

retrospec

Bike Helmets



OWNER'S & SAFETY MANUAL

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Owner's & Safety Manual

Before Your First Ride

We strongly recommend you take your bike to a professional bike shop to have them ensure your bike is ready to ride and repair any potential missteps.

Please keep these instructions for future use & reference. Do not discard.

This manual contains important safety, fit, adjustment, and care information. Read this manual and all warnings before your first ride. Keep this manual for reference. For parents and guardians, if this helmet is for your child, take the time to read this with your child and make sure they understand it. Exercise care and good judgment whenever you ride. Follow all traffic regulations and local laws.

Every accident scenario is different, no helmet can protect the wearer against all possible impacts and accidents. Serious injury or death could occur while wearing this helmet. Even while wearing a helmet, low speed accidents may result in serious injury or death. A bicycle helmet will not protect against injuries to the neck, spine, or face.

Do not take risks just because you are wearing a helmet. Wearing a helmet does not make you free from injury.

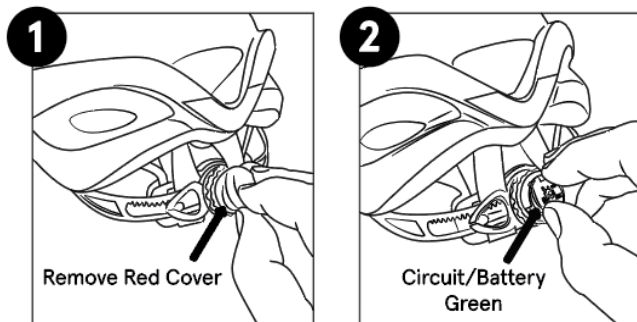
Battery Replacement

The helmet uses and includes (1) CR2025 coin cell battery (popular size and readily available).

To replace the battery, remove the red plastic cover. No tools are necessary.

The red circuit/battery housing may pop-out.

Remove the circuit/battery unit.



Use

This LED light is intended to improve visibility. Ensure the light is not obscured by backpacks, jacket collars, scarves, or other articles that may block its visibility. This light is not waterproof. Do not submerge or pressure wash. Towel dry promptly if used in light rain. Regularly check the light battery level and function before riding.

WARNING:

Do not modify or remove any original part of the helmet.

Do not attach anything to your helmet, including mirrors, lights, and stickers.

Do not paint this helmet.

Store in a cool, dry place. Helmets may be damaged if exposed to high temperatures exceeding 120°F (50°C). Do not use if shell has been melted or deformed.

LED Rear Light - Model Silas Before first use, remove the plastic strip from the light housing to enable the battery contacts.

Silas 4-LED light has 3 light function modes:

1x press - rotating strobe

2x press - flashing

3x press - steady/continuous

4x press - Off

WARNING:

- This helmet and light are intended for use by those ages 14 & up.
- This helmet and light are not a toy.
- Changing of battery should only be done by an adult.
- Riding at night or in dark, low light conditions is not recommended.
- The light is intended to improve visibility and rider safety but cannot prevent accidental injury or death.
- Do not expose the light (and helmet) to excessive heat.
- Replace battery with only the same battery type.
- Dispose of batteries responsibly.

This product is powered by a lithium battery. Due to their small size, lithium batteries can be easily swallowed by children. Ingestion of such batteries has been known to cause death.

Remove used batteries or if the product is to be left unused for a long time.

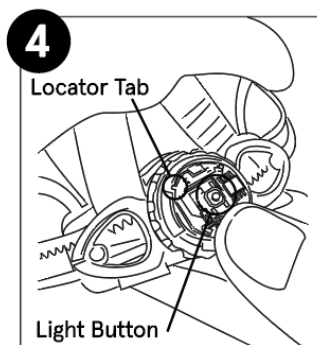
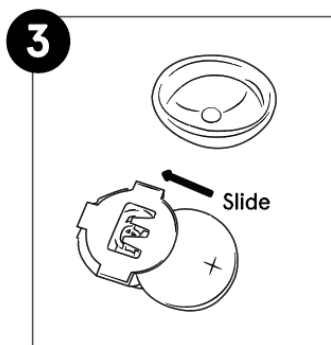
Battery Replacement Cont.

