

**PERFORMANCE®**



*Forté*

**Helmet**  
OWNER'S MANUAL

For Technical Assistance Please Call:  
**Tech Support Line 1-800-553-8324**  
9 am - 6 pm EST, M-F



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Chapel Hill, NC 27514  
[www.performancebike.com](http://www.performancebike.com)

**⚠ Warning**

To work right a helmet must  
fit properly and be worn correctly.

Thank you for purchasing a Performance® Forté™ Helmet.

**⚠ WARNING**

Read helmet manual carefully and follow instructions completely.

**LIMITED IMPACT PROTECTION**

All safety equipment has limitations. Helmets reduce or prevent many injuries, but no helmet can protect the wearer from all foreseeable accidents. Depending on the type of impact, even a very low speed accident can result in serious injury or death. Wear a helmet designed for what you're doing. This helmet is intended only for bicycling. It is not intended for motorcycle, motor sport, moped or other uses.

**HELMETS CAN'T PREVENT ALL HEAD INJURIES**

Not all head injuries are caused by impacts. Some accidents that do not involve direct impact can still result in serious internal head injury. Helmets cannot prevent this type of injury. Since this helmet is made of expanded polystyrene foam, there is a chance it may be penetrated by sharp objects.

**HELMETS CAN ONLY PROTECT WHAT THEY COVER**

A helmet can only provide protection for areas that it covers. It does not protect the neck or any part of the head it does not cover. Always wear a helmet low enough in front to protect the forehead. Make sure the helmet fits snugly and the straps are adjusted to hold the helmet firmly in place.

**REPLACE YOUR HELMET AFTER AN ACCIDENT**

This 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. Protection may not be adequate in future impacts.

**YOU SHOULD ALWAYS:**

- Wear the helmet in the proper position.
- Fasten the chin buckle and tighten the chin strap.
- Check strap adjustment every time you wear your helmet.
- Inspect your helmet regularly for signs of wear or damage.
- Replace your helmet immediately if it shows visible signs of wear or damage.
- Replace your helmet after an impact or accident, even if no damage is visible.
- Clean your helmet with mild soap and water only.
- Store your helmet in a cool dry place, away from heat or direct sunlight.

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- Wear your helmet every time you ride.
- Exercise care and good judgment when riding. You are responsible for your own safety.

**YOU SHOULD NEVER:**

- Wear a helmet that has been in an accident, even if no damage is visible.
- Attach anything to the helmet unless recommended by the manufacturer.
- Wear someone else's helmet.
- Wear anything under your helmet.
- Wear your helmet with the chin buckle unfastened.
- Take unnecessary risks just because you're wearing a helmet.
- Wear a helmet while playing on playground equipment.
- Loan your helmet to anyone.

**CONSUMER PRODUCT SAFETY ALERT:**

A helmet is not a toy. Do not allow your children to play with it. They can accidentally damage it or hurt themselves. Children should always wear helmets while riding their bikes, but the CPSC warns that children should not wear bike helmets while playing, especially on playground equipment. Helmets can become stuck in openings on playground equipment, resulting in serious injury or death.

**⚠ WARNING**

In order for your Forté helmet to be effective, it must fit properly, and be worn properly.

**FITTING THE HELMET TO YOUR HEAD**

**STEP 1: WEAR YOUR HELMET IN THE PROPER POSITION**

Always wear your helmet low enough in the front to protect the forehead. See Figure 1 for proper helmet position.

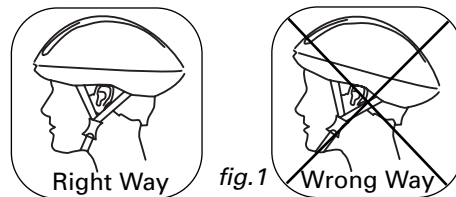


fig. 1

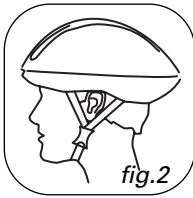
**⚠ WARNING**

All fitting adjustments must be made with the helmet in the proper position. Failure to do so will result in a poor fit, and may allow the helmet to move out of position or come off in an accident.

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**STEP 2: ADJUSTING THE SIDE STRAPS**

The front and rear side straps should join at a point slightly below and in front of the ears. See Figure 2.

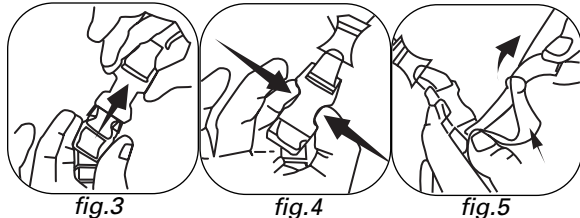


**To adjust strap position:**

1. Open the side buckles.
2. With the helmet on and in the correct position, slide the straps through the side buckles until they are located in the correct position as indicated in Figure 2.
3. Make sure there is no slack in any of the straps when the adjusters are positioned correctly.
4. Close the side buckles.

**STEP 3: ADJUSTING THE CHIN STRAP**

Always wear your helmet with the chin strap buckle fastened, and the strap pulled tight. Make sure the strap is well back against the throat. Figure 2 shows proper placement of the chin strap. Figures 3 and 4 show how to fasten and release the buckle. Make sure the loose ends of the chin strap pass through the rubber O-ring, as shown in Figure 5. If they do not, they may loosen, and the helmet may come off in an accident.



