWNER'S MANUAL

Congratulations on choosing a Polisport bicycle helmet. With correct adjustment, care and maintenance, this helmet will help you ride safely.

The user manual and markings of your helmet contain many important warnings and information about safety, adjustment and care instructions. Please read carefully this manual before you take your first ride with your new helmet and keep it for future reference. If you have any doubt, please contact your authorized Polisport dealer or contact us directly at [www.polisport.com](http://www.polisport.com).

Correct adjustment and use of this helmet are critical for safety. Parents or guardians should explain the information in this manual to their

children or anyone unable to understand it. Failure to follow any of the provided instructions or warnings will void your warranty, and, most importantly, could result in severe personal injury or death.

Polisport offers a complete range of helmets from baby to adult sizes, road and off-road helmets and even some models developed exclusively for e-bikes. For that reason, the following illustrations may not match your exact helmet model. Please check only the features according to the helmet you bought.

Visit the following web link to confirm your helmet EU declaration of conformity (**TABLE 1C**): [http://bit.ly/Bicycle\\_EPI\\_CERTIFICATE\\_EN](http://bit.ly/Bicycle_EPI_CERTIFICATE_EN)

## TECHNICAL FEATURES

**Before using your new helmet read carefully the instructions below.**

1. This helmet was tested and certified according to the standard **EN1078:2012+A1:2012** and European Regulation 2016/425 for Personal Protection Equipment. Check **TABLE 1A** to confirm the certification marking of your helmet.

### EN 1078:2012+A1:2012 TESTING REQUIREMENTS

TEST	DESCRIPTION OF THE TEST	RESULT
GENERAL REQUIREMENTS	Basic construction, coverage area, and field of vision	PASS
IMPACT ATTENUATION	Any impact result can't exceed 250 g	PASS
RETENTION SYSTEM EFFECTIVENESS	The helmet shall not come off the head	PASS
RETENTION SYSTEM STRENGTH	The dynamic extension of the retention system after the test shall not exceed 35 mm and the residual extension shall not exceed 25 mm	PASS

**NOTE:** If you bought a Polisport e-bike helmet, it was also tested and certified according to Dutch Standard **NTA 8776**.

Check **TABLE 1B** to confirm if the certification marking according to **NTA 8776**.

- This helmet was designed for the following activities: pedal cycling, skateboard and roller skate. It offers protection against low speed falls; crashes against urban obstacles such as light posts, building walls, trees, and traffic signs; crashes against other vehicles and projectiles such as stones and tree branches. It must not be used in motorsports, to ride motorbikes or any other kind of use.
- This helmet is made of expanded

polystyrene covered by a plastic outer shell (used to protect the EPS inner shell from splinters and minor damages as well as to give a better look to the product).

- Some Polisport's helmets are supplied with a removable visor. The application of this visor to the EPS inner shell of the helmet does not influence the shock absorption capacity of the helmet. The visor itself does not provide any kind of protection.

## SAFETY INSTRUCTIONS

- Always wear your bicycle helmet low in the front to protect the forehead, as this area is most likely to be impacted in a bicycle crash. Check **TABLE 3** to confirm the correct helmet positioning. Make sure the helmet fits and is always correctly fastened. Check the adjustment before every ride.
- It is strictly prohibited to remove/ modify any of the original component parts of the helmet except for spare parts that might be supplied in the product packaging. The helmet mustn't be adapted for the purpose of fitting accessories in a way not recommended in this user manual. Such practice, besides representing a serious risk to the integrity of the user, will void all Polisport's warranties;
- Any helmet submitted to an impact must be destroyed and replaced even if it does not show any visible damages - The helmet shock absorption capacity might be diminished. In any case, we recommend replacing your helmet every three years or when they do not fit any longer;
- No helmet can protect the user against all possible accidents (including those involving bicycle collisions with motor vehicles). Even accidents at low speed may result in serious injuries to the head or even death. This helmet is made to protect the

head and it cannot avoid cervical or backbone injuries, or any other physical injuries resulting from an accident;



**Warning!** Please obey all local traffic rules to prevent accidents;



**Warning!** This helmet should not be used by children while climbing or doing other activities when there is a risk of strangulation/hanging if the child gets trapped with the helmet.



**Warning!** Ventilation holes may allow harmful objects, such as sticks, stones or insects, to pass through the inside of the helmet.



**Warning!** Do not modify or remove any original part of the helmet (except replaceable spare parts).



**Warning!** You should always fasten your buckle and tighten your chin strap before every ride. Make sure that helmet is correctly fitted and snugged to your head.



**Warning!** The maximum temperature at which the helmet may be exposed to is 50°C (112°F). Replace your helmet after exposure to higher temperatures.