Slide the battery out and replace with new battery. Make sure the positive/+ side is facing away from the circuit backing (Fig.3). Press the button to test you have the new battery in the correct direction.

Put the circuit/battery unit back into the red housing button side up, making sure the small locator tab on the green circuit is correctly installed.

Press-on the red plastic cover. If the red plastic circuit/battery housing popped-out, firmly press the red plastic housing with red plastic cover back into the dial-adjuster.

Note: CR2025 and CR2032 may be used interchangeably assuming they fit in the case and have the same voltage - 3V. Check the voltage! Both are the same diameter but CR2025 is slightly thinner than CR2032.



WARNING: Keep batteries out of reach of children.

- Swallowing a coin cell battery may lead to serious injury in as little as 2 hours or death due to chemical burns and potential perforation of the esophagus. If you suspect your child has swallowed or ingested a coin cell battery, seek medical attention immediately.

- Always examine devices to make sure the battery compartment is securely closed. Do not use if the compartment is not secure.

- Dispose of used batteries immediately and safely. Dead batteries can still be dangerous.

Tell others about the risks associated with coin cell batteries and how to keep their children safe.

Care and Cleaning

Do not clean with solvents, bleaches and strong detergents. They can damage the helmet even if you can't see it. Use mild soap and water only, non-abrasive towel dry only. Do not apply heat.

Remove and wash pads by hand and air dry. The useful life of your helmet may be less than 5 years as a result of Cover]exposure to sunlight, rough handling/storage that results in dents, dings, or cuts, or as a result of heavy use.

Warranty

Retrospec helmets are warranted to be free from defects in materials and workmanship for 1 year from date of purchase. This applies only to the original

owner and must be accompanied by the original sales receipt. This warranty does not apply to damage resulting from impact, misuse, abuse, accident, negligence, or normal wear and tear.

Questions? Please contact place of purchase or Retrospec Customer Service at: team@retrospec.com or 213-744-1555

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While no helmet can guarantee your safety, the use of a helmet, taking riding lessons, riding responsibly and within your skill and abilities, and using common sense, all can reduce your risk of serious head injury.

WARNING:

This helmet has been designed for recreational bicycling. It * is not intended for downhill racing, jumping, snow sports, water sports, motor sports, street hockey, playground activities.

Retrospec recommends you choose a helmet which * provides the most coverage and that fits you and protects you properly.

This helmet is intended for pedal cycling. It is not designed for motor vehicle use or other sports.

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.

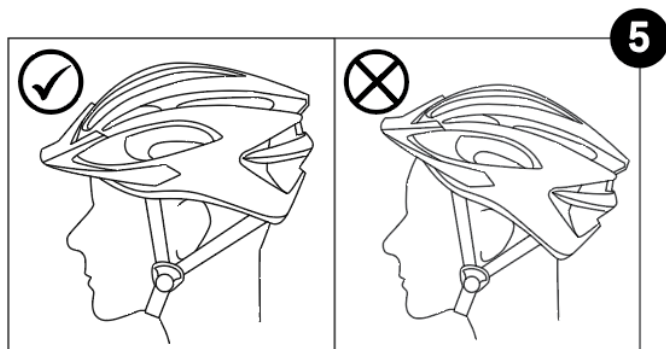
Any helmet experiencing impact should be destroyed and discarded, even if outward signs of damage are not visible.

Fitting Your Helmet Correctly

For maximum protection and comfort, this helmet must be the right size and fitted properly to the wearer. Use the following instructions for proper fit of this helmet.

1. Positioning

For proper fit, position helmet straight and level on your head. It should not tilt back. The front edge should fall one inch or less above your eyebrows to cover your forehead. (Fig. 5) If your helmet comes with a fit system, make sure it is at the most open setting (for ErgoKnob/dial fit systems - counterclockwise to loosen).



