TREK

WATERLOO, WISCONSIN | SINCE 1976

Adult and Kids Helmets

ENGLISH

580807 Rev 9

CONGRATULATIONS

Thank you for choosing our bicycle helmet. This helmet is constructed to meet the highest standards for performance and safety. With correct adjustment, care, and maintenance, this helmet will help you ride safely.

Original instructions. For the most up to date information, please refer to the online version of this manual found at trekbikes.com/manuals.

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Read this manual before riding with your new helmet

This manual meets the requirements for the following standards:

- U.S. Consumer Product Safety Commission 16 CFR Part 1203
- ASTM F 1447-24
- EN 1078: 2012+A1:2012

Helmets tested by:

Taicang ACT Sporting Goods Testing Co., Ltd
No. 35 Zhenghe Road, Ludu Town,
Taicang City, Suzhou, Jiangsu Province, China 215412
86.512.53230300

ACT TESTING Co., Ltd
Workshop 5.03, High Rise Factory, Plot L2, Hiep Phuoc street,
Long Hau Industrial Zone, Long Hau Ward, Can Giuoc District,
Long An Province, Vietnam

Notified/Approved by:

- Polski Rejestr Statków S.A. (PRS) - Notified Body No. 1463
  Al Gen. Józefra Hallera 126 80-416
  Gdan´ sk, Poland
- BSI Assurance UK Limited
  Kitemark Court, Davy Avenue, Knowlhill,
  Milton Keynes, MK5 8PP, United Kingdom
  UKCA Approved Body Number: 0086
- Telefication BV
  Edisonstraat 12A, 6902 PK
  Zevenaar, Netherlands
  Notified Body # 0560

To view the declaration of conformity for this product, please follow this link:
https://help.trekbikes.com/compliance-documentation/declarations-of-conformity

Important safety information

⚠ WARNING

A helmet must be correctly worn and maintained to provide protection. Carefully read and follow these instructions:

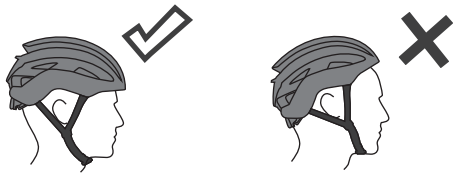
- We recommend wearing a helmet at all times while cycling. No helmet can completely prevent injury including concussions in every type of cycling accident. Regardless of the style of helmet, in areas where there is no WaveCel or ExoSlide material (around lower periphery, exposed foam, external plastic parts 'badge'), the properties will be similar to solid foam helmets.
- Ride safely. A severe impact, sharp object, improper use, or incorrect adjustment could cause injuries or death. The shell may become displaced (not sitting flush on the foam) due to impact.
- Make sure your helmet is designed and intended for your type of bicycle riding. This helmet is designed for use in recreational bicycle riding; it does not offer the same protection as a helmet designed for more rigorous sports. Choose a different helmet model with adequate protection if you plan to do more than recreational bicycle riding.
- Anything between your head and the helmet can reduce the protection. A cap, scarf, or even some high-volume hairstyles might allow the helmet to move during an impact. Barrettes, headphones, or anything else under your helmet can injure you if the helmet is impacted.
- Do not modify the helmet. Do not remove, reposition, or otherwise tamper with the shell or other tech components.
- No attachments should be made to the helmet except those recommended by the helmet manufacturer. This includes stickers or adhesive labels.
- Do not intentionally put anything between the shell and the foam or attach anything to the helmet that might affect the ability of the shell to slide. For example: zip tying a light to the helmet or taping the shell to the foam.
- Avoid choking. This helmet should not be used by children while climbing or doing activities other than biking. This may introduce the risk of hanging or strangulation if the child gets trapped while wearing the helmet.
- Ventilation holes may allow helmet penetration. Sticks, stones, or insects can pass through the holes into the interior of the helmet.

Crash Replacement Guarantee

With our Crash Replacement Guarantee, we will provide you with a free replacement helmet if it is involved in a crash within the first year of ownership. Simply contact us or your local retailer with the crashed helmet, original sales receipt, details of the incident, and a return address for your replacement.

