

# Bicycle Helmet Owner's Manual

English



## Ride Responsibly!

### **SPECIALIZED BICYCLE COMPONENTS, INC.**

15130 CONCORD CIRCLE, MORGAN HILL, CA 95037, USA 408-779-6229  
0000169175\_OM\_R5, 12/24

We may occasionally issue updates and addendums to this document. Please periodically check [www.specialized.com](http://www.specialized.com) or contact Rider Care to make sure you have the latest information. Info: [specialized.com](mailto:specialized.com)

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### **WARRANTY**

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Please refer to the written warranty provisions provided with your helmet or visit [www.specialized.com](http://www.specialized.com). A copy is also available at your Authorized Specialized Retailer.

### **STANDARDS**

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Specialized helmets comply with one or more of the following standards:

CPSC 16 C.F.R. Part 1203

United States Federal Safety Standard for Bicycle Helmets

EN 1078:2012+A1:2012

(CEN European Standard – Helmets for Pedal Cyclists and for Users of Skateboards and Roller Skates)

Regulation (EU) 2016/425

(EU Regulation on Personal Protective Equipment)

AS/NZS 2063:2008

(Australian/New Zealand Standard for Bicycle Helmets)

ASTM F1952

(Standard Specification for Helmets Used for Downhill Mountain Bicycle Racing)

NTA 8776

(Helmet Standard for S-EPAC Riders)

Web link to Declaration of Conformity (EU):

[www.specialized.com/doc-helmets](http://www.specialized.com/doc-helmets)

## CERTIFICATION

Specialized helmets are certified by one or more of the following non-affiliated testing agencies:

Kiwa Nederland B.V. Wilmersdorf 50 7327 AC Apeldoorn The Netherlands Notified Body No. 0063 (ex-0560)	SAI Global Level 37, 680 George Street Sydney NSW 2000 Australia
Vias Institute Chaussée de Haecht 1405 1130 Brussels	Southern Impact Research Center, LLC 304 Dunavant Drive Rockford, TN 37853

## DISTRIBUTOR INFORMATION

SPECIALIZED BICYCLE COMPONENTS, INC.  
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SPECIALIZED AUSTRALIA 299 Williamstown Road Port Melbourne 3207 Victoria, Australia Tel: 1300 743 370	SPECIALIZED NEW ZEALAND 22 Clarence Street South Addington Christchurch 8024 New Zealand Tel: 0800 562 046
SPECIALIZED JAPAN 3-13-5 Naka-cho, Atsugi-shi Kanagawa 243-0018 Japan Phone: 81-46-297-4380 Fax: 81-46-297-4371	

For additional distributors, please visit <https://www.specialized.com/us/en/international-subsidiaries-and-distributors> or scan this QR code with your smartphone camera.





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**ABOUT WARNINGS:** This manual and the labels inside your helmet contain important instructions and warnings. It is critical you understand everything they communicate before your first ride. If you do not, please contact your Authorized Specialized retailer with any questions. Failure to follow the provided instructions or warnings could void your warranty, and, most importantly, could result in severe personal injury or death. Because of this, we will not repeat this in regard to each warning or instruction.

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## 1. ABOUT THE LIMITS OF YOUR HELMET

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The function of a bicycle helmet is to reduce the risk of a head injury in an accident by absorbing the localized force of an impact and distributing it over a larger area on the helmet. Your helmet will not protect against injury in all types of accidents. Because every accident scenario is different, it is impossible to know whether use of a helmet will provide partial or complete protection. Depending on the type of impact, even low speed accidents may result in serious head injury or death. However, studies have shown that you are better off with a helmet than without one. Always ride within your capabilities, exercise good care and judgment, and follow local traffic laws.

A bicycle helmet does not protect what it does not cover, and as noted, it may not protect what it does cover. A bicycle helmet will not protect against injuries to the spine, neck, or face.



