

[Manuals.plus](#) /

› [Giro](#) /

› Giro Aries Spherical Bike Helmet Instruction Manual

Giro Aries Spherical

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Model: Aries Spherical

INTRODUCTION

The Giro Aries Spherical Bike Helmet is engineered for performance, protection, and comfort. This manual provides essential information for the proper use and care of your helmet.



Image: Side view of the Giro Aries Spherical Bike Helmet in Matte White. This image highlights the helmet's sleek design and ventilation channels.

Key features of the Aries Spherical helmet include:

- **Structural Integrity:** The AURA II Reinforcement Arch provides structural strength while maintaining a lightweight design.
- **Spherical Technology:** Powered by Mips, this ball-and-socket design helps redirect impact forces, enhancing protection. It also features Progressive Layering with dual densities of Nanobead EPS foam for comprehensive energy management.
- **Cool Comfort:** Deep internal channels and 24 Wind Tunnel vents ensure optimal airflow. The revolutionary DryCore™ sweat management system uses a silicone bead in the brow pad to redirect sweat away from the eyes.
- **Streamlined Speed:** An aerodynamic design reduces frontal surface area and drag, making it suitable for both climbing and high-speed riding.

SETUP AND FITTING

Proper helmet fit is crucial for safety and comfort. Follow these steps to ensure your Aries Spherical helmet fits correctly.

1. Measure Your Head

Before adjusting, determine your head circumference to select the correct helmet size.

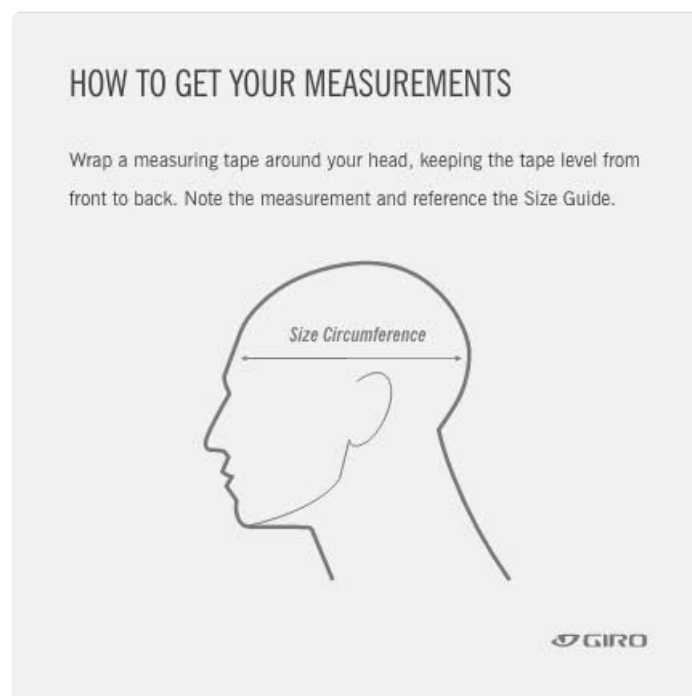


Image: Diagram illustrating how to measure head circumference. Wrap a measuring tape around your head, keeping it level from front to back, to find your size.

1. Wrap a flexible measuring tape around your head, approximately 1 inch (2.5 cm) above your eyebrows and ears.
2. Keep the tape level from front to back.
3. Note the measurement in centimeters. Refer to the helmet's size guide (usually found on the product packaging or manufacturer's website) to match your measurement to the appropriate helmet size.

2. Adjust the Roc Loc® 5+ Air Fit System

The Roc Loc® 5+ Air fit system allows for precise adjustment of the helmet's fit around your head.

1. Place the helmet on your head.
2. Turn the dial at the back of the helmet clockwise to tighten the fit, or counter-clockwise to loosen it. Adjust until the helmet feels snug and secure without causing pressure points.
3. The Roc Loc 5+ Air system also features vertical height adjustment. Ensure the helmet sits level on your head, covering your forehead without obstructing your vision.

3. Adjust the Straps

The helmet straps should form a 'V' shape just below your ears and be snug under your chin.

1. Slide the strap adjusters to position the 'V' shape directly under your earlobes.
2. Fasten the chin buckle.
3. Tighten the chin strap until it is snug, allowing only one or two fingers to fit between the strap and your chin.
4. Shake your head gently. The helmet should not shift significantly.

OPERATING AND USAGE

Once properly fitted, your Giro Aries Spherical helmet is ready for use. Always wear your helmet correctly for maximum protection.

- **Proper Positioning:** Ensure the helmet sits level on your head, covering your forehead. It should not be tilted back, exposing your forehead, or tilted forward, obstructing your vision.
- **Ventilation:** The 24 Wind Tunnel vents and deep internal channeling are designed to maximize airflow, keeping your head cool during rides.
- **Sweat Management:** The DryCore™ brow pad is designed to redirect sweat away from your forehead and temples, preventing it from dripping into your eyes.
- **Compatibility:** The helmet is designed to integrate well with most cycling sunglasses. Test your sunglasses with the helmet to ensure a comfortable fit without interference.

MAINTENANCE

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

Cleaning

- Use only mild soap and water to clean the helmet's exterior and interior pads.
- Avoid harsh chemicals, solvents, or abrasive cleaners, as these can damage the helmet's materials and compromise its protective properties.
- Rinse thoroughly with clean water and allow to air dry completely before storage or next use.

Storage

- Store your helmet in a cool, dry place, away from direct sunlight and extreme temperatures.
- Do not expose the helmet to temperatures exceeding 150°F (65°C), as this can damage the EPS liner.
- Avoid storing the helmet near chemicals or fumes that could degrade its materials.

TROUBLESHOOTING

If you encounter issues with your helmet, refer to the following common concerns:

- **Helmet feels too tight or loose:** Re-adjust the Roc Loc® 5+ Air dial and check strap tension. Ensure you have the correct size based on your head circumference.
- **Discomfort or pressure points:** Adjust the vertical position of the Roc Loc® 5+ Air system. Ensure straps are not twisted or pinching.
- **Sweat dripping into eyes:** Verify the DryCore™ brow pad is correctly positioned. Ensure the helmet is sitting level on your head.
- **Helmet shifting during ride:** Tighten the Roc Loc® 5+ Air dial and chin strap. The helmet should be snug but comfortable.

If problems persist, contact customer support or consult a professional bike shop.

SPECIFICATIONS

Brand	Giro
Model Name	Aries Spherical
Color	Matte White
Size	Large
Age Range	Adult
Item Weight	10 Ounces (approx. 283 grams)
Outer Material	Polycarbonate (PC)
Inner Material	Expanded Polystyrene (EPS)
Special Features	Adjustable, Spherical Technology, Mips, Roc Loc 5+ Air, DryCore Sweat Management, AURA II Reinforcement Arch
Recommended Uses	Cycling
Included Components	Bike Helmet
GTIN/UPC	196178248266

WARRANTY INFORMATION

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

Please retain your proof of purchase for warranty claims.

CUSTOMER SUPPORT

For further assistance, questions, or to report any issues not covered in this manual, please contact Giro customer support.

- **Website:** www.giro.com
- **Contact Information:** Refer to the official Giro website for the most up-to-date contact details, including phone numbers and email addresses.

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page’s manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question