# WEARING YOUR HELMET

## HELMET FITTING

### HELMET SELECTION

The helmet can only protect if it fits well. You should try different sizes and choose the size which feels secure and comfortable on the head.

Check **TABLE 4** to confirm the correct area to measure your head.

### HELMET POSITION

After choosing the right size put the helmet on your head in the correct position but do not fasten the buckle. A good fit is snug, but not tight.

### ADJUSTING THE RETENTIONS SYSTEM - STRAPS (TABLE 5)

1. Adjust the strap tension so the strap fits snug by pulling the strap end through the buckle to either tighten or loosen in the adjusters as needed.
2. Open the adjuster to adjust the strap length. Do not forget to lock the adjuster afterward.
3. For models with chin padding make sure that the padding is correctly placed under your chin and fastened.

### ADJUSTING THE REAR ADJUSTER (TABLE 6)

**A TYPE ADJUSTER . TABLE 6A:** Start by opening the regulation system (rotate the mechanism anticlockwise), put the helmet on your head and close the system, adjusting it (rotate the mechanism clockwise). To verify if the regulation system is correctly adjusted, shake your head slightly with the retention system opened - the helmet should not fall from your head.

**B TYPE ADJUSTER . TABLE 6A:** Start by opening the regulation system (press the locking buttons and open the mechanism),

put the helmet on your head and close the system, adjusting it. To verify if the regulation system is correctly adjusted, shake your head slightly with the retention system opened - the helmet should not fall from your head.

**NOTE:** You can adjust the height of the rear adjuster in some Polisport helmets. This feature will improve the helmet fitting and at the same time increase your comfort.

Check **TABLE 6B** to confirm if your helmet has this feature.

### ADJUSTING THE BUCKLE (TABLE 7)

#### QUICK-RELEASE BUCKLE - TABLE 7A

Your helmet uses a simple, quick-release buckle retention system that, once adjusted, can be opened and closed without changing the adjustment. For removing the helmet just press both sides of the quick-release and pull the buckle apart.

#### MAGNETIC BUCKLE - TABLE 7-B

Some Polisport helmets use a FIDLOCK® MAGNETIC BUCKLE. This means the locking of the helmet is made simpler. This anti-pinch buckle has an intuitive magnet guide to connect using only one hand and with your gloves on.

Insert the right-hand side into the left-hand side, according to **TABLE 7B**;

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;

For removing the helmet, just slide the left-hand side over and pull the buckle apart.

### FRONT VISOR

Some of the Polisport helmets provided with visors include plastic caps to cover the mounting holes when the visor is removed.



Check **TABLE 2A** and **2C** for the correct mounting procedure and for the visor and plastic caps.

**CAUTION:** The mounting sockets in the helmet can be enlarged through overuse, which can cause the visor to be loose or come off unintentionally.

**NOTE:** Some visor models may be attached using Velcro or even screws. Check **TABLE 2B** for the correct mounting procedure.



## ATTENTION

1. The straps should not cover your ears;
2. The excess strap should be secure using the rubber "O'Ring" - **TABLE 8A**;
3. The buckle must be away from the shin bone - **TABLE 8B**;
4. To see if the strap is correctly adjusted, try to remove the helmet from the front and from the back of the head. If it slides to the front, fasten the posterior belts. If it slides to the back, then fasten the interior belts.

## CLEANING / MAINTENANCE / CONDITIONING

1. The helmet must be kept away from any heat source - do not leave it inside the car or any other place directly or indirectly exposed to solar radiation). High temperatures lead to the deterioration of the helmet and consequent loss of its characteristics (namely the absorption of impact energy); Heat damaged helmets may present uneven surfaces.
2. Color degradation due to solar exposure (UV exposure) will be more visible in some colors (fluorescent colors or decorations, for example) so we recommend avoiding long sunlight exposure periods to preserve the original looks of your helmet.
3. The helmet must be hand cleaned only with water and a soft cloth. The comfort paddings should be removed from the helmet and cleaned using only water and mild soap. Use a soft cloth to dry the paddings before mounting inside the helmet.
4. Do not use sprays or cleaning agents, chemical substances (including ammonia) and solvents to clean this helmet. They will cause the degradation of the helmet characteristics.
5. After each use, allow the helmet to air dry and then store it in a cool and dry place where it won't get damaged.

## WARRANTIES

Polisport guarantees the original purchaser that this product is free of defects for a period of two years counting from the date of the original purchase. This warranty does not apply to physical defects caused by incorrect use, negligence, bad repair, bad adaptation, alterations or uses not foreseen by the manufacturer. Polisport warranty does not cover damaged helmets due to the action of heat, color degradation due to continuing solar exposure or contact with solvents.

No representative or person is authorized to assume any responsibility under Polisport name regarding the sale or use of this product.

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**POLISPORT PLÁSTICOS, S.A.**

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