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**WARNING!** No helmet can protect the wearer against all possible impacts. Serious injury or death could occur while wearing this helmet. Do not take risks just because you were wearing a helmet. This helmet may not be suitable for extreme riding such as jumping or high-speed racing. Ventilation holes may allow harmful objects to pass in the helmet interior.

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**WARNING!** This helmet is intended for pedal cyclists only, as specified on the packaging and/or label inside the helmet. It is not intended for motorsports, moped, snowsports, watersports, or other similar uses.

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**WARNING!** 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. Parents and guardians: Instruct children to follow this warning.

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**WARNING!** Do not modify or remove any of the original components parts of the helmet as it may reduce or diminish the helmet's protective capabilities. Helmets should not be adapted for the purpose of fitting accessories (e.g., mirrors, lights, cameras) in a way not recommended by Specialized. No attachments should be made to the helmet except those recommended by the helmet manufacturer.

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**WARNING!** This helmet may be equipped with an integrated LED taillight that uses a lithium-ion button/coin battery. These types of batteries are hazardous and can cause severe or fatal injuries in two (2) hours or less if swallowed or placed inside any part of the body. Keep the battery away from children at all times, whether the battery is new or used. Seek immediate medical attention if it is suspected the battery has been swallowed or placed inside any part of the body.

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## 2. ABOUT THIS MANUAL

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This manual contains important safety, fit, adjustment, and care information. Read it before you take your first ride and keep it for reference. If you are a parent or guardian and this helmet is for your child, please take the time to read this manual and make sure your child understands everything herein.

## 3. THE PROPER FIT FOR YOUR SPECIALIZED HELMET

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Your helmet is intended to reduce the harmful effects of a blow to the head. To do its job, this helmet must fit properly, be worn properly, and be properly fastened, as outlined in this manual. A helmet can only protect the wearer's head if it fits well. When buying a helmet, you should try different models and sizes and choose the model and size which feels secure and comfortable on the head.

Specialized helmets are available in a wide range of styles. You should choose a helmet which provides the most

coverage, as a helmet that covers more of your head may provide additional protection. Depending on the intended use, you should choose between road, mountain bike, downhill, recreational, or children's helmets. Pick the right helmet for your intended activity.

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**WARNING!** For maximum protection, this helmet must be fitted and attached properly to the wearer's head in accordance with the following instructions. If the helmet does not fit properly after adjustment, do not use the helmet. Return it to the retailer or Specialized.

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To properly adjust the helmet to fit your head, carefully follow the step-by-step instructions below. Once completed, be sure to verify proper fit by performing the safety check. This process should be repeated before each ride and periodically during a ride.

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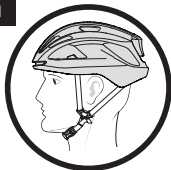


**WARNING!** To be effective, a helmet must fit and be worn correctly. To check for correct fit, place helmet on head and make any adjustments indicated. Securely fasten retention system. Grasp the helmet and try to rotate it to the front and rear. A correctly fitted helmet should be comfortable and should not move forward to obscure vision or rearward to expose the forehead. If proper fit, when following the instructions in this manual, cannot be achieved, DO NOT USE the helmet and exchange it for a different size or model that properly fits.

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## STEP 1: POSITION THE HELMET

1.1



CORRECT



INCORRECT



FIG. 1.1

A helmet should fit snugly without being uncomfortably tight. Position the helmet on your head as shown in Fig. 1.1 [CORRECT] so it sits low on your forehead, but not too low so that it obstructs your field of vision. Fig. 1.1 [INCORRECT] shows a helmet rotated too far back exposing the rider's forehead. Always wear your helmet low in the front and in a level position to protect the forehead as this area is most likely to be impacted in a crash.



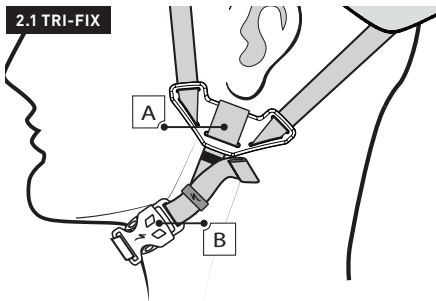
**WARNING!** Any strap adjustments made with the helmet improperly positioned will result in a poor fit, which could reduce the effectiveness of the helmet and even result in the helmet moving out of position or coming off in an accident.

