

*REMINDER: Open space above UPC on packaging (and end of sewn-in-label if applicable) is the DATE CODE STAMP area. Please refer to TRUGPSQC Manual for date code requirements detail.

(PDP) Primary Display Panel Size:

Warning Size/Legal Panel:



The important thing to remember is that the helmet fits snugly.

making sure it fits snugly at all times.

If you can tilt it forward or backward you need to tighten the strap adjustment. The straps should be positioned that they do not cover the ears and that the buckle is away from the jaw when correctly filled. Buyer should always try different sizes and choose the size which feel secure and comfortable on the head. It is important for the helmet to fit snugly on your head and must be fastened to provide maximum protection All adjustments should be checked each time the helmet is worn,

Caring for Your Helmet Clean the headgear with mild soap and water only. The use of any solvents, paints or decals can cause damage to

the helmet and make it ineffective in the result of an accident. **Keep Helmet Out of Extreme Heat**

150°F. Dark vehicles and storage bags can exceed this on very Heat damaged helmets will have random disfigured areas where the texture appears bubbly and uneven. If damaged, helmets should be destroyed and replaced

Helmets will be damaged if exposed to temperatures exceeding

immediately.

thoroughly.

Important Information This headgear is designed to absorb the energy of a blow by partial destruction or damage itself. Even though such damage may not be visible, the helmet should be destroyed or replaced, if it is involved in an injury-related fall. Unfortunately, some accidents result in head injury that cannot be prevented by ANY helmet. Depending on the type of impact, even very low speeds can result in a serious head injury or fatality. Always ride with extreme caution and be sure to read this manual

Bicycle-Sports Helmets Warning

The Bicycle-Sports Safety Helmet is designed and intended exclusively for use while cycling and other non-motorized sports. It is not intended for and will not provide adequate, safe protection if used during motor sport or moped use. No helmet can protect the wearer against all unforeseeable impacts. However, for maximum protection, the helmet must fit well and all retention straps must be securely fastened



2 in 1 inline training combo everything you need for your beginner!

Distributed by: National Sporting Goods 376 Hollywood Ave.,Suite 202 Fairfield, NJ 07004

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WARNING: WARNING: TO AVOID SERIOUS INJURY: CHOKING HAZARD-small parts.

Not for children under 3 years.

Continuous adult supervision required; never use near motor vehicles; near streets; swimming pools, hills, steps, or sloped driveways.