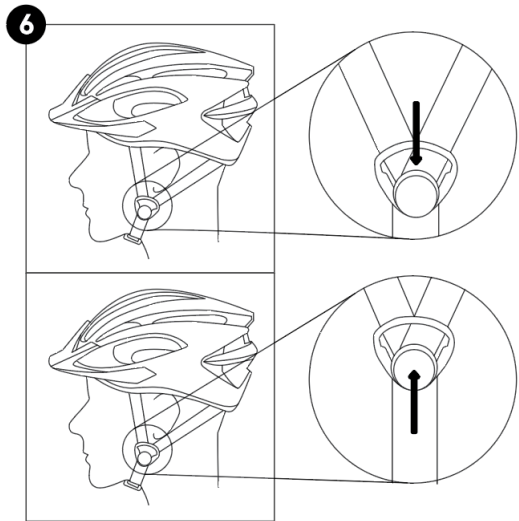
Comfort Fit Pads (Models CM-1, CM-2) Your helmet may come with two sizes of comfort fit pads. Adjust the fit with these comfort fit pads. If the helmet does not fit after you adjust the pads, choose another size. Once the pads are adjusted to the proper fit, place the helmet on head, and twist the helmet back and forth. If the helmet fits correctly, the skin on your forehead should move with the helmet. The comfort pads inside the helmet should rest evenly and snugly around your head. You should not be able to get more than one finger between the helmet and your

forehead. All fitting and adjustments must be made with the helmet in this proper position.

Failure to do so will result in a poor fit, or come off in an accident.

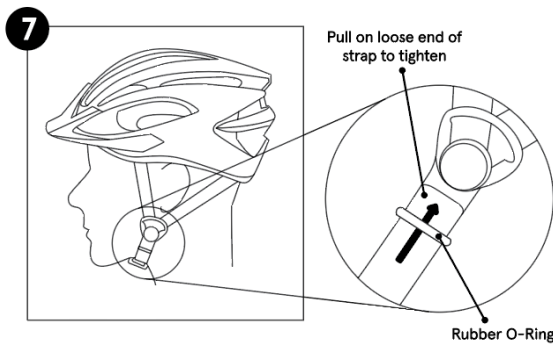
2. Adjusting side straps

Adjust the slider buckles on both straps to form a "Y" shape under the ears
Tighten fit system (ErgoKnob/dial systems - clockwise to tighten) to stabilize the helmet in the correct position (for fitting and while riding).



3. Adjusting chin straps

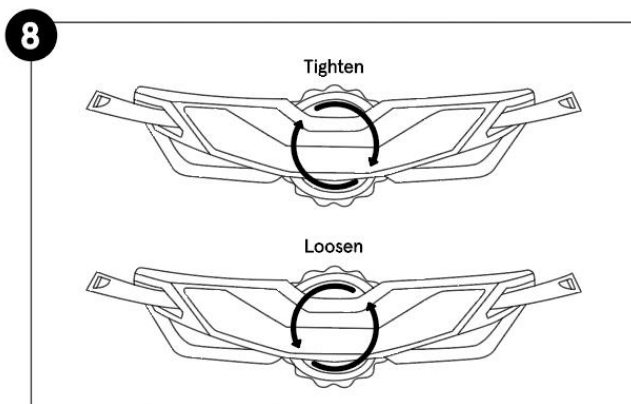
Buckle the chin strap. Tighten the strap until it is snug yet comfortable. No more than one or two fingers should fit under the strap. Make sure the chin strap is back against the throat and NOT positioned on the point of the chin. Any slack in the strap must be pulled through the chin buckle. Use the rubber "O-ring" to secure excess straps. Always wear the helmet with the chin strap buckle fastened, with the strap pulled tight (no slack spots), and positioned back against the throat. The strap is what keeps the helmet on your head.