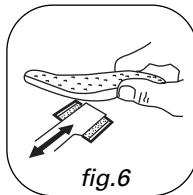
**STEP 4: GETTING THE CORRECT FIT**

The helmet fits correctly when it is held firmly but comfortably in place by the internal fit pads and by the retention system. Adjustments are made by selecting thicker or thinner interior pads, and by adjusting the retention system (where applicable). Follow these steps to make sure your helmet fits correctly:

**A. For helmets equipped with the EXO retention system**

Follow steps 1-3, above. Adjustments are made by varying the thickness of the internal pads, and by adjusting the position of the retention system side straps.

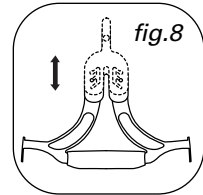
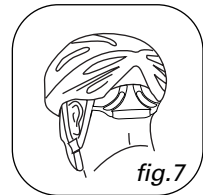
1. Put the helmet on. You should feel a slight pressure at the back of your head, and the front pads should push firmly but comfortably against your forehead. If you do not feel sufficient pressure, or if you feel too much pressure, adjust the position of the retention system side straps.



- a) Peel away the internal pads from the side of the helmet, exposing the end of the plastic side strap and the hook and loop fastener strip used to secure the side strap in position. See Figure 6.
- b) Lift the plastic side strap away from the hook and loop fastener, and reposition it either farther forward or rearward.

c) Reposition the internal side pads.

- d) Repeat the above steps as necessary to obtain the most comfortable fit.
2. When the helmet is in place, you should also feel a light pressure on the sides and top of your head. If you do not, replace the thin pads along the sides and top of the helmet with the thicker pads provided. Use any combination of the two thicknesses provided to achieve a snug, comfortable fit.



3. Vertical adjustment of the retention system: For best performance and comfort, the spring-tensioned strap should cradle the rear of your head just below the occipital lobe (the bony protrusion at the back of your head). See Figure 7.

- a) If it is too low or too high, move it to a higher or lower position by sliding the pegs into the next higher or lower notch, as shown in Figure 8.

**B. For helmets equipped with a Spring Grip retention system**

Follow steps 1-3, above. Pads are secured in the helmet with hook and loop style fasteners. Use any combination of the two thicknesses provided to achieve a snug, comfortable fit.

**C. For helmets equipped with an adjustable headband fit system**

Follow steps 1-3, above. Adjustments are made by varying the thickness of the internal pad, and by adjusting the size of the internal headband.

1. Place the helmet on the wearer's head. The adjustable headband should make snug contact all the way around the wearer's head. If the headband is too tight or too loose, make adjustments using the hook and loop strips at the ends of the headband to achieve an appropriately snug fit. See Figure 9.

2. When the helmet is in place, it should also make snug contact with the top of the wearer's head. If it does not, replace the thin pad inside the helmet with the thicker pad provided.



**STEP 5: CHECKING THE FIT AND ADJUSTMENTS**

Before using your helmet, follow these steps to ensure the helmet fits correctly, the straps are properly adjusted, and the chin strap is sufficiently tight.

1. Standing in front of a mirror with your helmet on, fasten the chin strap and pull it tight.
2. Grab the helmet with both hands, and twist it to the left and right. If the helmet fits properly, the skin on the forehead will move as the helmet moves. If it does not, the helmet is too loose. Return to Step 4 (Getting the Correct Fit).
3. Grab the helmet with both hands and try to remove it by rolling the helmet forward and backward as far as you can. Make a serious effort. If you can roll it off the head completely in either direction, roll it forward far enough to block vision, or backward far enough to expose the forehead, it doesn't fit properly. Repeat Step 2 (Adjusting the Side Straps) and 3 (Adjusting the Chin Strap) until there is as little helmet movement as possible.

**! WARNING**

If you cannot adjust the helmet to fit properly according to Step 5, **DO NOT USE THE HELMET.** Replace it with a different size or model.

**TAKE A TEST RIDE**

Once you are satisfied that the helmet fits correctly and that all straps are properly adjusted and tightened, take a short test ride. Pay attention to overall comfort and helmet stability while riding. Make any necessary adjustments to the fit pads and straps to improve comfort or stability.

**HELMETS WITH VISORS**

Some helmets come with removable snap-on visors. To remove visor:

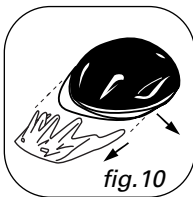
1. Pull the ends of the visor loose from the helmet and then lift away from the helmet.

See *Figure 10*

**Caution:** Do not try to remove the visor by pulling forward on the center. This will damage the helmet and the visor.

To replace visor:

2. Center it on the helmet and then snap the visor pins into the holes in the helmet.



**CLEANING**

Helmets are made of materials that can be damaged by many commonly available cleaners. Petroleum based solvents or cleaners are especially dangerous. They can damage a helmet so that its protective capabilities are significantly reduced. Many times this damage is not visible. For best results, clean the helmet using a soft cloth or sponge, warm water and mild soap.

**STORAGE**

After each use, allow the helmet to air dry and then store in a cool, dry place. Excessive heat can damage the helmet. Direct sunlight, dark gear bags and automobile trunks can get hot enough to cause heat damage. Damaged helmets will appear to have uneven or bubbly surfaces.

**! WARNING**

Do not use a heat damaged helmet.

**SAFETY TIPS**

- Ride safely. Do not take unnecessary risks just because you are wearing a helmet.
- Always wear your helmet, even on short rides—many accidents occur close to home.
- Wear brightly colored clothing.
- Do not assume that motorists can see you.
- Do not ride at night without proper lights and reflectors.
- Obey all traffic laws.
- Watch for parked cars. Car doors often open without warning.
- Watch carefully for drivers turning in front of you. Drivers often report they never saw the bicycle or rider.