USE AND CARE

- Wear the helmet in the correct position, with your forehead protected.

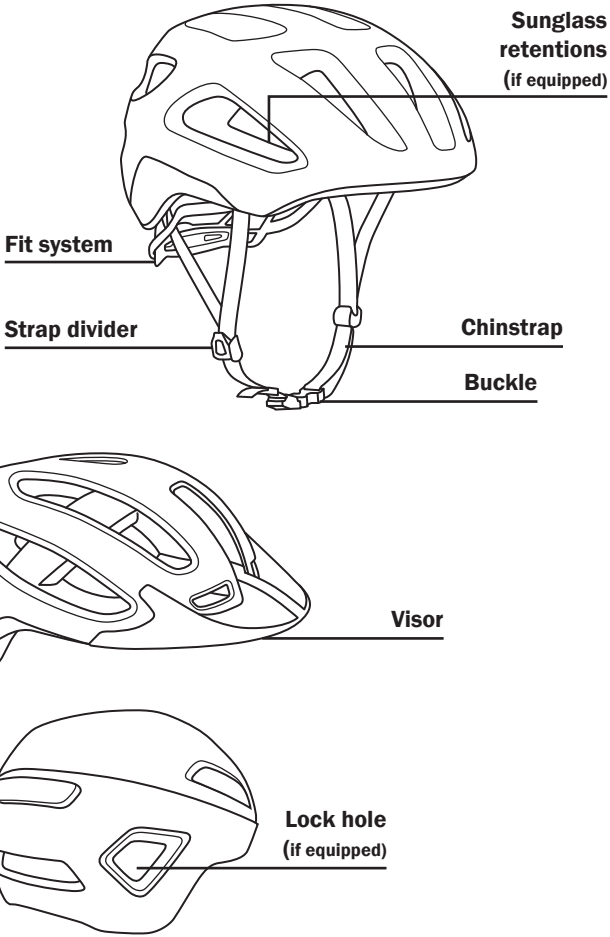


- The helmet is designed to be retained by a strap under the lower jaw.
- Test the adjustments before every ride (see page 13).
- Keep your helmet clean. Hand wash the helmet and pads with mild soap and water. Do not put pads in the dryer. Replacement pads are available from your bike shop or at trekbikes.com.
- When not in use, store the helmet indoors at room temperature, in a dry place (low humidity), and out of direct sunlight.
- Avoid high heat, such as inside a car on a sunny day. Excessive heat can damage the liner or shell, or make them come apart.
- To prevent impact crushing or deformation during transportation, take care to store the helmet in a safe manner. Do not drop or squeeze into a tight space.
- Avoid chemicals. 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. This includes insect repellants that contain DEET.
- Replace an old helmet or a helmet with damage. 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.
- The helmet has a limited lifespan in use and should be replaced when it shows obvious signs of wear. Helmet parts lose strength over time, so even if the helmet has not been impacted or damaged, replace it after three years from date of purchase.

HELMET FEATURES

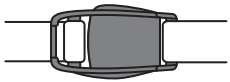
Our helmets offer a range of features to provide a great fit. Follow the instructions that apply to your helmet. Consult your dealer if you are not sure which features your helmet has or if you need more help.