4. Adjusting fit/stabilizing belt system

Your helmet may come with Retrospec's ErgoKnob/ErgoKnob 2 fit/stabilizing belt systems. These devices are adjustable and enhance the fit and stability of your helmet. They are NOT a replacement for your helmet's straps. To adjust, turn the ErgoKnob dial right/clockwise to tighten, or left/counterclockwise to loosen the fit.

In addition to tension adjustment, on some models (CM-3) the device allows you to adjust the height of the system for optimum fit stability and comfort. To adjust the height, remove the helmet from your head, then slide the center track of the ErgoKnob belt system up or down. Experiment until you find the most comfortable fit. For safety reasons, we recommend that you do not attempt to adjust the systems while you are riding.



5. Checking fit

When you think you have a good fit and with the helmet secure on your head (chin strap buckled snug and against back of throat, fit system tightened comfortably snug), place the helmet on head, and twist the helmet back and forth to gauge its fit. If the helmet fits correctly, the skin on your forehead should move with the helmet.

Further check fit by rolling the helmet forward and backward. You should feel the strap pull against the underside of your chin and the helmet should not move excessively. It should not be possible to remove the helmet without unbuckling the chinstrap. If you can roll the helmet off in front and back, or roll it so that it blocks your vision or exposes your forehead, it does not fit correctly.

Repeat the fitting instructions. Do not use this helmet if you cannot adjust the helmet to fit properly according to these instructions. Try another size, style, model, or return it to the retailer of purchase or Retrospec.

LED Rear Light - Model Lennon

Some models are equipped with an LED rear light to improve rider visibility. Please read all instructions prior to use.

Before first use, remove the plastic strip from the light housing to enable the battery contacts.

Lennon LED light has 3 light function modes:

1x press - steady/continuous

2x press - rotating strobe

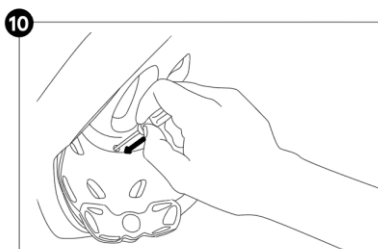
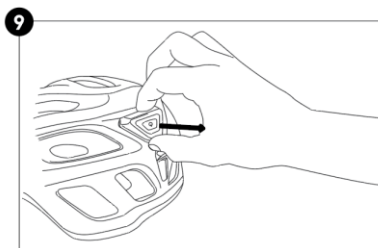
3x press - flashing

4x press - off

1. Detach/Attach rear light

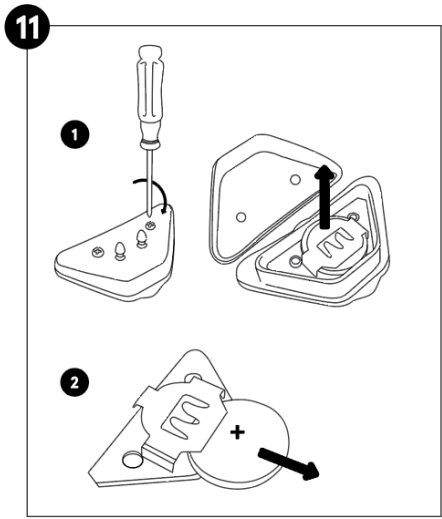
Detach: Grasp the top and bottom of the light housing, pull firmly to detach from the helmet. The light can also be removed by inserting a quarter into the finger indents and popping it out. Alternatively, insert a dull punch into the hole on the inside of the helmet - push gently until the light pops out from the helmet.

Attach: Place the light in its designated housing so it fits like a puzzle piece. Use your thumbs to firmly push the light and click it into place.



2. Battery Replacement

The helmet uses and includes (1) CR2032 coin cell battery (popular size and readily available). To replace the battery, remove the light housing as explained above. Remove the 2 screws on the back of the light housing. Remove the cover. Slide the battery out and replace with new battery. Screw the back cover into place. Push and click the light back into the helmet.



Contact Us

Need some help with your new gear? Just want to say “hey” and talk to someone on our team? We’re here for that too.



Give us a follow, while you're at it:

@retrospec

#retrospec

#readytooutdoor