## STEP 2: RETENTION SYSTEM



**WARNING!** Adjusting and tightening the retention system is extremely important for your safety. If the chin strap is not tight enough or not positioned correctly under the chin, the helmet may come off during an accident which may leave your head unprotected in an impact.

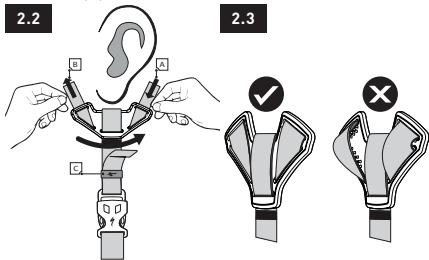
### 2.1 TRI-FIX



**FIG. 2.1**

Your Specialized helmet includes a simple, intuitive TriFix strap management system (Fig. 2.1) that makes strap adjustment a quick process.

- With the helmet properly positioned low on your forehead, the TriFix system should be centered just below your ears and the straps positioned so that they do not cover the ears (A).
- Insert the pronged end of the buckle into the clip to fasten (B).
- Insert the pronged end of the buckle into the clip to fasten (B).



**FIG. 2.2 & 2.3**

- If your helmet has an adjustable TriFix, you can adjust the straps' position relative to your ear for a more comfortable fit. Pull one strap (Fig. 2.2 A) through the TriFix, then take up the slack on the opposing strap (Fig.

2.2 B). Adjust the straps until they lie flat behind your ears. Repeat on the other side of the helmet to ensure both sides are even.

- Make sure the straps lie completely flat in the TriFix system (Fig. 2.3) and do not cover any part of your ears.
- For half-shell helmets, with the chin buckle fastened, pull the chin strap through the buckle until it is positioned firmly but comfortably under the chin, away from the jawbone, and back against the throat. Position the o-ring to hold the excess strap length in place (Fig. 2.2 C).
- With the chin strap buckled and the helmet properly positioned as shown in Fig. 1.1 CORRECT, the chin strap should pull firmly against your chin and throat when you open your mouth.



**WARNING!** The helmet is designed to be retained by a strap under the lower jaw. A properly adjusted chin buckle is critical for the helmet to stay on your head during a crash.



**WARNING!** Always make sure the buckle is securely fastened before each ride. Failure to follow this instruction could result in serious personal injury as the helmet may not stay in position while riding or during a fall. For proper use, make sure the loose end of the strap is tucked through the o-ring. Even a correctly fitted helmet can be ejected off the head in some accidents.

### STEP 3: ADJUST THE FIT SYSTEM

3.1

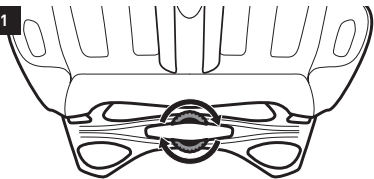


FIG. 3.1

- Your Specialized helmet is equipped with an adjustable fit system which enhances comfort and stabilizes the helmet on your head while riding. The fit system is adjusted by tightening or loosening the dial on the back of the helmet which shortens or lengthens the band that wraps around your head. In addition, certain fit system models have a built-in height adjustability feature to change the position of the fit system relative to the occipital bone of your head. It can be located on the fit system itself toward the rear of the helmet (marked with “adjust” or similar).

Once the helmet is properly positioned, the straps are adjusted, and the chin buckle is fastened:

- Locate the fit system dial centered below the helmet at the back of your head.
- Twist the dial clockwise to tighten or counterclockwise

to loosen. The fit system should wrap around your head and cradle it with firm but comfortable pressure. It should not be uncomfortably tight.