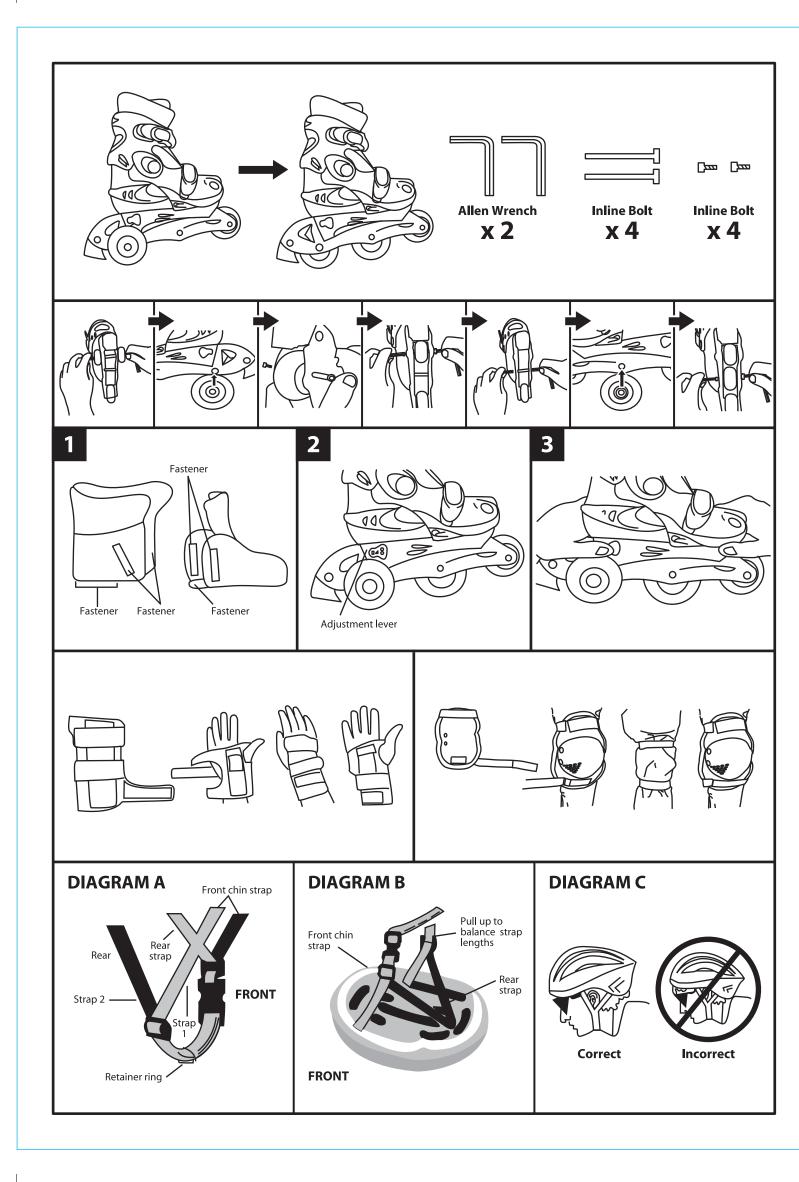
#CRS500/505

3+

Size: W210mm x H297mm (FOLDED) (•• BACK ••)

nsgproducts.com

(•• COVER ••)





Assembly Instructions

PLEASE READ BEFORE YOU PUT ON YOUR SKATES: WARNING! REDUCE THE RISK OF SERIOUS INJURY. ONLY USE WHILE WEARING FULL PROTECTIVE GEAR-HELMET,

1. Protective equipment should be worn: Helmet, Gloves, Knee Pads, and Elbow Pads at all times when skating. 2. Avoid skating through water, grease, oil, gravel or sand. Use skate only on dry, clean and even surfaces. 3. Never skate at night.

WRIST GUARDS, ELBOW PADS, KNEE PADS.

8. ADULT ASSEMBLY REQUIRED.

4. Control your speed, especially down steep inclines. 5. To use the heel brake, tilt your foot back and put pressure on the brake with your foot, keeping your body upright. 6. The wheels have been factory adjusted but they may need to be fine tuned. When you make the adjustment yourself please use one Allen wrench to accomplish this. 7. ADULT SUPERVISION IS REQUIRED.

IMPORTANT: TO KEEP YOUR SKATES IN GOOD SHAPE. PLEASE NOTE: Check tightness of wheels and brake hardware each time before you skate. Tighten any loose bolts. If your wheels wobble, stop skating immediately and check for loose axles or broken or worn bearings.

HOW TO CHANGE TRAINING SKATE TO INLINE SKATE: (Before you begin, please make sure that you have all of parts 1. First remove the back wheels by using both Allen wrenches (supplied) to loosen, then remove the screws and axle that

hold the back wheels. 2. Insert the rear wheel inside the rear part of the chassis between the holes and place the smaller bolt (supplied) through the chassis and wheel. Tighten with Allen wrench. 3. Repeat for middle wheel. 4. Check all the nuts and bolts are secure. 5. Store all remaining parts for future use.



Attention!

HOW TO ADJUST BOOT SIZE: 1. First remove the liner from the boot. Adjust the hook and loop

fastener sections of the liner around your foot to the desired size. Put the liner back into the skate. (See figure 1) 2. Locate the adjustment lever on the outside of the chassis. (See figure 2) 3. Lift up adjustment lever. Turn adjustment lever to loosen the bolt.

position. Tighten adjustment lever securely. Press adjustment lever flat. (See figure 3) Size Range Available: Small # J10-J13, Medium # 1-4, Large # 4-7

PLEASE RETAIN PACKAGING FOR FUTURE REFERENCE. CHOOSING YOUR PROTECTOR These knee and wrist protectors can only protect you if they fit well and should only be used if they feel secure and comfortable.

