


SIZING CHART



Metric Size	52	53	54	55	56	57	58	59	60	61	61+	63	64	65	66	67	68
Generic Size	3XS		XXS	XSM	SML	MED	LRG	XLG	2XLG	3XLG	4XLG						
Hat Size	6 ¹ / ₂ - 6 ⁵ / ₈		6 ³ / ₄ - 6 ⁷ / ₈	7	7 ¹ / ₈ - 7 ¹ / ₄	7 ¹ / ₄ - 7 ³ / ₈	7 ¹ / ₂	7 ⁵ / ₈ - 7 ³ / ₄	7 ⁷ / ₈ - 8	8 ¹ / ₈ - 8 ¹ / ₄	8 ³ / ₈ - 8 ¹ / ₂						

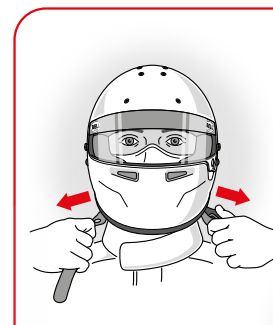
1. POSITIONING THE HELMET ON YOUR HEAD

Put the helmet on by grasping the chin strap halves in each hand and pull the helmet on over your head.

HOW TO FIT A HELMET

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2. FITTING THE HELMET

When properly positioned, the helmet should be worn low on the brow eyes, near the center of the eye opening, touching the top of the head with uniform and firm pressure all around – tight without excessive pressure points.

To fasten the chin strap, thread the end of the strap through both d-rings, loop the strap end back through the inner d-ring and pull it comfortably tight against the throat. Make sure the chin strap is snug against the throat.

⚠ WARNING CORRECTLY USING THE CHIN STRAP

A good fit and a properly fastened chin strap are all that keep the helmet on your head during an accident. Make sure the chin strap is correctly fastened and pulled snugly up against your throat each time you wear your helmet.

3. CHECKING THE FIT

Correctly position the helmet on your head and stand in front of a mirror. Gently rotate the helmet first from left to right and then from front to back. If the skin on your brow moves with the helmet as it is rotated, the fit is proper. If the skin on your brow does not move when the helmet is rotated in either direction, the fit is too loose. Try various sizes until you find one that fits correctly. With the helmet properly positioned, and the chin strap fastened, try to remove the helmet from your head. Grasp it securely and make a serious effort to roll it off your head in both the forward and backward directions. If you can remove the helmet or are able to roll the helmet backward far enough to expose your forehead or forward far enough to block your vision, the helmet either fits too loosely or the straps are not properly adjusted.

If the helmet is too large or if you can still remove the helmet, DO NOT use it and replace with a smaller size.

Repeat steps 1 through 3

If you cannot remove the helmet and it does not roll either backward far enough to expose your forehead or forward far enough to block your vision, you have a proper fit. We recommend fitting the helmet with a head sock or balaclava if you intend to wear one in competition.

4. TEST DRIVE

Steps 1 through 3 are critical to getting the most out of your helmet. Spend as much time as necessary to satisfy yourself that you have a good fit. Only after successfully completing steps 1 through 3, put on your helmet and wear it for an extended period or take a test drive. If the helmet feels comfortable, remaining firmly in place and the straps remained properly adjusted, your helmet is ready to use. If the helmet feels uncomfortable or moves excessively, go through steps 1 through 3 as necessary to correct the problem. If you are unable to successfully complete all 3 steps, or if the helmet does not fit and feel comfortable, DO NOT continue to use the helmet. Either: Return to the dealer for assistance, or contact Bell Racing for further instructions.

Do not use chin cups or wear the strap on the point of the chin. This will increase the risk of the helmet coming off in an accident.