- If your helmet is equipped with a fit system height adjustability feature, gently push or pull on the tabs on each side until the preferred setting is found. The tabs should gently click into place. Adjustments should be made evenly on both sides.



While the fit system enhances comfort and stabilizes the helmet on your head while riding, it does not affect the helmet's ability to stay on your head. As the name suggests, that is the job of the retention system, meaning the straps and chin buckle.



**WARNING!** Do not use any accessories, such as caps or beanies, which interfere in any way with the fit of your helmet or your ability to see or hear while riding. Only use cycling-specific caps or other accessories and before you do so make sure you follow all of the fitting instructions in this manual and perform the outlined safety check. Do not wear any accessories with rigid protrusions (e.g., buttons) under your helmet as it may cause a head injury during a crash.

### STEP 4: VERIFY THE PROPER FIT / SAFETY CHECK

Now that your helmet is adjusted (helmet, straps, and chin buckle are properly positioned, straps are snug, fit system is snug), it is time to check the fit.

- **Fit System Check:** While looking in a mirror, grab your helmet on the sides with both hands, then rock the helmet side to side, and twist the helmet left to right. If the helmet is fit correctly, the skin on the forehead will move with the helmet. If it does not, check the fit system to make sure it is snug enough. You should also tighten the chin strap and check it again.
- **Chin Strap Check:** Grab the helmet and vigorously try to pull the helmet forward and backward as far as possible, as if you are trying to take the helmet off without unbuckling the straps. When doing this, you should feel the strap pull uncomfortably against the underside of your chin and the helmet should resist any movement. If that is not the case, tighten the chin strap and try it again. If you are able to remove the helmet in either direction, expose your forehead or obscure your vision, your helmet is not fit correctly. Repeat the fit steps until you achieve proper fit.



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**WARNING!** You should not be able to pull the helmet off your head with the chin strap buckled and adjusted. If you can remove the helmet, if it slips in any direction easily, exposes your forehead or obscures your vision, or if you cannot otherwise achieve a proper fit as outlined in this manual, **DO NOT USE THE HELMET.** Replace it with a different size and/or model that can be fit properly. Failure to do so may result in serious injury or death.

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## STEP 5: GO FOR A TEST RIDE

After the fit process is complete and you are satisfied with the overall fit of your helmet, go for a short test ride. Take note of any uncomfortable pressure points and verify that your helmet will be stable and comfortable for the duration of your future rides. If any minor adjustments need to be made to the fit and/or the straps, complete them before going on your next ride.



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**WARNING!** Check for proper fit and adjustment often, including each time you wear it, and periodically during use. If the helmet does not pass the Fit System Check and Chin Strap Check, do not use it.

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**WARNING!** Never make adjustments to the helmet while riding as it may cause you to lose control and fall.

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## 4. VISORS

If your helmet is equipped with a visor:

- To remove: Gently pull the lower ends of the visor out of the snap or attachment feature and away from the helmet, then pull the visor straight up and off the helmet to release it from the top snap.
- To attach: Align the upper visor snaps or attachment feature over the top snap mechanism on the helmet and firmly press to engage until you hear an audible “click.” Next, align the two lower visor snaps or attachment features over the lower snap mechanisms on the helmet

and firmly press to engage until you hear an audible “click.” Test the visor by trying to move it around to make sure it is securely engaged.

## 5. CLEANING YOUR SPECIALIZED HELMET

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Use only water, mild soap, and a non-abrasive cloth to clean the helmet’s shell, pads, and retention system, then air-dry. Do not use a heating source to dry your helmet as high temperatures may irreparably damage it. Helmet pads may be removable for cleaning but are not machine washable.



**WARNING!** This helmet can be damaged by contact with common substances (for example, certain solvents, such as ammonia, certain cleaners, such as bleach, paints, abrasives), and this damage may not be visible to the user. Do not use this helmet if it has been exposed to such substances. Do not paint your helmet.