NOT RECOMMENDED FOR CHILDREN UNDER 3 YEARS DUE TO SMALL PARTS WHICH IF SWALLOWED COULD CAUSE A CHOKING HAZARD.

Do not unscrew completely. When loose move boot to the correct

HOW TO USE THE SAFETY GLOVES 1. Unfasten the hook and loop fastener retaining straps. 2. Insert thumb through the hole, keeping the exposed plastic panel on your palm. Do not confuse left and right gloves. (See diagram below.)

3. Reattach the retaining straps ensuring a secure and snug fit.

HOW TO USE THE KNEE PADS 1. Unfasten the Velcro retaining straps.

2. Place the pads on your knee in a right position until the pad is positioned over the knee joint. 3. Reattach the retaining straps ensuring a secure and snug fit.

• These protectors are for the users of up to 55lbs (25kg) body

• These protectors help protect the wrists and knees against superficial grazing and minor impacts. These protectors are designed for children who are learning to skate, not for acrobatic or stunting.

These gloves and pads should not be worn for motor vehicle/

cycle use. Warning! No protector can offer full protection against injuries.
 For best protection follow the above fitting instructions. Protector must fit securely. • Adjust the velcro retaining straps to ensure the protector feels secure on the wrists and knees.

• Never use with straps unfastened. \bullet Do not modify the protector, it could reduce the performance and protection of the protector. • Extremes of temperatures could significantly reduce the performance of the protector. We recommend you store and use the protector accordingly.

• Periodically and prior to use, examine the protector for damage to pad/glove or tear to fabric and retaining straps. If damaged do not use and discard.

• If protector no longer feels secure or is showing signs of heavy usage, please discard, as its performance may be reduced. • The protector should be cleaned only with mild soap and water.

Use of chemicals are cleaning agents can cause unseen damage.
Not suitable for children under 3 years due to small parts and long straps. INSTRUCTIONS OF USE FOR PROTECTION HELMET The Bicycle-Sport Safety Helmet you have just purchased provides protection, whether on or off the road. To insure proper use of this

helmet, familiarize yourself with its features, fit and care by carefully

reading through this manual before wearing your new helmet. **Protection and Ventilation**The outershell allows the helmet to be rated one of the lightest helmets while providing excellent durability and integrity. The multiple vents with inner air channels draw the air through

the helmet and over the brow for maximum cooling. Pad Fitting The helmet must fit properly to be effective. With a proper fit, the helmet will not move back and forth or side to side while fastened.

If the helmet does not fit with installed pads, simply remove them and install a different size pad. To insure the proper fit, mix and match the pad thickness to best conform to your head shape. Retention System
This Bicycle-Sports Safety Helmet uses a quick release buckle that

is simple and can be buckled and unbuckled without changing the adjustment. The straps must be snugly and evenly tensioned. Place the helmet firmly on your head and fasten the buckle. Notice which strap is loose. Tighten the loose strap after removing the helmet. To tighten the chin strap, hold the buckle with one hand. Then pull the excess strap in through. (See Diagram A).

To tighten the rear strap, pull excess from the rear of strap 2. Hold the helmet with one hand, with the other hand hold the strap where they pass under your chin. Then pull from side to side to balance the length of all four straps. (See Diagram B)

The helmet must sit firmly and level on your head. (See Diagram C) To lower the front of the helmet to cover your forehead, tighten the chin strap and loosen the rear strap. To check for proper tension, put on the helmet and fasten the buckle. Open your mouth. You should feel the strap pulling against your chin.

Then attempt to pull the helmet off the front or rear. If the helmet comes off, increase strap tension and examine if thick enough pads are being used. The helmet should not be able to roll forward or backward

excessively. It should not be possible to remove the helmet without unfastening the buckle. **NOTE:** Please check adjustment every time this helmet is worn.