Parts of a helmet

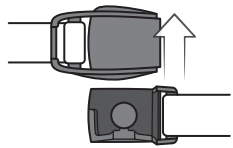


Chinstrap buckles

Fidlock buckle

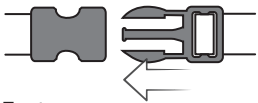


Fasten:
Bring magnets together

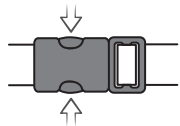


Unfasten:
slide sideways

Squeeze buckle



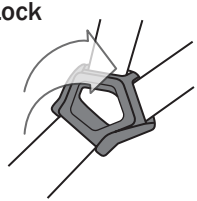
Fasten



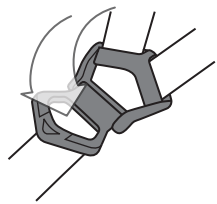
Unfasten

Strap dividers

CamLock

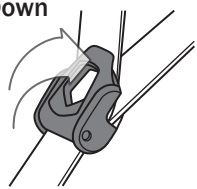


Locked



Unlocked

LockDown



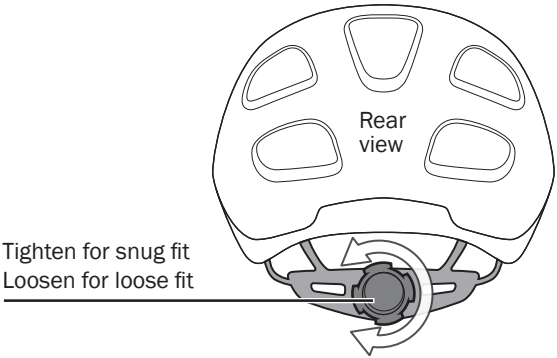
Locked



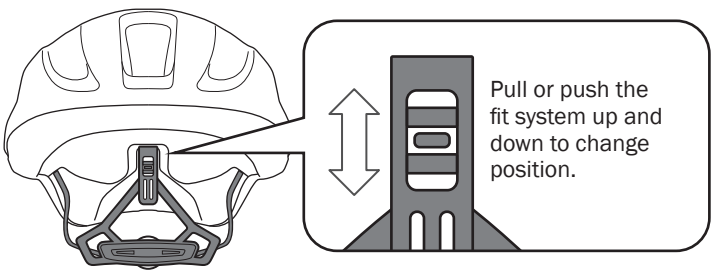
Unlocked

To make strap adjustments, unlock the divider. Once adjusted, lock the divider.

