



**ASCENT**<sup>®</sup>  
ride to the top  
**Helmet**  
OWNER'S MANUAL

Thank you for purchasing an  
Ascent® Helmet.

## **⚠ WARNING**

Read helmet manual carefully and follow instructions completely. In order for your helmet to be effective it must fit properly and be worn correctly.

### **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.

### **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.

## **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.
- Wear your helmet every time you ride.
- Exercise care and good judgment when riding.

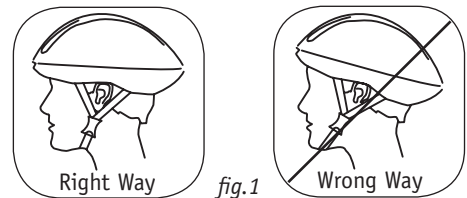
## **YOU SHOULD NEVER**

- 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.

## **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.



## **⚠ 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.

## STEP 2: ADJUST 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*.



fig.2

### To adjust strap position:

1. 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*.

2. Make sure there is no slack in any of the straps when the side buckles are positioned correctly.

## STEP 3: ADJUST 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. *Figure 3* shows how to fasten the buckle and *Figure 4* shows how to 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.



fig.3



fig.4

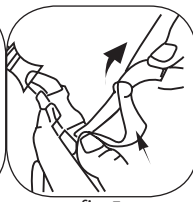


fig.5

## STEP 4: GET 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:

### For helmets equipped with StrongHold™ retention systems

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

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 tightness of the retention system.

a) To tighten retention system: Turn the adjusting knob clockwise. See *Figure 7*.

b) To loosen retention system: Turn the adjusting knob counterclockwise. See *Figure 8*.

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, insert the thicker pads provided along the sides and top of the helmet to achieve a snug, comfortable fit.

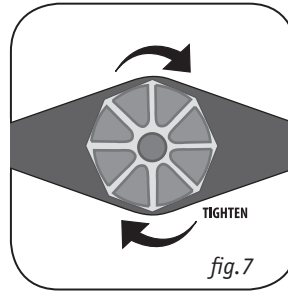


fig.7

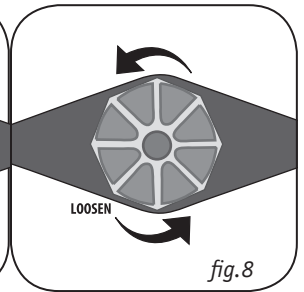


fig.8

## STEP 5: CHECK 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 your forehead will move as the helmet moves. If it does not, the helmet is too loose. Return to Step 4 (Get 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 far enough forward to block vision, or far enough backward to expose the forehead, it doesn't fit properly. Repeat Step 2 (Adjust the Side Straps) and 3 (Adjust 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 visor pins at the side of the visor out from the holes in the helmet and then lift away from the helmet. See *Figure 9*.

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

To replace visor:

2. Center visor on helmet and 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're wearing a helmet.
- Always wear your helmet, even on short rides. Many accidents occur close to home.
- Wear brightly colored clothing.
- Do not assume 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.
- Remember: You are responsible for your own safety.