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BELL Avenue MIPS

BELL Avenue MIPS Adult Road Bike Helmet User Manual

Model: Avenue MIPS

1. Important Safety Information

Always read and understand this manual before using your BELL Avenue MIPS helmet. Proper use and maintenance are crucial for your safety.

- **Helmet Purpose:** This helmet is designed for road cycling. It is not intended for motor sports or other activities.
- **Proper Fit:** A helmet must fit correctly to provide maximum protection. Ensure the helmet is snug, level, and does not obstruct vision.
- **Damage Inspection:** Always inspect your helmet before each ride for any signs of damage, such as cracks, dents, or frayed straps. If damaged, replace immediately.
- **Impact:** A helmet that has sustained an impact, even if it appears undamaged, should be replaced. The protective capabilities may be compromised.
- **Cleaning:** Use only mild soap and water for cleaning. Harsh chemicals can damage the helmet materials.
- **Replacement:** Helmets have a limited lifespan. Replace your helmet every 3-5 years, or sooner if it shows signs of wear or damage.

2. Setup and Adjustment

Achieving a correct fit is essential for the helmet's effectiveness.

2.1 Initial Fit

Place the helmet on your head. It should sit level, covering your forehead without tilting back. The front edge should be about two finger-widths above your eyebrows.



Figure 1: Front-side view of the BELL Avenue MIPS Helmet in Matte Blue. This image shows the overall shape and ventilation ports.

2.2 Ergo Fit System Adjustment

The Ergo Fit system allows for precise adjustment of the helmet's internal circumference. This system is fully integrated with the MIPS layer for a compact and secure fit.

1. Place the helmet on your head.
2. Locate the rubber overmolded dial at the rear of the helmet.
3. Turn the dial clockwise to tighten the fit until the helmet feels snug but comfortable, without causing pressure points.
4. Turn the dial counter-clockwise to loosen the fit.



Figure 2: Rear view of the BELL Avenue MIPS Helmet, highlighting the Ergo Fit adjustment dial and rear ventilation.

2.3 Strap Adjustment (No-Twist Tri-Glides)

The No-Twist Tri-Glides ensure that the helmet straps remain flat and properly positioned for comfort and security.

1. Adjust the side straps so that the Tri-Glides sit just below your ears, forming a "V" shape.
2. Tighten or loosen the chin strap so that it is snug against your throat, allowing only one or two fingers to fit between the strap and your chin.
3. Ensure the buckle is centered under your chin.

After all adjustments, shake your head. The helmet should not shift significantly. If it does, readjust until a secure fit is achieved.

3. Operating the Helmet

Once properly fitted, the helmet is ready for use. Always wear your helmet correctly for every ride.

- Ensure the helmet is level on your head, covering your forehead.
- The chin strap must always be securely fastened.
- Do not wear anything under your helmet that could interfere with its fit or function.



Figure 3: Side profile of the BELL Avenue MIPS Helmet, showcasing its aerodynamic design and ventilation.

4. Maintenance

Regular maintenance will prolong the life of your helmet and ensure its continued effectiveness.

4.1 Cleaning

- **Shell:** Clean the helmet's exterior with a soft cloth, mild soap, and cool water. Avoid abrasive cleaners or solvents.
- **Pads (Sweat Guide Liner):** The Sweat Guide pad design pulls moisture away from the brow pad and away from eyewear. These pads can be removed and hand-washed with mild soap and water, then air-dried. Ensure they are completely dry before reinserting.
- **Straps:** Clean straps with a damp cloth and mild soap.

4.2 Storage

Store your helmet in a cool, dry place, away from direct sunlight and extreme temperatures. Do not store it near heat sources or chemicals.

4.3 Inspection

Before each ride, visually inspect your helmet for:

- Cracks, dents, or scuffs on the outer shell.
- Damage to the EPS foam liner (visible through vents).
- Frayed, cut, or worn straps.
- Proper function of the Ergo Fit dial and buckle.

If any damage is found, replace the helmet immediately.

5. Troubleshooting

If you encounter issues with your helmet, refer to the following common solutions.

Problem	Possible Cause	Solution
Helmet feels loose or shifts	Improper adjustment of Ergo Fit system or straps.	Tighten the Ergo Fit dial. Adjust side and chin straps for a snug fit. Ensure the helmet size is appropriate for your head circumference.
Helmet causes discomfort or pressure points	Helmet too tight, incorrect positioning, or wrong size.	Loosen the Ergo Fit dial slightly. Reposition the helmet level on your head. If discomfort persists, the helmet may be the wrong size.
Straps twist or become uneven	Tri-Glides not properly positioned.	Ensure the No-Twist Tri-Glides are positioned just below your ears and the straps are flat.

If you cannot resolve an issue, contact BELL customer support.

6. Specifications

Brand	BELL
Model Name	Avenue MIPS Adult Road Bike Helmet
Model Number	7138479
Color	Matte Blue
Size	Small/Medium (50-57 cm)
Age Range	Adult
Outer Material	Polycarbonate (PC)
Inner Material	Expanded Polystyrene (EPS)
Item Weight	0.4 kg
Special Features	Integrated MIPS Evolve, Ergo Fit system, Sweat Guide, No-Twist Tri-Glides
UPC	768686468001



Figure 4: Top view of the BELL Avenue MIPS Helmet, showing the extensive ventilation channels.

7. Warranty Information

Any Bell helmet determined by Bell to be defective in materials or workmanship within one (1) year from the date of original purchase will be repaired or replaced, at Bell's option, free of charge when received at the factory freight prepaid, together with proof of purchase.

This warranty does not cover damage caused by misuse, abuse, neglect, improper maintenance, accidents, or normal wear and tear.

8. Customer Support

For further assistance, questions, or warranty claims, please contact BELL customer support. Visit the official BELL website for contact details and additional product information.

You can also visit the BELL Store on Amazon for more products and information.

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