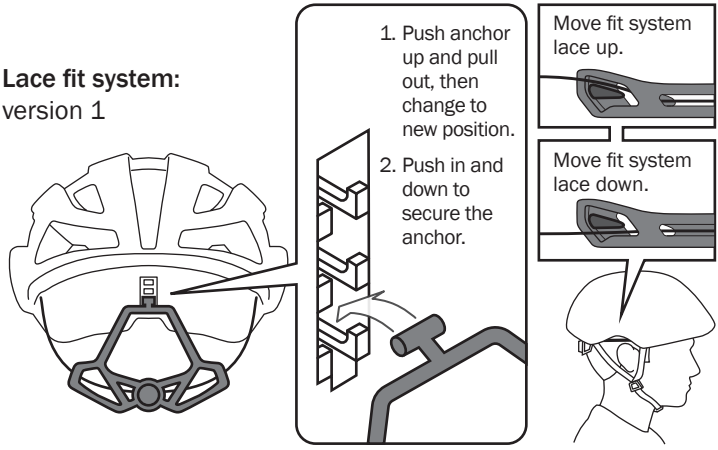
Fit systems



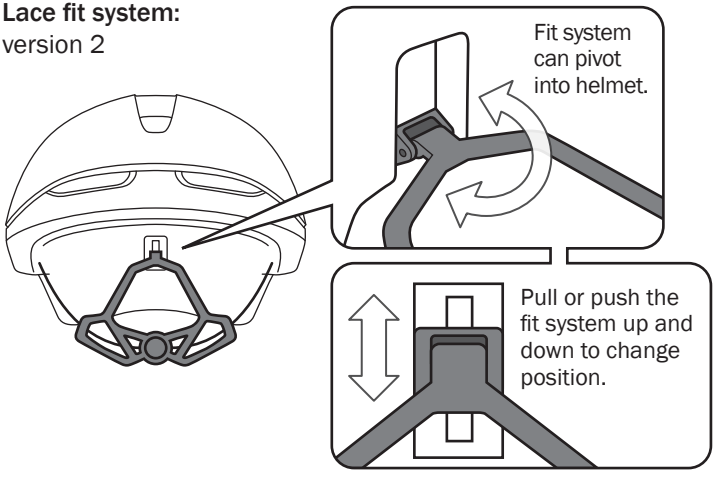
Standard fit system



Lace fit system:
version 1

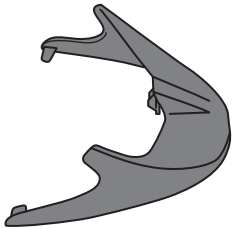


Lace fit system:
version 2

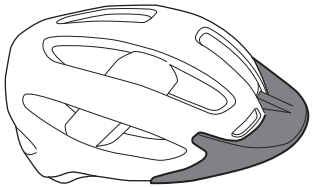


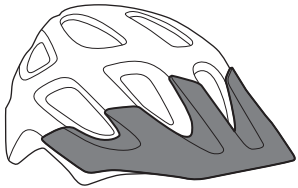
Visors

Plugs







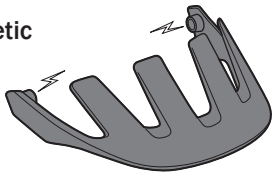


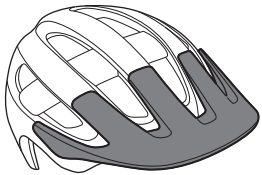
Screws



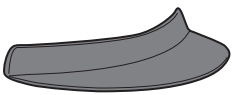


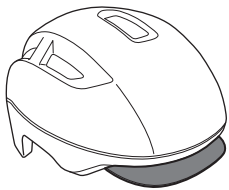
Magnetic



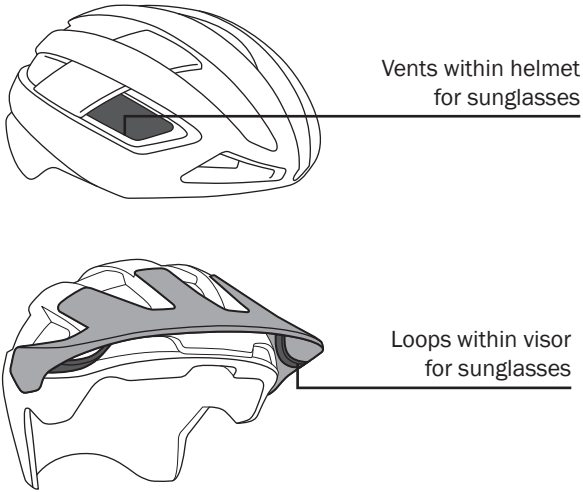


Neo

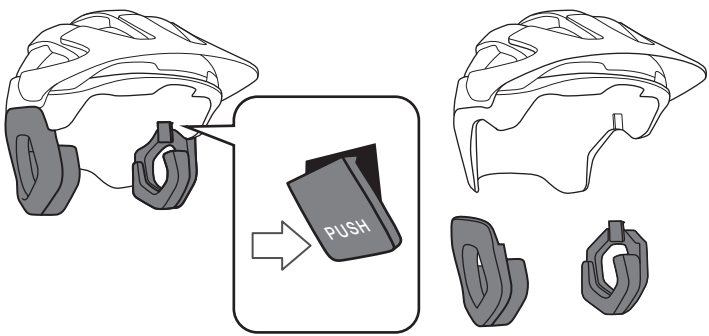




Sunglass retention

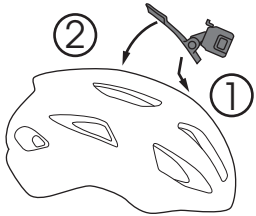


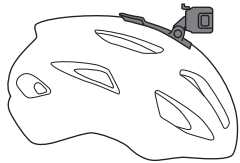
Ear coverings



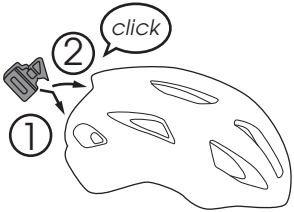
Helmet Mounts

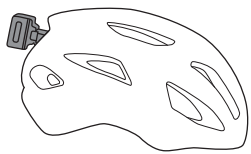
Front Blendr mount
(GoPro & Bontrager/Trek Ion light compatible)



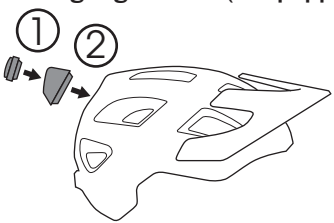


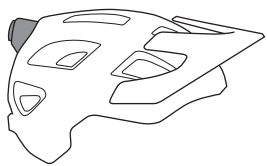
Rear Blendr mount
Rear Blendr mount (Flare light compatible)