**WARNING!** 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.

## 6. LIFESPAN OF YOUR HELMET

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Helmets are not designed to last forever. The protective capability of your helmet will inevitably diminish over time, dependent upon many factors such as dents or dings caused by impacts, as well as exposure to pollution, harmful chemicals, and long-term exposure to the sun. Even without

visible damage, helmets should be replaced every three to five years, depending on frequency of use, handling, and storage conditions.

Helmets are designed to absorb one impact. That impact can be from a crash, hitting something, or dropping the helmet on a hard surface. Even if the helmet appears to be undamaged after an impact, the protective capabilities may have been reduced or diminished. That is because the energy absorbing liner may become compacted, which means the helmet no longer has the ability to absorb a further impact. Make sure to inspect your helmet for damage before each ride. When in doubt, replace the helmet.



**WARNING!** A helmet has a limited lifespan in use and should be replaced when it shows obvious signs of wear. Even without visible damage, helmets should be replaced every three to five years, depending on frequency of use, handling, and storage conditions.



**WARNING!** In the event of any impact or blow, do not use this helmet. There may be invisible damage that may decrease the helmet’s ability to reduce the harmful effects of a blow to the head. Such a helmet should be returned to Specialized for inspection or destroyed and replaced.



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**WARNING!** High temperatures (above 110°F, 43°C) may irreparably damage the helmet, reduce its protective capabilities, and increase the possibility of injury or death in an accident. Do not store your helmet in your car or anywhere else near a heat source. Do not use if the shell has been melted or deformed. Heat damaged helmets may have uneven or bubbly surfaces.



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**WARNING!** 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.



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**WARNING!** Do not use someone else's helmet and do not allow others to use your helmet. You should never purchase used helmets or any used parts for helmets.

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## 7. INFORMATION ABOUT MIPS AND OTHER TECHNOLOGIES

This helmet may come equipped with a MIPS system. MIPS stands for Multi-Directional Impact Protection System. Based on studies by MIPS, the MIPS system can potentially provide an extra layer of protection in certain accidents as does wearing a helmet. MIPS was designed and developed to potentially add protection against rotational motion transmitted to the brain from angled impacts to the head. More information about MIPS can be found online at [www.mipsprotection.com](http://www.mipsprotection.com).

Do not remove, reposition, or otherwise tamper with the MIPS system in this helmet.



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**WARNING!** No helmet or protection system such as MIPS can protect the wearer against all possible impacts and from any and all injuries. Wearing a helmet with MIPS does not mean a rider involved in a collision, fall, or other blow to the head will never suffer any concussion or other injury. Always ride within your means and capabilities.

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Lastly, a word about safety regulations, new standards and technologies, and safety. Innovation is in our DNA and we are always searching for ways to improve comfort, wearability, styling, performance, and importantly, the safety of cycling helmets. At Specialized, we are open to exploring new technologies and standards that may enhance the rider's experience. We believe, like most safety organizations, experts, and governmental bodies involved in cycling, that cycling safety begins with wearing a cycling helmet certified to applicable governmental safety regulations. In most instances, field studies and expert analysis constitute the bedrock upon which these safety regulations are based. In our view, these safety regulations constitute optimal standards as they set the bar for coverage, impact attenuation, environmental conditions, and retention. At the same time, we welcome and embrace new technologies and standards which seek to improve safety, in particular if they inspire riders to learn

about cycling helmets and, most importantly, wear helmets while riding. In the absence of field studies and new safety regulations, the very first question we ask is whether the new technology or standard will help the helmet meet (and not negatively impact) governmental safety regulations or safety. The second question we ask is whether the new technology or standard can help improve safety in the event of a crash. The third question we ask is whether riders will be inspired to wear a helmet while riding. If the answers to these three questions are in the affirmative, we will test the new technology or standard in the lab and will not sell the helmet unless it passes all applicable safety regulations. In the end, we do not know whether any new technology or standard will provide additional protection in a crash. We do know, however, you are much better off in a crash wearing a helmet certified to a safety regulation than without one.