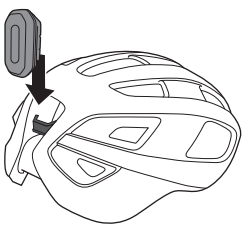


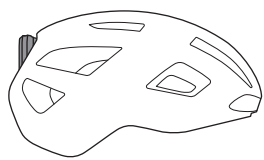
Rear light grommet (if equipped)





Rear light clip (if equipped)





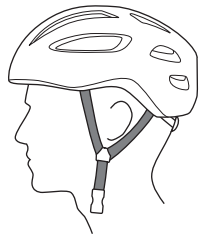
ADJUSTING THE HELMET

Notes: All directions (left, right, front, rear) refer to the helmet as worn on the head. For illustrations that show how to operate a feature or fit system, see pages 6-8.

To check helmet size

Some helmet models offer different sizes to fit different head sizes. To check for the right size, put it on your head and adjust the rear fit system (see page 7-8). A good fit is snug, but not tight.

To adjust the chinstraps



1. Place the helmet on your head. It should be level so that it sits just above your eyebrows and covers your forehead.

   Unlock the strap dividers.

2. On the left side, hold the buckle under your chin, and slide the strap divider just beneath your earlobe. The straps should sit flat against your head.

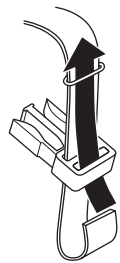
   Lock the strap divider.



3. From the right side of the helmet, pull any left-side slack across the back of the helmet.

   Then repeat Step 2 on the right side.

4. Adjust the chinstrap so that:
   - The buckle is positioned away from the jawbone.
   - It fits snugly against the bottom of your jaw as shown.



5. Make sure the chinstrap is correctly threaded through the right buckle and fasten the buckle.

   To keep the chinstrap from loosening or flapping, it must be tucked through the keeper.

6. Make sure the buckle is correctly fastened:

   1) Listen for a click as the buckle engages.

   2) Attempt to pull the buckle apart with the chinstraps. It should not come apart.

Parents or guardians: please explain the information in this manual to your young riders.

To test the adjustments

To be effective, a helmet must fit and be worn correctly. To check for correct fit:



1. Place the helmet on head and make any adjustments indicated.



2. Securely fasten the retention system.



3. 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.

Consult your dealer if you cannot correctly adjust your helmet.

To secure excess chinstrap

Depending on the size of your head, you may have excess chinstrap after adjustments. You can fold it up and tuck it into the strap keeper, or you can cut it.

If you choose to cut the chinstrap, leave at least 1 inch (25 mm) past the buckle.

NOTICE: After cutting, heat the end of the chinstrap to prevent fraying. Be careful with high heat near the helmet. The strap can burn or melt. Avoid contact with the melted nylon until it cools because it can burn.

LIMITED WARRANTY

Trek Bicycle Corporation warranties each new helmet against defects in workmanship and materials. For details, visit our website: trekbikes.com/guarantee

NTA 8776 - Instructions for Speed e-bike (28 mph / 45 kmh)

Use and care

(a) No helmet can protect the wearer against all possible impacts.

(b) The helmet is designed to be retained by a strap under the lower jaw.

(c) 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.

(d) No attachments should be added to the helmet except those recommended by the helmet manufacturer.

(e) 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.

(f) 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.

(g) A helmet has a limited lifespan in use and should be replaced when it shows obvious signs of wear.

(h) This helmet should not be used by children while climbing or doing activities other than biking. This may introduce the risk of hanging or strangulation if the child gets trapped while wearing the helmet.



NTA **8776**

CONTACT US

If you have questions with this manual or helmet, consult your dealer. If you have a question or a problem that your dealer cannot handle, contact us:

USA
801 W. Madison Street
Waterloo, WI 53594
920.478.4678
www.trekbikes.com

Mexico
Trek Mexico
Plaza Lomas Edificio
Tangente 52 Interior Piso 5
Colonia Lomas Del Technologico
C.P.78215 San Luis Potosi,